

Online Resources

www.abm.me.uk - A variety of online leaflets on breastfeeding topics

Unicef Baby Friendly Initiative - <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/> - Information and videos

Global Health Media Breastfeeding videos - https://globalhealthmedia.org/language/english/?_sf_s=breastfeeding - clear and informative videos on including great videos showing position and attachment

<https://breastfeeding.support/> - an evidence-based website written by an IBCLC, (unfortunately it does have adverts so just scroll on by these!)

email - druginformation@breastfeedingnetwork.org.uk - Information on medication and drugs whilst breastfeeding:

<https://www.firststepsnutrition.org/> - information on infant feeding including formula milks and preparation

<https://www.basisonline.org.uk/> - Information on baby sleep including safe sleep and co-sleeping information

Book Suggestions:

Why Breastfeeding Matters, by Charlotte Young

You've Got it in You: A Positive Guide to Breast Feeding, by Emma Pickett

The Positive Breastfeeding Book, by Dr Amy Brown

In person/phone resources:

The National Breastfeeding Helpline – 0300 100 0212 - open 24 hours every day.

Deal Breastfeeding Support Group – free drop-in Monday 1-3pm (excluding Bank hols) you can just drop-in or book a 1-2-1 session – see their Facebook page.

Me!..... or another IBCLC – you can search on the LCGB website - <https://lrgb.org>

Hannah Croft IBCLC - runs paid groups in Canterbury, Whitstable and Broadstairs.

Maddie's Miracle Bus (UK nationwide charity) - find them on Facebook, they offer free on-line zoom sessions.

NHS infant feeding team – you can put in a request for a referral for a 1-2-1 appointment with one of the team