**COLIN SURESTART**

**Breastfeeding Resources/Support September 2020**

Breastfeeding Support

[https://setrust.hscni.net/healthy-living/breastfeeding/#](https://setrust.hscni.net/healthy-living/breastfeeding/)

Colin SureStart—Breastfeeding Support Group every Wednesday, 10.30-12, Venue- Lagmore Community Forum (grounds of Christ the Redeemer Church) , and also 1:1 advice/support available Contact Colin SureStart 02890601417 ask for JulieAnne Murphy or Maggie Morgan on 02890601417

**Please note due to current COVID 19 restrictions, you have to contact us on the above numbers if you are planning to attend the group. Please read the Breastfeeding Support Parent Information leaflet which is on the Colin Surestart Website .**

Link to main South Eastern Trust Breastfeeding Page

<https://setrust.hscni.net/healthy-living/breastfeeding/>

Individual links from the Trust page below:

Link to online Breastfeeding Course, which can be watched anytime, you can watch in sections, really good resource, gives you plenty of information that will be really informative and helpful to you.

<https://eur03.safelinks.protection.outlook.com/?url=http%3A%2F%2Fwww.dorsethealthcare.nhs.uk%2Fbreastfeedingcourse&data=02%7C01%7CElizabethm%40unicef.org.uk%7C5266391f0bca4f7efda508d7d23c46ec%7C2e8b3e917b2d435dacdaa68ba2653e5a%7C0%7C0%7C637209028646490464&sdata=hHZnUOGcn4sbqwfqsNA0ZaPoX98Z7OuRbBRED6cwC%2F0%3D&reserved=0>

**This is a lovely short video on How Lactation works**

<https://m.youtube.com/watch?feature=youtu.be&v=5-i4tm7mGnc>

**Off to A good Start**

 <https://setrust.hscni.net/download/306/breastfeeding/3916/off-to-a-good-start-2019.pdf>

<http://www.human-milk.co.uk/> Human Milk

<https://youtu.be/2IYtFrgbDUo> Skin to Skin

<https://youtu.be/wjt-Ashodw8> Attaching Baby to Breast

<https://youtu.be/K0zVCwdJZw0> Expression and Storage of Breastmilk

https://setrust.hscni.net/download/306/breastfeeding/3918/happybaby\_leaflet\_web.pdf

<https://bit.ly/2keUUnT>

We are a Baby Friendly Accredited organisation and therefore support the wellbeing and life chances of all babies, whether breast or bottle fed. Whilst breastfeeding is the best option for babies, and we support mothers who breastfeed, we also aim to support those mothers who have made the informed choice to formula feed.  This ensures all babies receive high standards of care and the best possible chance to thrive regardless of feeding type.

<https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2019/04/Infant-formula-and-responsive-bottle-feeding.pdf>

Learn more about how babies sleep: (This website presents research evidence about biologically normal sleep for human babies)

<https://www.basisonline.org.uk/>

FREE Antenatal online course the Public Health Agency have made available during COVID-19 restrictions**:**

Free access to Solihull Approach antenatal course Getting Ready for Baby, click link below:

<https://inourplace.heiapply.com/online-learning/>

Use access code: NIBABIES