

Virtual Information and support available for families: **Infant feeding and baby friendly care**

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Websites

A list of useful websites for general information. Just search on your internet browser:

Lancashire and South Cumbria Better Births: Coronavirus infant feeding information, Antenatal sessions, Neonatal care

East Lancashire Hospitals Trust: ELHT > Infant Feeding, including support options in Blackburn with Darwen and information in other languages.

Virgin Care: Infant feeding, virtual support

Families and Babies (FAB)

UNICEF BFI: Leaflets and videos

Breastfeeding Network (BfN): Drugs in breast milk fact sheets

Association of Breastfeeding Mothers (ABM): Video – how lactation works

Twins Trust

First Steps Nutrition Trust: Information about formula milks

Tongue Tie Association

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Social Media

A list of Facebook pages that offer support and advice:

Breast Intentions: Blackburn with Darwen

Breast Feeding Friends (BFF): Burnley, Barnoldswick, Colne

NCT: East Lancashire

Families and Babies (FAB): Lancashire

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Phone numbers

A list of help lines and breastfeeding support numbers:

Community Midwives:

- Blackburn with Darwen and Hyndburn and Ribbles Valley: 01254 733434
- Burnley, Pendle and Rossendale: 01282 803434

Health Visiting Teams:

- East Lancashire: 0300 247 0040
- Blackburn with Darwen: 01254 585000

National Breastfeeding Helpline: (9.30am-9.30pm)

- 0300 100 0212 – includes English, Polish and Welsh translations
- 0300 330 5469 – Tamil, Teluga and Hindi support translations

Families and Babies (FAB) infant feeding support: 01254 772929