



INFANT FEEDING UPDATE

The Lancashire and South Cumbria Infant Feeding Network has brought together information for those organisations who may be dealing with questions around infant formula and how women can access support around feeding challenges.

Formula Feeding: Detailed information about feeding your baby during the COVID-19 pandemic can be found by going to the [Healthier Lancashire and South Cumbria website](#) and highlights key information when families may be struggling to get formula, and concern around obtaining the most appropriate formula for their baby. Useful information to share with families who are formula feeding includes:

FORMULA FEEDING INFORMATION FROM LIFIB – COVID-19

The only formula appropriate for the under 12 month baby who is not breastfed is first stage infant milk. When there are shortages, some of the following tips may help parents:

Speak to your health visitor if you have problems accessing formula, or have any questions.

You can change between brands of first infant milk – they all have to meet the same strict rules on composition.

Ask if neighbours or local friends have any first milk.

Only make up as much milk as you need, and do 'paced feeding'.

NEVER water down your baby's milk to make it last longer, or keep it more than two hours after baby has started drinking it.

NEVER feed baby: cows', goats' or plant milks as their main drink as it can cause damage.

DO NOT give follow-on milk to babies under six months.

For more information see [LIFIB.org.uk/news/formula-info-march-2020](https://www.lifib.org.uk/news/formula-info-march-2020) or [firststepsnutrition.org](https://www.firststepsnutrition.org)

If families are unable to obtain formula from local shops, they are being informed they can call their local pharmacy who can order it for collection. It may take up to two days to arrive so needs planning.



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Infant Feeding Challenges: women can be signposted to the following when they have concerns about feeding their baby.

To find telephone numbers to contact a Health Visitor please visit [Healthier Lancashire and South Cumbria website](#)

National Breastfeeding Helpline Number
0300 100 0212 9-30am -9.30pm everyday

For information on Formula and Introducing solids families can be directed to First Steps Nutrition: firststepsnutrition.org

Peer Support Groups

Women can also access feeding support by contacting one of the local community groups. Support will take place by phone, Facebook What's App, Zoom etc. but not face to face .

They can support both breast and formula feeding and for more challenging feeding situations, will signpost to the Health Visiting service. If women cannot access the service in their area, they can try another service from the list.

FAB: Peer Supporters
01254 722929 (9.30am – 2.30pm daily)
[FAB Lancs Breastfeeding Support Facebook Group](#)

Blackpool and Fylde Coast Breastfeeding Support
[Fylde Coast Breastfeeding Support Group Facebook Group](#)

South Cumbria Breastfeeding Support
[Cumbria breastfeeding facebook group](#)

Barnoldswick, BFFs
[Barnoldswick Breastfeeding Facebook group](#)

Blackburn with Darwen's Breast Intentions
[Blackburn with Darwen Breast Intentions Facebook group](#)

East Lancs NCT Feeding Support
[East Lancs NCT Facebook group](#)