



## INFANT FEEDING UPDATE

**The Lancashire and South Cumbria Infant Feeding Network** has brought together key information on breastfeeding and formula feeding during this time of coronavirus. The aim is to provide consistent clear messages at a time of uncertainty for families.

**Formula Feeding:** Detailed information about feeding your baby during the COVID-19 pandemic can be found by going to the [Healthier Lancashire and South Cumbria website](#) and highlights key information when families may be struggling to get formula, and concern around obtaining the most appropriate formula.

If there are any concerns around accessing formula – pharmacies can help, (e.g. encourage mums to phone to place an order)

### 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.



## INFANT FEEDING UPDATE

**Breastfeeding** : Because it provides protection its more important than ever. Current understanding is COVID-19 can NOT be passed via breast milk. Again a briefing paper can be found by going to the [Healthier Lancashire and South Cumbria website](#). It highlights key information around breastfeeding and COVID-19 that you can share with families.

Families who are mixed feeding may want to **increase lactation** or **re-lactate**. UNICEF Baby Friendly has a useful [information sheet](#).

### Antenatal Conversations

Please share the key messages in the box below.

- Apps such as the [Baby Buddy App](#), [Mum and Baby App](#) and the [UNICEF videos](#), are helpful resources to share with families.
- ABM have [free online learning](#) all about breastfeeding, and Dorset Healthcare NHS also have a free [online breastfeeding course](#).

**For families expecting babies soon, it has never been more important than it is right now to understand:**

Prolonged skin to skin, no matter how baby is born or fed, helps baby's heart rate, temperature and breathing, gives better immunity and calms mum and baby.

Every baby could benefit from their mother's first milk, known as colostrum. This can be expressed and stored near the end of your pregnancy & given to baby.

Babies who are breastfed have more protection from infection. All breastmilk is valuable: every drop counts.



**Information for families from the Baby Friendly Team – COVID-19**



## INFANT FEEDING UPDATE

**Women can access support** around feeding by contacting one of the local community groups. (Support will not take place face to face). Supporters can chat about breast and formula feeding. For more challenging feeding situations they will signpost to the Health Visiting service.

### **FAB: Peer Supporters**

01254 722929 (9.30am – 2.30pm daily)

[FAB Lancs Breastfeeding Support Facebook Group](#)

### **Blackpool and Fylde Coast Breastfeeding Support**

Staffed by Peer Supporters and Lactation Consultants

[Fylde Coast Breastfeeding Support Group Facebook Group](#)

### **South Cumbria Breastfeeding Support**

Staffed by Peer Supporter / Lactation Consultant

[ann@cumbriabreastfeeding.org.uk](mailto:ann@cumbriabreastfeeding.org.uk) or Message

[Cumbria breastfeeding facebook group](#)

### **Barnoldswick, Burnley and Colne BFFs**

Staffed by peer supporters

[Barnoldswick Breastfeeding Facebook group](#)

[Burnley Breastfeeding Facebook group](#)

[Colne Breastfeeding Facebook group](#)

### **Blackburn with Darwen's Breast Intentions**

Staffed by volunteer Peer Supporters

[Blackburn with Darwen Breast Intentions Facebook group](#)

### **East Lancs NCT Feeding Support**

Staffed by Volunteer Peer Supporters and NCT Breastfeeding

Counsellors [East Lancs NCT Facebook group](#) or


Email [branch.eastlancashire@NCT.org.uk](mailto:branch.eastlancashire@NCT.org.uk)








# INFANT FEEDING UPDATE

## Supporting a mum with COVID-19

The following info graphs show some key information from the World Health Organisation.



**All women have the right to a safe and positive childbirth experience, whether or not they have a confirmed COVID-19 infection.**

-  Respect and dignity
-  A companion of choice
-  Clear communication by maternity staff
-  Pain relief strategies
-  Mobility in labour where possible and birth position of choice


World Health Organization #COVID19 #CORONAVIRUS






**Close contact and early, exclusive breastfeeding helps a baby to thrive.**

**A woman with COVID-19 should be supported to breastfeed safely, hold her newborn skin-to-skin, and share a room with her baby.**

World Health Organization #COVID19 #CORONAVIRUS






**Women with COVID-19 can breastfeed if they wish to do so. They should:**

-  Practice respiratory hygiene and wear a mask
-  Wash hands before and after touching the baby
-  Routinely clean and disinfect surfaces

World Health Organization #COVID19 #CORONAVIRUS

**If a women with COVID-19 is too unwell to breastfeed, she can be supported to safely provide her baby with breastmilk in other ways, including by:**

-  Expressing milk
-  Relactation
-  Donor human milk

World Health Organization #COVID19 #CORONAVIRUS

The [Royal College of Obstetrician and Gynaecologists](#) has more information for pregnant mothers and breastfeeding