

Useful Websites

Association of breast feeding mothers – www.abm.me.uk

Helpline: **0300 330 5453**

- Voluntary organisation originally founded by breast feeding counsellors.
- Offer counselling by trained counsellors (helpline: 0300 330 5433)
- Information resources

Association of Tongue-tie Practitioners www.tongue-tie.org.uk

- ATP set up in 2012 by a group of tongue tie practitioners from the NHS and independent sector who can support parents of tongue tied babies to access safe and effective care.

Baby Milk Action – www.babymilkaction.org

- Non – profit organisation campaigning against interests of infant formula companies and is the UK coordinator for violations against the WHO International Code of Marketing of Breast milk Substitutes.

Best Beginnings www.bestbeginnings.org.uk

- Charity run in support of ending inequalities in child health. Free online access to 'Bump to Breastfeeding' DVD.

Breastfeeding Network – www.breastfeedingnetwork.org.uk

Supportline: **0300 100 0210**

- Independent source of support and information for breast feeding women and others.
- Downloadable leaflets for treatment of thrush and mastitis, as well as information sheets regarding storage of expressed breast milk and drugs and breast milk.
- Information on the use of drugs, alcohol and smoking whilst breast feeding.
- Information also available in Bengali/Sylheti, Tamil, Telugu and Hindi

First Steps Nutrition www.firststepsnutrition.org

- Better information and support for good nutrition and food from pre-conception to five years, run by registered professionals.

Infant Sleep Information Source www.isisonline.org.uk

- ISIS provides information about normal infant sleep for parents and health professionals, based upon the latest UK and world-wide research.

KellyMom www.kellymom.com

- American website with good evidence based information for parents and professionals

Lactation Consultants of Great Britain www.lcgb.org

- For private lactation specialists

La L che League – www.laleche.org.uk

- International self – help group for breast feeding women.
- Counselling helpline: **0845 120 2918**
- Local support groups.

Maternity Action – www.maternityaction.org.uk

- U.K. Charity
- Committed to ending inequality and improving health of pregnant women, their partners and young children.

National Childbirth Trust – www.nctpregnancyandbabycarecom/nct-online

Supportline: **0300 330 0700**

- Child birth and parenting charity run by parents for parents.
- Provide a range of services including antenatal classes, postnatal discussion groups and breast feeding counselling.

NHS Breastfeeding site www.nhs.uk/conditions/pregnancy-and-baby/pages

Funds National Breastfeeding Helpline: **0300 100 0212**
(in collaboration with ABM & BfN)

Unicef UK Baby Friendly Initiative unicef.org.uk/babyfriendly

Helpline: **0300 330 0700**

- News and research updates
- Supports best practice for all infant feeding
- Breast feeding leaflets for pregnant women and new mothers available in English, Arabic, Bengali, Chinese, Gujarati, French, Hindi, Mirpuri, Portugese, Punjabi, Somali, Spanish, Tamil, Turkish, Urdu, Vietnamese.
- Bed sharing leaflet, available in English, French, Gujarati, Hindi, Punjabi, Spanish, Tamil, Turkish, Urdu.

For online clips:

- www.biologicalnurturing.com Suzanne Colson’s web site. Click on *laid-back video*
- www.drjacknewman.com Click on *Video clips*.