

# Feeding your baby, toddler and all the family

Parents guide to infant feeding policy - coming soon  
Our commitment to support you with feeding and caring for your baby.

## [Building blocks for a better start in life \(start4life\)](#)

Healthy eating and physical exercise for babies and children. Information about breastfeeding, introducing solid foods and your baby's appetite. Also how to encourage your baby to be active and healthy and looking after little teeth.

## [Off to the best start \(start4life\)](#)

The value of breastfeeding, skin to skin, position and attachment, hand expressing, milk storage, poo charts, partners support and out of hours support.

## [Baby feeding in other languages](#)

Helpful leaflets about breastfeeding and bottle feeding, available in Arabic, Bengali, Polish, Romanian and Urdu.

## [Newham Baby Feeding Groups](#)

Leaflet detailing local drop-ins for support and information with feeding your baby: when pregnant, getting started breastfeeding, help with problems, if using formula, introducing solids, all parents welcome, please bring your red book - & your baby!

## [Dad's support matters](#)

How to support your breastfeeding partner; the value of breastfeeding for baby, mum and the whole family; how you can bond with your baby.

## [Grandparents, family and friends' support can make all the difference - NCT](#)

### [NHS Choices](#)

First few days of breastfeeding - preparing to breastfeed, skin to skin, colostrum and how often should I feed my baby?

### [Best Beginnings](#)

Film clips of real families on skin to skin, first feeds, how breastfeeding works, expressing, feeding out & about and returning to work.

### [Global Health Media](#)

Films of real mothers and babies on breastfeeding in the first hours, how to hold and attach your baby to breastfeed, breast and nipple pain and increasing your milk supply.

### [Baby Feeding Cues \(signs\)](#)

Information on responsive parenting, recognising early feeding cues, when baby needs calming and soothing.

### [Unicef – UK Baby Friendly Initiative \(BFI\)](#)

What is the Baby Friendly Initiative and how does BFI support all babies?

### [The Breastfeeding Network \(BfN\)](#)

Support and information for establishing breastfeeding, laid back breastfeeding, drugs factsheets, expressing and storage of breastmilk.

### [National Childbirth Trust \(NCT\)](#)

Information on parenting including breastfeeding, bottle feeding, mixed feeding, returning to work, introducing solids.

### [Pain whilst breastfeeding](#)

- [If breastfeeding hurts \(Breastfeeding Network\)](#)
- Breastfeeding shouldn't hurt - seek support from your midwife, health visitor or local baby feeding group.
- [Breastfeeding issues](#)
- [Breastfeeding problems \(NHS Clinical Knowledge Summaries\)](#)

### [Tongue tie leaflet](#)

[Information about tongue tie.](#)

[Tongue tie \(NHS Choices\)](#)

[Tongue tie assessment group](#)

## Drugs and breastfeeding

Evidence based information about medications whilst breastfeeding

- [Drugs in breastmilk \( GP Infant Feeding Network\)](#)  
Evidence based information about infant feeding.
- [Drugs in breastmilk factsheets – Breastfeeding Network](#)

[Increasing milk supply – NHS Choices](#)

[Evidence based, simple strategies to increase supply](#) – Global Health Media

[Breast reduction and breastfeeding – BFAR](#)

[Feeding out and about – NHS Choices](#)

[Breastfeeding is portable!](#) – Start4life

[Expressing milk by hand](#)

[Expressing for a premature or sick baby \(Bliss\)](#)

[Mixed or combined feeding \(NCT\)](#)

[Electric breast pump hire](#)

[Twins, and more: Twins and Multiple Births Association \(TAMBA\)](#)

[Feeding your twins or multiples](#)

[Breastfeeding after returning to study or work](#)

[Breastfeeding and going back to work - Pregnancy and baby guide - NHS Choices](#)

[Breastfeeding – your rights in the UK](#)

[Starting solids leaflet](#)

Information about weaning your baby, when to start solids, which foods are best and when your baby is ready.

[Introducing solid foods](#) – Start4life

[Why it's good to wait, nutritional needs of babies](#) (Start4life)

[Baby-led weaning](#)

[Parents talk about introducing solids](#) – Lewisham and Greenwich NHS Trust

[Food labels for healthy nutrition](#) – NHS Choices

[Eating well recipe book](#) – First Steps Nutrition

Family recipe ideas, photos, portion size, costs.

[Eating well – the first year – First Steps Nutrition](#)

Informational and practical advice about weaning, including recipe ideas, photos, portion size, budget and nutrition information.

### [Concerns about choking](#)

Gagging is your baby's reflex to protect from choking. Always stay with your child when they are eating.

[Is it gagging or choking?](#) Baby Centre

[How to help a choking child](#) – NHS Choices

[Eatwell Guide](#)

Healthy nutrition guide for adults.

***\* Introducing formula can reduce your milk supply. If you are thinking about giving your baby formula milk, visit a baby feeding group or chat with your health visiting team for support and information about safe bottle feeding and protecting your milk supply.***

### [Bottle Feeding – key facts](#)

Information about which formula milk to choose, responsive feeding and preparing bottles.

### [Guide to bottle feeding leaflet](#)

Information about bottle feeding, which milk to choose, safe preparation, how to hold your baby for feeding and when to feed your baby.

### [Bottle feeding guidance in foreign languages](#)

Information about responsive bottle feeding and safe preparation of bottles.

### [Infant milks – a simple guide](#) (First Steps nutrition Trust)

Frequently asked questions about choosing formula milks and bottle-feeding, such as; which is closest to breastmilk, which is kosher, halal or vegetarian and does my baby need hungry baby milk.

Voluntary Organisation websites	Open	Helpline
<a href="#">National Childbirth Trust (NCT)</a>	8am - 12pm	0300 330 0700
<a href="#">La Leche League GB (LLL)</a>	24 hours daily	0845 120 2918
<a href="#">Breastfeeding Network (BfN)</a>	9.30am - 9.30pm	0300 100 0210
<a href="#">Association of Breastfeeding Mothers</a>	9.30am - 10.30pm	0300 330 5453
<a href="#">National breastfeeding helpline</a>	9.30am - 9.30pm	0300 100 0212