

## Oxfordshire Breastfeeding Support Drop-ins

[www.oxbreastfeedingsupport.org](http://www.oxbreastfeedingsupport.org)



## Recommended Resources

All these resources are based on good evidence and respect the normal needs and behaviour of breastfed babies. This list is not exclusive. If you are worried about yourself or your baby, contact your midwife, Health Visitor or GP.

### Breastfeeding - getting started

**Baby Buddy:** an award-winning app to guide you through pregnancy and new parenting

<https://www.bestbeginnings.org.uk/baby-buddy>

**Global Health Media videos:** an excellent series on the basics of how to breastfeed, and common problems, in many languages: <https://globalhealthmedia.org/videos/>

**Baby Friendly Initiative information and videos** to guide you through the early weeks, getting to know your baby, and common breastfeeding problems:

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/support-for-parents/>

**NCT information sheet "What's in a nappy?"** How to tell if your newborn baby is getting enough milk: [www.ouh.nhs.uk/women/maternity/postnatal/infant-feeding/documents/nappy.pdf](http://www.ouh.nhs.uk/women/maternity/postnatal/infant-feeding/documents/nappy.pdf)

### Finding help

If your baby is still under the care of midwives, your midwifery team is your first port of call for help with feeding. You can ask for an extra visit, or arrange to go to one of the midwifery-led units. Midwives offer telephone support 24/7.

Our OBS Drop-In timetable: <https://www.oxbreastfeedingsupport.org/index.php/timetable>

Breastfeeding support from the specialist maternity Infant Feeding Team (for complex breastfeeding problems in babies aged 1-6 weeks). They run Clinics at the JR, Horton and Chipping Norton hospitals: [www.ouh.nhs.uk/women/maternity/postnatal/infant-feeding/default.aspx](http://www.ouh.nhs.uk/women/maternity/postnatal/infant-feeding/default.aspx)

If your baby is older than 6 weeks, you can get support for more complex breastfeeding problems from the Enhanced breastfeeding practitioners in the Health Visiting service - ask your health visitor to refer you.

La Leche League Oxfordshire offers several monthly meetings around the county and one-to-one support by phone, email and social media from trained volunteer breastfeeding counsellors:

<http://www.lloxford.org.uk>

## Telephone helplines

**National Breastfeeding Helpline** - telephone support and live webchat 9.30am - 9.30pm daily: 0300 100 0212 or <https://www.nationalbreastfeedinghelpline.org.uk>

**La Leche League Helpline** - 8:00am - 11:00pm daily: 0345 120 2918 or <https://www.laleche.org.uk/telephone-helpline/>

**NCT Breastfeeding Helpline** - 8:00am - midnight daily: 0300 330 0771

## General breastfeeding information

Evidence-based, reliable and realistic information on most aspects of breastfeeding, including common problems. If you want to look for breastfeeding information online, these are great places to start:

**Kellymom:** [www.kellymom.com](http://www.kellymom.com)

**La Leche League Great Britain:** <https://www.laleche.org.uk/get-support/#bfinfo>

**The Womanly Art of Breastfeeding (8<sup>th</sup> edition)** La Leche League International 2010, published by Pinter & Martin. Updated edition of the world's bestselling breastfeeding book. [Also available in Kindle](#).  
[http://www.lllgbbooks.co.uk/store/p91/The\\_Womanly\\_Art\\_of\\_Breastfeeding.html](http://www.lllgbbooks.co.uk/store/p91/The_Womanly_Art_of_Breastfeeding.html)

## Twins or more

**Breastfeeding Twins and Triplets UK Facebook group:** <https://www.facebook.com/groups/BfTwinsUK/>

**Mothering Multiples - breastfeeding and caring for twins or more** Karen Kerkhoff Gromada 2007, La Leche League International.  
[http://www.lllgbbooks.co.uk/store/p83/Mothering\\_Multiples%3A\\_Breastfeeding\\_and\\_Caring\\_for\\_Twins\\_or\\_More.html](http://www.lllgbbooks.co.uk/store/p83/Mothering_Multiples%3A_Breastfeeding_and_Caring_for_Twins_or_More.html)

## Sleep

**Baby Sleep Information Source (BASIS) from Durham University Parent-Infant Sleep Lab** provides online information about normal infant sleep based upon the latest UK and world-wide research, including downloadable information sheets in several languages: <http://basisonline.org.uk>

**Caring for your Baby at Night, a guide for parents** This free UNICEF UK leaflet can be downloaded at <https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2018/08/Caring-for-your-baby-at-night-web.pdf>

## Sleep cont.

**Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family** Diane Weissinger, Diana West, Linda J. Smith & Teresa Pitman 2014, published by Pinter & Martin

[http://www.lllgbbooks.co.uk/store/p89/Sweet\\_Sleep%3A\\_Nighttime\\_%26\\_Naptime\\_Strategies\\_for\\_the\\_Breastfeeding\\_Family.html](http://www.lllgbbooks.co.uk/store/p89/Sweet_Sleep%3A_Nighttime_%26_Naptime_Strategies_for_the_Breastfeeding_Family.html)

**Sleeping with your baby, a Parent's Guide to Co-sleeping** James McKenna 2007, published by Platypus Media

[http://www.lllgbbooks.co.uk/store/p88/Sleeping\\_with\\_Your\\_Baby%3A\\_A\\_Parents\\_Guide\\_to\\_Cosleeping.html](http://www.lllgbbooks.co.uk/store/p88/Sleeping_with_Your_Baby%3A_A_Parents_Guide_to_Cosleeping.html)

## Starting solid foods/weaning

**Baby-led weaning: Helping your baby to love good food** Gill Rapley & Tracey Murkett 2008, published by Vermilion. Available from public libraries. See also [www.babyledweaning.com](http://www.babyledweaning.com)

**My Child Won't Eat! How to enjoy mealtimes without worry** Carlos Gonzales 2012, published by Pinter & Martin [http://www.lllgbbooks.co.uk/store/p86/My\\_Child\\_Won't\\_Eat.html](http://www.lllgbbooks.co.uk/store/p86/My_Child_Won't_Eat.html)

## Working and breastfeeding

**Maternity action** provides information and advice on your rights at work in pregnancy and as a new parent: <https://maternityaction.org.uk/>

**Hirkani's Daughters: women who scale modern mountains to combine breastfeeding and working** Jennifer Hicks 2005, published by La Leche League International - inspirational stories from employed breastfeeding mothers in a wide range of situations.

## Expressing your milk

### Hand expression of breastmilk

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/hand-expression-video/>

A short video demonstrating “**hands on pumping**”; an effective technique for maintaining milk supply when a baby is unable to breastfeed, applicable to any situation in which a mother needs to express her milk.

<https://med.stanford.edu/newborns/professional-education/breastfeeding/maximizing-milk-production.html>

## Exclusive pumping

**Exclusively Pumping Breastmilk** Stephanie Casemore 2013, Gray Lion Publishing

[http://www.lllgbbooks.co.uk/store/p130/Exclusively\\_Pumping\\_Breastmilk.html](http://www.lllgbbooks.co.uk/store/p130/Exclusively_Pumping_Breastmilk.html)

Exclusively Pumping UK Mums Facebook group: <https://www.facebook.com/groups/566808133515254/>

## Breast pump loan/hire

Hire from OBS (3 weeks maximum loan, in cases of urgent need only):

<https://www.oxbreastfeedingsupport.org/index.php/services/pumps>

The Breastfeeding Clinic at the John Radcliffe Hospital has some pumps to loan for those attending Clinic:

<https://www.ouh.nhs.uk/women/maternity/postnatal/infant-feeding/>

Commercial pump hire can be arranged online or via local agents.

## Feeding other than at the breast

Bottles and other tools: <https://www.llli.org/breastfeeding-info/bottles/>

How to bottle feed a breastfed baby:

<http://kellymom.com/bf/pumpingmoms/feeding-tools/bottle-feeding/>

## Formula milk

First Steps Nutrition: Independent information on choosing and using infant formula milks:

<https://www.firststepsnutrition.org/parents-carers>

Using formula milk to support breastfeeding: <https://www.laleche.org.uk/formula-supplements/>

## Medication use while breastfeeding

Breastfeeding Network (BfN) Drug Information Factsheets:

<https://www.breastfeedingnetwork.org.uk/drugs-factsheets/> Useful free factsheets on many common medications, ideal to share with your doctor/pharmacist.

BfN's Drugs in Breastmilk Information Service via Facebook:

<https://www.facebook.com/BfNDrugsinBreastmilkinformation/>

## OBS on social media



Find us on our "Oxfordshire Breastfeeding Support" [Facebook page](#) and our private [Facebook group](#)



[@oxbreastfeedingsupport](#)

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