

BLACKPOOL TEACHING HOSPITALS - INFANT FEEDING SUPPORT – From JAN 2021

Right now, with widespread infection and some difficulties in accessing artificial milk, breastfeeding has never been more important for the health and wellbeing of our babies and their mothers.

However you are feeding your baby, you can of course always contact your Midwife or Health Visitor for information and support, but if you are having breast or bottle feeding complications that you'd like more specialised support with, we've put together some information to support you. If you would like to access support – or simply have a question – there are some resources below which may be useful during this time, as face to face support groups are closed and families are living in isolation.

LOCAL SUPPORT – NOW ONLINE

There are many places to access support within our area and nationwide, during classic 'working hours' and also round the clock, which may be of use. **Our local support has now all been expanded to provide support to ALL families regardless of how they are feeding, and regardless of where they live, so if you would like information about formula feeding or to talk through formula feeding concerns with anyone, please do get in touch with someone below.**

Blackpool and Fylde Coast Breastfeeding Support – administered 24/7 by local peer supporters and IBCLC - www.facebook.com/groups/fyldecoastbreastfeedingsupport

FYLDE AND WYRE Families and Babies - www.facebook.com/groups/FABLancsBFSupport
Tel 01254 722929 9.30am-2.30pm 7 days / week; led by Lancashire F&B peer supporters

BLACKPOOL HENRY Infant Feeding Support <https://www.henry.org.uk/links/infantfeeding>
Helpline Tel 07305 002 904 Mon-Fri 9am-5pm – led by HENRY practitioners

NEW

NATIONAL / TELEPHONE SUPPORT

In addition to the local support listed above, see also the national support:

National Breastfeeding Helpline is on 0300 100 0212 – 9.30am to 9.30pm, 7 days a week

www.nationalbreastfeedinghelpline.org.uk – staffed by ABM & BfN volunteers

La Leche League Helpline is on 0345 120 2918 www.laleche.org.uk/telephone-helpline

NCT Helpline is on 0300 330 0700 (open every day 8am to midnight)

INFORMATION FOR ALL PARENTS

The current understanding is that COVID-19 cannot be passed via breastmilk, but the antibodies are - and guidance is that breastfeeding babies should stay with their mothers and continue to be breastfed.

If a parent is symptomatic then they could wear a mask or scarf over their face when handling and feeding baby, and should remember to practise excellent hand and chest hygiene, washing thoroughly with soap for a minimum of 20 seconds after touching face or surfaces, and before handling baby.

Also see: <https://www.healthierlsc.co.uk/BetterBirths/AfterBirth>