

Feeding your baby during coronavirus

- 1) CARRY ON BREASTFEEDING**
- 2) WASH HANDS MORE FREQUENTLY**
- 3) ASK FOR HELP IF NEEDED**

Breastfeeding - as well as perfect nutrition, breastmilk contains immunological support against viruses. Speak to your midwife or health visitor for practical information to support you to establish breastfeeding, and if needed, increase and protect your milk supply.

All baby feeding groups are now closed until further notice.

Your midwife and health visitor will support you with breastfeeding, bottle feeding, going onto solids, or if you're pregnant, helping you prepare for feeding your baby.

Newham Health Visiting

healthvisiting@newham.gov.uk 020 3373 9983

1-1 support

1-1 telephone, text or videocall
call or text **07534249611** for a call back

Baby feeding online group support

Tuesdays 2.00pm – call Newham Health Visiting for [Zoom](#) code
Thursdays 10.00am – see [Newham NCT Facebook](#)

Reliable infant feeding information

'[Feeding your baby](#)' section of [Newham 0-19 Children's Health website](#), for helpful videos and links.

Baby feeding helplines

[National Breastfeeding Helpline](#) 0300 100 0212 9.30am – 9.30pm
[Association of Breastfeeding Mothers](#) 0300 330 5433 9.30am – 10.30pm
[Breastfeeding Network](#) 0300 456 2421 9.30am – 9.30pm
[La Lech League](#) 0345 120 2918
[NCT](#) 0300 330 0700 8.00am – 12.00 midnight

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Follow current [NHS 111 online](#) advice for coronavirus.

If you are pregnant or breastfeeding, please see the latest information from Unicef UK Baby Friendly Initiative <https://www.unicef.org.uk/babyfriendly/about/statements/> and the RCOG: <https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/>