



COVID-19 Free Resources for Expectant and New Parents

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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](#)

Set of [videos by ABM Chair and UK IBCLC Emma Pickett and doula Kati Edwards](#): Includes: What are the benefits of breastfeeding? How do you prepare? Should It Hurt? What is normal anyway? & What dad can do to help.

[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

Or via web chat at <http://www.nationalbreastfeedinghelpline.org.uk/> and via Facebook messenger

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

[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)

[Twins Trust](#) 0800 138 0509 (10-1pm, 7pm-10pm)

[Bliss](#) (special care) 0500 618140

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

[World Health Organisation](#) Q&A for women and families

[Royal College of Obstetricians and Gynaecologists](#) Q&A on pregnancy and birth

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](#)