

Useful Resources

We'd love to know how you get on - Was there anything which turned out to be especially helpful or is there anything we missed? If you have any feedback please contact Professor Sarah Jewell (s.l.jewell@reading.ac.uk)

In this guide we provide a list of potentially useful resources.

Your rights at work

Health and Safety Executive: <https://www.hse.gov.uk/mothers/employer/rest-breastfeeding-at-work.htm>

Maternity Action: [https://maternityaction.org.uk/advice/continuing-to-breastfeed-when-you-return-to-work/#Your legal rights if you are breastfeeding](https://maternityaction.org.uk/advice/continuing-to-breastfeed-when-you-return-to-work/#Your%20legal%20rights%20if%20you%20are%20breastfeeding)

Right to flexible working: <https://www.gov.uk/flexible-working>

Services and Charities: Breastfeeding and Return to Work

Association of Breastfeeding Mothers: <https://abm.me.uk/breastfeeding-information/breastfeeding-work/>

Breastfeeding Network: <https://www.breastfeedingnetwork.org.uk/breastfeeding-information/continuing-the-breastfeeding-journey/returning-to-work-or-study/>

Health and Safety Executive: <https://www.hse.gov.uk/mothers/employer/index.htm>

NHS: <https://www.nhs.uk/start-for-life/baby/feeding-your-baby/breastfeeding/breastfeeding-returning-to-work/>

La Leche League: <https://laleche.org.uk/working-and-breastfeeding/>

Maternity Action: <https://maternityaction.org.uk/advice/continuing-to-breastfeed-when-you-return-to-work/>

Starting solids

NHS: <https://www.nhs.uk/conditions/baby/weaning-and-feeding/babys-first-solid-foods/> and <https://www.nhs.uk/conditions/baby/weaning-and-feeding/foods-to-avoid-giving-babies-and-young-children/>

La leche league: <https://www.laleche.org.uk/starting-solid-food/>

First steps Nutrition: <https://www.firststepsnutrition.org/childrens-food>

González, C. (2020). *My Child Won't Eat: How to Enjoy Mealtimes Without Worry*. Pinter & Martin.

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Introducing Formula

First steps nutrition: First Steps Nutrition Trust, (2024) Infant milks: A simple guide to infant formula, follow-on formula and other infant milks, Available from: www.firststepsnutrition.org/parents-carers

Responsive and paced feeding

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

NHS: <https://www.nhs.uk/start-for-life/baby/feeding-your-baby/bottle-feeding/bottle-feeding-your-baby/feeding-on-demand/>

Sleep Information resources

Baby sleep info Source (BIAS): <https://www.basisonline.org.uk/resources-for-parents/>

Lullaby Trust (Safer sleep resources): <https://www.lullabytrust.org.uk/>

Resources to Support Mental Health

Pandas foundation: <https://pandasfoundation.org.uk>

Maternal Mental Health Alliance: <https://maternalmentalhealthalliance.org>

Professor Amy Brown's breastfeeding grief resources: <https://professoramybrown.co.uk/articles/f/supporting-breastfeeding-grief---a-collection-of-resources/>

Breastfeeding Support and Information

Find a local breastfeeding support group

Association of Breastfeeding Mothers: <https://abm.me.uk/find-a-local-breastfeeding-support-group/>

Breastfeeding network: <https://www.breastfeedingnetwork.org.uk/drop-in-centres-map/>

La Leche League GB: <https://laleche.org.uk/find-lll-support-group/>

National Childbirth Trust Baby Cafes: <https://www.nct.org.uk/about-us/community-support-programmes/nct-baby-cafe>

Helplines

The [National Breastfeeding helpline](https://www.breastfeedingnetwork.org.uk/chat/): 0300 100 0212 is available 24/7. The National Breastfeeding helpline also offers a web-based breastfeeding support service and social media support: <https://www.breastfeedingnetwork.org.uk/chat/>

[La Leche League](https://laleche.org.uk/call/#leaders): 0345 120 2918; you can contact a local La League Leader if one is available in your area: <https://laleche.org.uk/call/#leaders>

[National Childbirth Trust \(NCT\) Infant Feeding Line](https://www.nct.org.uk/infant-feeding-line): 0300 330 0700

One to one Breastfeeding Support

Search for a IBCLC lactation consultant: <https://lcgb.org/find-an-ibclc/>

Breastfeeding Information

Association of Breastfeeding Mothers: <https://abm.me.uk/breastfeeding-information/>

Breastfeeding Network: <https://www.breastfeedingnetwork.org.uk/>

La Leche League: <https://laleche.org.uk/get-support/#bfinfo>

NHS: <https://www.nhs.uk/baby/breastfeeding-and-bottle-feeding/breastfeeding/>

National Childbirth Trust (NCT): <https://www.nct.org.uk/>

Other Useful Resources:

Breastfeeding Networks's Drugs in Breastmilk service:
<https://www.breastfeedingnetwork.org.uk/drugs-factsheets/>

NHS advice on stopping breastfeeding: <https://www.nhs.uk/baby/breastfeeding-and-bottle-feeding/breastfeeding/how-to-stop/>

La Leche League advice on mastitis (note advice does change):
<https://laleche.org.uk/mastitis/>

Dad's guide to breastfeeding: <https://www.jpaget.nhs.uk/media/415120/A-dads-guide-to-breastfeeding.pdf>