



INFANT FEEDING RESOURCES FOR STAFF LEAVING TO HAVE A BABY

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Introduction to this resource

This selection of resources has been put together by a member of staff who has received training in supporting infant feeding from the Association of Breastfeeding Mothers and ABA feed in association with the University of Bristol.

The resources comprise a selection of web links that attempt to cover some of the major questions that new parents may have about feeding their baby- whether choosing to direct breast/ chest feed, bottle feed expressed milk, exclusively formula feed or mixed feed a combination of breast and formula milk.

The resources are by no means exhaustive- but they hopefully give a good starting point for the majority of questions and attempt to cover issues from preparing before baby arrives right through to returning to work and beyond.

This document can be shared with any staff who are expecting a baby regardless of gender identity or the role that they will play in the baby's life- so this can be given to staff who are pregnant, their partners or anyone else who is going to take time off to support a friend or family member with the arrival of a new baby.

The links are to external websites. These are not moderated or endorsed by the University of Bristol and the University of Bristol does not have any control over the content of external websites.

If you find any broken links or come across any other issues with this document then please email ames.mosley@bristol.ac.uk

University specific policies and support services:

Becoming a parent is a big change for anyone and it can be difficult to figure out how to balance home life and work life as you settle in to a new normal. The university has a range of policies, coaching and networking opportunities that you can find out about using the links below.

[Maternity/Paternity coaching | Staff Development | University of Bristol Knowledge Hub \(sharepoint.com\)](#)

Home and Family policies and guidance - [Knowledge Hub \(sharepoint.com\)](#)

[Parents and Carers' Network | Equity, Diversity and Inclusion Team | University of Bristol](#)

[\(2\) Yammer - grp-Parents and Carers Network](#)

Breastfeeding/ chest feeding/ pumping support resources

Before baby is born (free training):

If you are thinking that you would like to breastfeed your baby it's a good idea to find out a bit more about what to expect before baby is born. These are some free courses that can provide you with some information and support before baby is even here.

[Team Baby: getting ready to breastfeed – ABM Training Support](#)

[Antenatal Beginning Breastfeeding Courses - La Leche League GB](#)

Trusted websites:

The internet can be a wild place- especially when you're sleep deprived and desperate for answers. Instead of ending up on a deep dive on mumsnet at 3am and reading potentially unsafe opinions from people who haven't received any kind of training in supporting infant feeding you can check out these four websites as excellent sources of research backed information and support.

[KellyMom.com Breastfeeding and Parenting](#)

[La Leche League GB - Friendly breastfeeding support from pregnancy onwards](#)

[Breastfeeding Support - Breastfeeding tips, tricks & support](#)

[Home - ABM](#)

Bristol/ South Glos/ North Somerset in person support groups (free service):

Here you can find information about in person support groups for people wishing to give their babies any amount of breastmilk. The support at these groups is given by people who have had babies themselves and who have

received training in supporting others on their breastfeeding journey. They are friendly and informal and partners are welcome.

[Breastfeeding in Bristol - bristol.gov.uk](http://bristol.gov.uk)

[LLL Bristol - La Leche League GB](#)

Online support (free service):

If you don't feel able to get along to a group for whatever reason that doesn't mean that you can't have support- here you can find some facebook groups that can provide support and information either from other parents or from trained supporters.

[Bristol Breastfeeding Mummies | Facebook](#)

[Breastfeeding Older Babies and Beyond - Blog - Home | Facebook](#)

[Bristol Breastfeeding Support Service Friday Group public group | Facebook](#)

[Exclusive Pumping - Home | Facebook](#)

Telephone support (free service):

If you can't get to a group and don't want to receive support online- the telephone support lines provide a great way to receive tailored one to one support from individuals who have been trained to support infant feeding.

[National Breastfeeding Helpline – Helpline](#)

[Support For Crying And Sleepless Babies | Home | Cry-sis](#)

Contact a lactation consultant (paid service):

Lactation consultants that you can find via this link have received the highest level of training and accreditation available in supporting breastfeeding. They

do charge for their services but this is usually their main source of income and they use that income to pay for the upkeep of their training. Be aware that some people may call themselves a 'breastfeeding consultant' or similar names- but if you want to be sure that you are paying for someone who really has the accreditation- it's best to go through this site.

[Find an IBCLC -International Board Certified Lactation Consultant - LCGB](#)

Helpful Youtube videos:

This selection of videos covers a variety of topics. They are all aimed at being accessible to people anywhere on any income so none of them require you to own any kind of special equipment and the videos seek to address issues from engorgement to getting a good latch and exploring different breastfeeding positions. They are well worth a look.

[Breastfeeding Videos for Mothers: Global Health Media Project - YouTube](#)

Information on safe use of medication whilst breastfeeding:

Sometimes doctors and pharmacists can be unsure about prescribing to people who are lactating and feeding their babies and people can be advised to stop breastfeeding in order to take certain medications such as some anti-depressants when this is not always necessary. If you are not sure if a certain medication is safe then it's worth doing some research. Equally- some medications- such as decongestants that are readily available off the shelf are not safe for people lactating. Before you take any medication- it's worth taking a look at these factsheets.

[Drugs Factsheets - The Breastfeeding Network](#)

Information specific to trans and non-binary parents:

For trans or non binary parents, the gendered language around giving birth and parenting can be frustrating and exclusionary. These are some web resources that have been designed for trans and non- binary parents specifically.

[Transgender parents and chest/breastfeeding • KellyMom.com](#)

[Support for Transgender & Non-binary Parents - La Leche League GB](#)

[Chestfeeding if you're trans or non-binary - NHS \(www.nhs.uk\)](#)

Information for neurodivergent parents breast/chest feeding:

For parents who are neurodivergent, breastfeeding/ chest feeding can present particular sensory challenges. These are some web resources and support groups that may be helpful.

[Breastfeeding If You Are On The Autistic Spectrum - The Breastfeeding Network](#)

<https://abm.me.uk/wp-content/uploads/Mag14-Featured.pdf>

[Autistic Breastfeeding, Chestfeeding, and Bodyfeeding Parents | Facebook](#)

Information specific for those exclusively pumping/ expressing:

Direct feeding is not for everyone and some people may need or choose to exclusively express their milk to feed to their baby in a bottle. This type of journey can have specific questions and support needs- these websites may be helpful.

[Exclusive expressing: your questions answered. - The Breastfeeding Network](#)

[Exclusively Expressing Breastmilk for Your Baby - La Leche League GB](#)

[Exclusive Pumping • KellyMom.com](#)

[Exclusive Pumping \(Resources\) • KellyMom.com](#)

[I'm not pumping enough milk. What can I do? • KellyMom.com](#)

Breastfeeding and returning to work:

Returning to work if you're breastfeeding can feel like an impossible challenge- but it's perfectly possible to continue your breastfeeding relationship and return to work with careful thought and planning. These resources may help you to think about what that might look like.

[Continuing to breastfeed when you return to work - Maternity Action](#)

[Resources: Working & Pumping Tips • KellyMom.com](#)

[Working and Breastfeeding - La Leche League GB](#)

Storing Expressed Milk:

If you choose to express your milk- then it's important to know how to store it safely- these guidelines can help.

[Storing Your Milk - La Leche League GB](#)

Weaning from breastfeeding:

If you decide that it's time to stop breastfeeding- it can be hard to know how to go about that. These articles provide supportive advice.

[How do I stop breastfeeding? | Baby & toddler, Feeding articles & support | NCT](#)

[Weaning: How To - La Leche League International \(lly.org\)](#)

[Thinking of Weaning? - La Leche League GB](#)

[How to Stop Breastfeeding - Breastfeeding Support](#)

[Weaning toddler Bob and pre-schooler Billie: how do you stop breastfeeding an older child? \(emmapickettbreastfeedingsupport.com\)](#)

When breastfeeding doesn't go to plan:

Despite best efforts, breastfeeding doesn't always work out the way you might have hoped. This can lead to mixed and difficult feelings. Breastfeeding grief and trauma are real and we need to acknowledge and talk about those things.

Amy Brown is a lactation consultant who has written extensively on this important topic. If your breastfeeding journey didn't go the way you hoped- her resources can be helpful.

[Supporting breastfeeding grief - a collection of resources \(professoramybrown.co.uk\)](http://professoramybrown.co.uk)

Formula feeding support resources

Choosing a formula:

The range of formula milks available on the market can be baffling and it can be difficult to know how to choose. These websites provide some useful guidance. A top tip to remember is that due to strict regulations on the formula industry, an own brand formula at the supermarket- which may be considerably cheaper than a big brand product- is as safe and nutritious and has been through all the same checks and balances. It's cheaper simply because the supermarket aren't paying huge amounts of money to market it with snazzy packaging.

It's also worth remembering that a first stage formula is perfectly suitable all the way from birth to 12 months. There is no need to change to a 'follow on' formula. If you have found first stage formula that you are happy with- you can stick with it. The only reason follow on formulas exist is because marketing first stage infant milks is against the law.

[Infant milks for parents & carers — First Steps Nutrition Trust](#)

[Types of formula milk - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Making up a formula feed safely:

Formula packaging provides information and guidance about how to make up powdered formula safely. This generally involves using freshly boiled water that has cooled to around 70 degrees. There can be some confusion around this as people can think the reason for this guidance is to sterilise the water. This is not the case. It's important to use hot water to kill any bacteria that may be lurking in the formula powder itself. The websites below can provide more information on this.

There are lots of (very expensive) machines on the market that promise to make formula fast and fuss free- but it's worth doing your research on these machines carefully and making an informed decision for yourself if you are totally comfortable that these are safe for your baby. A link to a statement on these matters from the NHS is available below.

Alternative options to these machines- such as rapid cooling devices- do exist at a fraction of the cost- so if you decide you want to spend your money on a gadget to make up formula feeds faster- be sure to do your research and find something that you think is the most suitable for your family.

[Infant milks for parents & carers — First Steps Nutrition Trust](#)

[Making infant milk safely — First Steps Nutrition Trust](#)

[How to make up baby formula - NHS \(www.nhs.uk\)](#)

[Statement on formula preparation machines Nov 2016.pdf \(elht.nhs.uk\)](#)

How to bottle feed your baby:

It sounds easy doesn't it and we've all seen photos or examples in real life of people feeding their baby from a bottle. Nevertheless- new research means that we now know that there is an optimal way to offer your baby a bottle to try to avoid things like trapped gas and overfeeding. The websites below have some helpful tips.

[Bottle feeding advice - NHS \(www.nhs.uk\)](#)

[How to bottle-feed your baby | Baby & toddler, Feeding articles & support | NCT](#)

Frequently asked questions:

[Formula milk: common questions - NHS \(www.nhs.uk\)](#)

Mixed feeding (combining breast and bottle feeding) resources:

You may decide from the moment your baby is born that you want to mixed feed, or it may be something that comes about due to circumstances. No matter if it's something that you have actively chosen or something that you need to do there are tips and advice available below on ways to make this work well for your family.

[How to combine breast and bottle feeding - NHS \(www.nhs.uk\)](https://www.nhs.uk)

[Mixed feeding: combining breastfeeding and bottle feeding | Baby & toddler, Feeding articles & support | NCT](#)

[Partial Weaning & Combination Feeding • KellyMom.com](#)

[Mixed Up: Combination Feeding by Choice or Necessity by Lucy Ruddle | Goodreads](#)

See also the breast/ chest feeding support resources above- breastfeeding support resources (online, telephone and in person) welcome people who want to give their baby any amount of breastmilk either directly or by expressing and all of those resources can also be used by individuals who are mixed feeding out of choice or necessity.

Normal infant sleep, Safe sleep and co-sleeping:

When you have a baby- everyone will ask you how much they sleep or if they're 'good' (by which they normally mean- 'does s/he sleep'). Lack of sleep can be hard- and finding ways to safely maximise sleep and manage your expectations around your baby's sleep can be essential. These are some resources that can help you know what to expect and how to get the most rest.

[210322-Basis-Normal-Infant-Sleep.pdf \(durham.ac.uk\)](#)

[BASIS – Baby Sleep Information Source \(basisonline.org.uk\)](#)

[How to reduce the risk of SIDS for your baby - The Lullaby Trust](#)

[The Safe Sleep Seven - La Leche League International \(llli.org\)](#)

[Safe Cosleeping Guidelines // Mother-Baby Behavioral Sleep Laboratory // University of Notre Dame \(nd.edu\)](#)

Bonding with baby for dads, partners and other family members (ideas that don't involve feeding the baby)

Something that seems to come up often are questions about how others can bond with the baby if they're not able to/ allowed to feed them. For breastfeeding families- it's not possible for anyone else to feed the baby- and the person breastfeeding may sometimes feel pressured to introduce a bottle just so other people can have a go at the feeding bit. Equally- bottle feeding parents may prefer to keep bottle feeds as the domain of one or two very close family members- and can feel under pressure from others to let them feed baby.

The idea that feeding the baby is the only way to bond with the baby is not based in any kind of reality and there are plenty of other ways for non-feeding family members to create a special and lasting bond with a new baby.

These resources can be handy for anyone wanting to bond with baby- regardless of their gender identity or role in the baby's life.

[How can dads bond with their baby? | Life as a parent articles & support | NCT](#)

[Look, Say, Sing, Play - Brain-building tips | NSPCC](#)

[30 Bonding Tips for Dads/Partners of breastfed babies — DoulaCare Ireland](#)

