COVID-19 Free Resources for Expectant and New Parents

Click on the blue links to visit resources. Please note that inclusion in this list is not always an official endorsement on behalf of the ABM as some content cannot be verified in its entirety. Version 2.1 8/4/20

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1.0 Preparing for baby:
1.1 Free Online Antenatal Breastfeeding classes and courses

Team Baby Antenatal breastfeeding course. Comprehensive online course from the Association of Breastfeeding Mothers

Daily antenatal live breastfeeding classes with IBCLCs or BFCs from Blossom Antenatal https://www.blossomantenatal.com/ or book direct here

Weekly live breastfeeding essentials class with IBCLCs from the Breastfeeding Education in Pregnancy UK group or book direct here

Videos of antenatal classes including breastfeeding session by midwives from Royal United Hospitals Bath

Online antenatal course from NHS Norfolk

How Milk Works animation from the Association of Breastfeeding Mothers

Online breastfeeding course from Dorset NHS

Preparation for breastfeeding video by UK paediatric nurse and IBCLC Lyndsey Hookway

Lowestoft & Waveney online breastfeeding support class by IBCLC Sian Aldis & ABM trainee probationary breastfeeding counsellors Kaya Thorpe & Sarah Cowperthwaite

2.0 Now baby is here:
2.1 Baby health and wellbeing

Baby health pages from the NHS

Baby Buddy app from the Best Beginnings charity. Videos can also be accessed from their webpage

2.2 Video guides to breastfeeding, common challenges and questions

Set of breastfeeding videos by ABM Chair and UK IBCLC Emma Pickett: Using a breastfeeding pillow, how do I know if my baby is getting enough milk, how do I express more milk, when is it ok to stop breastfeeding, how often should my breastfed baby poo and more

Set of parenting videos by UK paediatric nurse and IBCLC Lyndsey Hookway: infant sleep, breast refusal, nipple pain, how does milk production work, growth spurts, milk supply, frequent feeding, how to put on a nipple shield, positioning and more

Set of videos from Global Health Media on all aspects of early breastfeeding, weaning and infant feeding, available in many languages

Professor Amy Brown’s videos for parents: should babies sleep through the night?, frequent feeding, tips for introducing solid food, breastfeeding in COVID-19 and more

2.3 Infant feeding / breastfeeding helplines (phone & webchat)

All helplines are able to support with bottle feeding, combination feeding and relactation as well as breastfeeding.

National Breastfeeding Helpline 0300 100 0212 (9.30am - 9.30pm  7 days a week) including options for Welsh and Polish language support
Breastfeeding Network Bengali/Sylheti Helpline 0300 456 2421
Association of Breastfeeding Mothers 0300 330 5453 (9.30am - 10.30pm,  7 days a week)

La Leche League 0345 120 2918 (8am-11pm  7 days a week)

NCT Infant Feeding Line 0300 330 0700 (8am - midnight, 7 days a week)
2.4 Breastmilk and Medication

A series of fact sheets covering a wide range of issues and medications and you can message the Drugs in Breastmilk Information page on Facebook at or email druginformation@breastfeedingnetwork.org.uk

2.5 Postnatal breastfeeding support online

This is mostly provided by local groups who have moved online

Check for local branches of:
https://www.laleche.org.uk/get-support/
https://www.breastfeedingnetwork.org.uk/drop-in/
https://abm.me.uk/find-a-local-breastfeeding-support-group/
https://www.nct.org.uk/local-activities-meet-ups

The Parent Platform offer Facebook Live sessions with experts including with an IBCLC

Some IBCLCs are offering face to face groups and consultations (some voluntary, some paid)

2.6 Formula feeding guidance

UNICEF information about formula feeding during Covid-19

First Steps Nutrition Trust information about choosing infant formula

Start 4 Life/NHS/UNICEF Guide to bottle feeding

2.7 Infant sleep

Caring for your baby at night UNICEF Leaflet

BASIS in depth information on how babies sleep, where babies sleep, sleep and safety and twin sleep

Professor Amy Brown’s video ‘Should Babies Sleep Through the Night?’

Lyndsey Hookway IBCLC’s video ‘Understanding Self-Soothing’

2.8 Tongue Tie

Sarah Oakley IBCLC and committee member for the Association of Tongue Tie Practitioners has written these tips for parents who cannot access assessment or division services

3.0 Other Resources

3.1 National and international guidance

UNICEF advice on infant feeding during COVID-19
3.2 Further articles and resources including multi-language

Multi-language [La Leche League resources](#)

Multi-language [Association of Breastfeeding Mothers resources](#) - leaflets on a range of subjects including Questions New Mothers Ask and information for partners and grandparents are available in Welsh, Polish, Urdu, Bengali, Punjabi and English.

Multi-language and picture resources [UNICEF resources](#) on infant feeding

UNICEF [Relactation information](#)

Website with articles about what’s normal and common challenges from [Breastfeeding Support](https://breastfeeding.support/) including early breastfeeding challenges - [When baby won’t breastfeed](#)