



For details of our drop-in breastfeeding support sessions see
www.oxbreastfeedingsupport.org



Formerly Oxford Baby Cafés Group

Recommended Resources

All these resources respect the normal needs and behaviour of breastfed babies. This list is not exclusive. If you are worried about your baby, contact your midwife, Health Visitor or GP.

- **Details of breastfeeding support in hospital and where to borrow/hire breast pumps:**
www.ouh.nhs.uk/women/maternity/postnatal/infant-feeding/
- **Important information on how to tell whether your newborn baby is getting enough milk:**
www.ouh.nhs.uk/women/maternity/postnatal/infant-feeding/documents/nappy.pdf
-  Find us on our “Oxfordshire Breastfeeding Support” Facebook page and our private Facebook group
-  @oxbreastfeedingsupport

If you find this list or our support helpful, please consider making a donation to help the next family. <https://localgiving.org/charity/obs>



General breastfeeding information

- <https://kellymom.com> and <https://www.laleche.org.uk/get-support/#bfinfo>
Evidence-based, reliable and realistic information on most aspects of breastfeeding.
- <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/support-for-parents/>
Basic information to guide you through the early weeks and common problems. Good video on hand expression of milk.
- **The Womanly Art of Breastfeeding (8th edition)** La Leche League International 2010, published by Pinter & Martin. Updated edition of the world’s bestselling breastfeeding book.

Sleep

- **Infant Sleep Information Source (ISIS) from Durham University Parent-Infant Sleep Lab:**
www.isisonline.org.uk ISIS provides online information about normal infant sleep based upon the latest UK and world-wide research.
- **Caring for your Baby at Night, a guide for parents** This UNICEF UK leaflet can be downloaded free at <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/leaflets-and-posters/caring-for-your-baby-at-night/>

- **Sweet Sleep: Nighttime and Naptime Strategies for the Breastfeeding Family**
Diane Weissinger, Diana West, Linda J. Smith & Teresa Pitman 2014, published by Pinter & Martin.
- **Sleeping with your baby, a Parent's Guide to Co-sleeping**
James McKenna 2007, published by Platypus Media.

Starting solid foods

- **Baby-led weaning: Helping your baby to love good food** (book) or www.babyledweaning.com
Gill Rapley & Tracey Murkett 2008, published by Vermilion.
- **My Child Won't Eat! How to enjoy mealtimes without worry**
Carlos Gonzales 2012, published by Pinter & Martin.

Working and breastfeeding

- **Maternity action** provides information and advice on your rights at work:
<https://www.maternityaction.org.uk/advice-2/mums-dads-scenarios/pregnant/>
- **Hirkani's Daughters: women who scale modern mountains to combine breastfeeding and working**
Jennifer Hicks 2005, published by La Leche League International.

Milk Expression <https://med.stanford.edu/newborns/professional-education/breastfeeding/maximizing-milk-production.html> Short video demonstrating "hands on pumping"; an effective technique for maintaining milk supply when a baby is unable to breastfeed; applicable to any situation in which a mother needs to express her milk.

Breast massage <http://bfmedneo.com/our-services/breast-massage/>

Paced bottle-feeding <http://kellymom.com/bf/pumpingmoms/feeding-tools/bottle-feeding/> and <https://youtu.be/YoBVtE6S1dk>

Medication use while breastfeeding <http://www.breastfeedingnetwork.org.uk/drugs-factsheets/> The Breastfeeding network website contains useful free factsheets on many common medications, and leaflets to download and share with your doctor.

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

This document can be downloaded as a PDF from our website www.oxbreastfeedingsupport.org