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MIND BODY SOUL

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www.breastfeedingherts.com

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Useful Links:

Medicines and Breastfeeding

The BfN also has an excellent library of information on the safety of drugs and medications in breastfeeding. "The BfN endeavours to provide information to enable mothers to breastfeed their babies for as long as they wish and provide information on the safety of medicines for each mother and baby pair"

www.breastfeedingnetwork.org.uk/detailed-information/drugs-in-breastmilk/

DISCLAIMER

This video should not be taken as medical advice. This video offers pregnancy, post-natal health, fitness and lifestyle information for education only. You should not rely on this information as a substitute for or replacement of professional medical advice, diagnosis and treatment.

Visitors who rely on the information contained within it do so entirely at their own risk. Breastfeeding Herts / Mother Fit or anyone associated with Breastfeeding Herts / Mother Fit will not be responsible or liable for any risk, injury or harm you sustain as a result of the information provided by this video, our website, YouTube videos, Facebook or Instagram pages.

Always consult a medical practitioner for specific advice tailored to your needs.



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Useful Links:

General Breastfeeding Information

The Breastfeeding Network - The BfN aims to be an independent source of support and information for breastfeeding mothers and others.

You can find useful leaflets to download, including **up to date Covid19 information**, free UK drop in support centres and more.

www.breastfeedingnetwork.org.uk

Helpful Videos

Unicef has developed a great library of teaching videos for many common breastfeeding concerns:

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/best-beginnings-videos/>

National Breastfeeding Helpline

0300 100 0212

Independent, confidential, mother-centred, non-judgmental breastfeeding support and information:

www.nationalbreastfeedinghelpline.org.uk

Infant Formula and Solids

First Steps Nutrition Trust is an independent public health nutrition charity that provides information and resources to support eating well from preconception to 5 years.

www.firststepsnutrition.org

Responsive Bottle Feeding

A simple and concise guide from Unicef, for parents who are formula feeding, with an overview on how to choose infant formula, and how to bottle feed as responsively as possible:

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/bottle-feeding-resources/infant-formula-responsive-bottle-feeding-guide-for-parents/>

Tongue Tie

The ATP work to increase awareness about the effects of tongue tie in babies, using up to date evidence and research. They aim to support parents of tongue-tied babies to access safe and effective care:

<http://www.tongue-tie.org.uk/tongue-tie-information.html>

