



# WE ARE SUPPORTIVE.

# WE ARE NEWHAM.



## NEWHAM BABY FEEDING HELPLINE 07534 249 611

We provide baby feeding support to all families. Call or text our Baby Feeding Helpline for skilled help and support with any questions about feeding your baby or toddler up to three years.

Newham Baby Feeding Helpline is available seven days a week - **07534 249 611** or email **[baby.feeding@newham.gov.uk](mailto:baby.feeding@newham.gov.uk)** for help with breast feeding, bottle feeding, mixed feeding, introducing solids, returning to work and breastfeeding.

Breast milk is tailor-made for your baby. It boosts your baby's ability to fight illness and infection.

### Baby Feeding Cafes

Online and in person - meet other mothers, chat, share stories, get support. Follow the QR code for details of dates, times and locations across Newham.



# GETTING READY TO BREASTFEED

## Book your antenatal workshop

Having a baby in Newham? Come along to one of our fun and informative, online baby feeding workshops. Meet other parents and learn about:

- how breastfeeding works
- why breast milk is good for your baby
- why skin to skin contact helps your baby and you
- when to feed your baby
- how to tell your baby is getting enough milk

- where to get help and support
- how to protect your milk supply if mixed feeding
- when to start weaning baby onto solid foods
- how to feed your baby out and about.

Book your two hour online workshop from 28 weeks pregnancy: QR code link to:

Newham Baby Feeding  
(Newham Children's  
Health) Events | Eventbrite



# MILK FOR SIX MONTHS - NOTHING BUT MILK

For the six months of their life, babies only require either breast milk or a first stage formula (any brand). Nothing else is needed until they are six months old when solid foods should be slowly introduced.

Breast milk has many benefits as it is tailor-made for your baby, contains vitamins and minerals and is always available. It also offers protection from certain infections and helps improve your baby's long term health.

## STARTING SOLIDS WORKSHOP

Book your fun, interactive **Starting Solids workshop** when baby is four to six months old, to learn about which foods to offer your baby from six months, how to know baby is ready, what equipment you might need and safety concerns.



# FATHERS, PARTNERS, GRANDPARENTS, FAMILY AND FRIENDS

Your support can make all the difference for a new mum as she learns to feed her baby. You can help by taking care of all the other things like cooking, housework and caring for older children.

Let her know how proud you are of her.



## MORE SUPPORT WITH FEEDING YOUR BABY:

For further information about feeding your baby please visit **Newham Health Visiting** website

Or visit:  
**Start4Life** [www.nhs.uk/start4life](http://www.nhs.uk/start4life)

Unicef UK Baby Friendly Initiative  
[www.unicef.org.uk/babyfriendly/](http://www.unicef.org.uk/babyfriendly/)

First Steps Nutrition Trust  
[www.firststepsnutrition.org/](http://www.firststepsnutrition.org/)

For support:  
Newham Baby Feeding Helpline:  
**07534 249 611**  
[Baby.feeding@newham.gov.uk](mailto:Baby.feeding@newham.gov.uk)

Newham Health Visiting:  
**020 3373 9983**

[healthvisiting@newham.gov.uk](mailto:healthvisiting@newham.gov.uk)

[www.newham.gov.uk/  
childrenshealth](http://www.newham.gov.uk/childrenshealth)

National baby feeding helplines:

NHS Breastfeeding Friend

National Breastfeeding Helpline –  
**0300 100 0212** (9.30am – 9.30pm)

BfN Supporterline – Bengali / Sylheti  
**0300 456 2421** (9.30am – 9.30pm)

La Lech League – **0345 120 2918**

NCT – **0300 330 0700**  
(8am – 12 midnight)

Association of Breastfeeding Mothers

**WE ARE NEWHAM.**

