

Oxleas Parent Online – Breastfeeding

click on the links and images for websites and leaflets

remember you can always talk to your health visitor team if you have more questions or need help

[Greenwich Breastfeeding Groups](#)

Information on where to get help in Greenwich, national telephone helplines and breastfeeding help websites. Tips on breastfeeding in public

[Parent’s information; tongue tie and how to get help in Greenwich](#)

[Parents guide to the Infant Feeding Policy](#)

Breastfeeding drop-in groups in Greenwich
for all pregnant and breastfeeding mothers and their families
These groups are run by trained Breastfeeding Advisors from Oxleas NHS Health Visitor teams. There are also leaflets, books and DVD's to help you

- Use started with breastfeeding
- With questions or problems about breastfeeding, using formula milk and starting solid foods
- With breastfeeding at work
- When returning to work
- When you are ready to stop breastfeeding

Greenwich Breastfeeding groups are not just for problems, you can relax and meet other local mothers and find out about family activities and support available at the Children's Centre.

Monday	10.00 – 12.00	020 8005 3140
Tuesday		

Oxleas NHS Improving lives

Parent's information; tongue tie and how to get help in Greenwich

What is tongue tie?
Tongue tie is caused by a tight or short membrane under the tongue. The membrane may be attached at the tip or further back, the tongue tip may appear heart shaped. This may cause problems with breastfeeding because the tongue is not able to move freely. Some babies with tongue tie have a mild case and are barely affected. If the condition is severe, the tongue is almost fixed to the bottom of the mouth.

On line information and help

NHS Start4Life parents leaflet

[Breastfeeding; Off to the best start](#)

NHS Start4Life website

[Start4Life - Breastfeeding](#)



[The Baby Friendly Initiative Support for parents](#)

See useful videos and leaflets about feeding and caring for your baby

[UNICEF Hand expressing video](#)



Best Beginnings Videos

[From Bump to Breastfeeding](#)

[Breastfeeding in public](#)

[Expressing and return to work](#)



[What dads should know about breastfeeding](#) leaflet from HSC Public Health



[Real Baby Milk](#)

[Click here for Essential guide to feeding and caring for your baby](#)



[Home - The Breastfeeding Network](#)

Click here to find out about [Expressing and storing breast milk](#)

[Drugs factsheets](#) [Returning to work](#) [Mastitis](#)











NHS Start4Life leaflet [breastfeeding at study or work](#)

[Breastfeeding and going back to work - Pregnancy and baby guide - NHS Choices](#)

Electric breast pump hire [Ameda](#) [Express yourself mums](#)



<p>International breastfeeding videos</p> <p>Global Health Media Breastfeeding videos</p> <p>Attaching your baby at the breast Expressing and storing breastmilk</p>	
<p>Australian breastfeeding videos</p> <p>Raising children network videos Breastfeeding attachment techniques</p>	
<p>La Leche League GB - Breastfeeding information</p> <p>Video link Maximising Milk Production with hands on pumping</p>	
<p>Bliss for babies born premature or sick</p> <p>Bliss; A guide to expressing breastmilk for your premature baby</p> <p>Twins and Multiple Births Association – TAMBA website</p> <p>Breastfeeding more than one – TAMBA booklet</p>	
<p>Yellow Alert Leaflet – Jaundice in the newborn baby</p>	<p>Jaundice in the newborn baby</p> 
<p>Mixed feeding; breast and bottle</p> <p>NCT.org</p>	
<p>Vitamins for breastfeeding mothers and babies</p> <p>NHS CHOICES Vitamins and breastfeeding</p> <p>NHS CHOICES information vitamins for children</p>	
<p>First Steps Nutrition Trust is a public health nutrition charity that provides information and resources to support eating well from pre-conception to five years.</p> <p>First Steps Nutrition Trust Eating well for new mums and babies</p>	

If you are thinking about giving your baby some formula milk look at the information on Oxleas Parent Online-New Baby and visit a breastfeeding group or health visiting team drop-in for help and information.

Voluntary Organisation websites	Open	Helpline
National Childbirth Trust (NCT)	8am – 12pm	0300 330 0700
La Leche League GB (LLL)	24 hours daily	0845 120 2918
Breastfeeding Network (BfN)	9.30am – 9.30pm	0300 100 0210
Association of Breastfeeding Mothers	9.30am - 10.30pm	0300 330 5453
National breastfeeding helpline	9.30am – 9.30pm	0300 100 0212