

# Waltham Forest Infant Feeding Support during Covid-19



## Contact us

**Waltham Forest Infant Feeding Team Support Line 020 8496 5222**

Monday – Friday, 9am – 5pm (excluding Bank Holidays)

*However you are feeding your baby we can offer practical and emotional support at any stage*

## Other local and national support

**Local Volunteer Support 8am – 10pm.** We answer calls when we can.

• Kate (NCT) 020 8520 4753 • Elizabeth (LLL) 020 8527 6625

**National Infant Feeding helplines:**

Will put you through to a UK Breastfeeding Counsellor

**National Childbirth Trust:** 0300 330 0700 Option 1 (every day 8am to midnight)

**La Leche League:** 0345 120 2918 (24 hours)

**National Breastfeeding Helpline** 0300 100 0212

(9.30am – 9.30pm) (English, Welsh and Polish)

**TAMBA** (for twins or more)

Email to ask for contact from a twins/multiples peer supporter

tambabreastfeeding@gmail.com

*For information in Arabic, Bengali, Hindi, Lithuanian, Mandarin, Polish, Romanian, Slovak, Turkish or Urdu, go to the Unicef Baby Friendly website.*

[www.facebook.com/WFHENRYHealth](https://www.facebook.com/WFHENRYHealth)

[www.henry.org.uk](https://www.henry.org.uk)



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# Guidance from Public Health England (PHE)

## Breastfeeding:

Continue as usual and ask for support if you have any concerns.

## Mixed-feeding:

There is evidence that breastfeeding and breast milk will help to protect your baby against infections. To increase the amount of breastmilk your baby is getting, you can breastfeed frequently and/or express your breastmilk frequently. Breastfeeding/expressing at night and having frequent skin to skin contact with your baby will also help to boost your milk supply. Ask for support and suggestions.

## Using formula:

Use any brand of 'first milk' formula for the 1st year. Ensure bottles are sterilised and the guidelines for using powdered formula are followed carefully, e.g water must be hot enough to sterilise the powder. Feed in response to your baby's signals and do not add more water to make the powder last longer.

## If you have coronavirus:

- There is currently no clinical evidence to suggest that the virus can be transmitted through breastmilk.
- Infection can be spread to baby in the same way as to anyone else you are in close contact with.
- The benefits of breastfeeding outweigh any potential risks of transmission of the virus through breastmilk or by being in close contact with your child. However, this will be an individual decision and can be discussed with your midwife, health visitor or GP by telephone.

## Limit the potential spread of your illness to your baby by:

- Washing your hands before touching your baby, breast-pump or bottles
- Avoiding coughing or sneezing on your baby while feeding
- Cleaning any breast pump as recommended by the manufacturer after each use
- Considering asking someone who is well to feed your expressed breastmilk to your baby
- If you are feeding with formula or expressed milk, sterilise the equipment carefully before each use. You should not share bottles or a breast pump with someone else.

*For more information see the Unicef Baby Friendly website*

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