



The Lancashire and South Cumbria Infant Feeding Network have brought together information for local shops when they do not have formula in stock

If a family is unable to buy formula for their baby, they can:

- **Phone their local pharmacy** who can order the formula for collection (this may take a day or two).
- **Contact their Health Visiting Team** for further advice – for contact telephone numbers, direct them to:
<https://www.healthierlsc.co.uk/betterbirths>

Key information:

FORMULA FEEDING INFORMATION FROM LIFIB – COVID-19

The only formula appropriate for the under 12 month baby who is not breastfed is first stage infant milk. When there are shortages, some of the following tips may help parents:

Speak to your health visitor if you have problems accessing formula, or have any questions.

You can change between brands of first infant milk – they all have to meet the same strict rules on composition.

Ask if neighbours or local friends have any first milk.

Only make up as much milk as you need, and do 'paced feeding'.

NEVER water down your baby's milk to make it last longer, or keep it more than two hours after baby has started drinking it.

NEVER feed baby: cows', goats' or plant milks as their main drink as it can cause damage.

DO NOT give follow-on milk to babies under six months.