



We are still here!

Sandwell
breastfeeding peer
support during
COVID-19

It's a strange and unsettling time for everyone right now, especially new parents. We've had to make some changes to our service to fit with venue closures, infection control measures and sensible distancing precautions, but there's still lots of support we can offer you.

Here's what you can expect from us over the coming weeks:

at any time (before or after birth) ...

Call us on [07505 775357](tel:07505775357) and leave your details – our answerphone will be updated with any changes in service, and we will get back to you as soon as we can (between 9am -1pm daily).

If you have any issues with feeding, such as pain, difficulty getting baby to take the breast, or worries about how much or how often baby is drinking, our first step will be to offer you a call back for telephone support. While you wait for us to call you back you can [look here](#) for general breastfeeding information.

Out-of-hours you can contact the National Breastfeeding Helpline on 0300 100 0212 (9.30am - 9.30pm every day of the year - subject to volunteer availability).

[private Facebook group](#) [BfN Sandwell Facebook Page](#)
[Twitter](#) [Instagram](#) sandwell@breastfeedingnetwork.org.uk

antenatal workshops ...

To replace our usual antenatal education classes, we have developed a virtual antenatal workshop that we will deliver using the Zoom video conferencing app.

You can register your interest by calling or texting [07505 775357](tel:07505775357)

If you were already booked to attend one of our sessions using the Sandwell Antenatal Changes site, we will be contacting you in due course to offer a virtual workshop – however, if you are nearing your due date please do let us know and where possible, we will prioritise you.

when baby arrives ...

For information or support, please call or text the peer support team on [07505 775357](tel:07505775357), send us a message via our [Facebook page](#) or send an email to sandwell@breastfeedingnetwork.org.uk

Messages are checked frequently.

However, if you are unable to wait for a callback, the National Breastfeeding Helpline is open daily from 9.30am - 9.30pm (subject to volunteer availability) 0300 100 0212

There is a useful link which shows you how to recognise your baby is having enough milk [here](#) and lots of useful info on getting breastfeeding started in this leaflet [here](#)

support by video call ...

Following on from your phone support call, we may suggest a video call using [Skype](#), [WhatsApp](#) or [Zoom](#). Video calls work best if you have access to a computer, but phones and tablets work ok too.

It is useful to download the apps in advance so you can make sure you know how they work, where the best place in your home is for a good WiFi connection, and have a quick check of camera angles and lighting.

If there are particular things you want to show us (e.g. baby's behaviour or position), you could take a video to send to us during the call - babies don't always perform on cue!

You might want to make a list of things you want to talk about; it can be easy to get sidetracked.

Changing the angle of the camera/device to give us a particular view can be tricky when you're holding baby - you might find it useful to have a helper with you.

hand expressing ...

The hospital staff will talk to you about hand expressing colostrum (and eventually milk).

We encourage you to give this a try so that you know what to do as it may take longer than usual to get extra support if your baby has any difficulty feeding when you get home.

Knowing how to hand express will mean you have options if your baby does need a little extra.

(baby formula may be harder to get at short notice)

There is a great video about hand expressing [here](#) which is also available in [other languages here](#).

You could talk to our peer supporters about hand expression and storage before baby is born

virtual support groups ...

We know that our breastfeeding groups are not just about having problems - sometimes just a chat with someone who understands how you are feeling can help you make sense of all the highs and lows of caring for and feeding a new baby.

In this challenging time, it is even more important than usual for us to stay connected, so we are running regular breastfeeding groups online, via [Zoom](#) — Our peer supporters will be host the usual Mama B.E.A.R.S. groups this way Mondays to Fridays starting at 10.30am.

To join a virtual group please call, message or email us and we'll send you the link.

It can really help to stay in touch with some friendly and supportive faces whatever's happening in the outside world.

facebook group ...

The latest addition to our Facebook family is a [Mama B.E.A.R.S online group](#).

This is a closed, private group linked to our main Sandwell BfN page where you can chat with other families as well as our peer supporters and volunteers.

The links for the virtual zoom groups will be posted in the group daily.

You will be asked a few short questions when you 'Join' to make sure we keep the support local wherever possible.

what about coronavirus ..?

If you have any concerns about how COVID-19 (coronavirus) might affect you, your baby and your breastfeeding, there is lots of useful information on the Breastfeeding Network [webpage](#)

If you still have questions, please do get in touch and we will do our best to find the right information for you.

**If you need medical advice call NHS 111, visit 111 online
or contact your midwife, GP or health visitor**

[NHS info on coronavirus-covid-19](#)

[gov.uk guidance on coronavirus-covid-19](#)

Other links that might be useful

<https://www.breastfeedingnetwork.org.uk/detailed-information/drugs-in-breastmilk/>

<http://www.nationalbreastfeedinghelpline.org.uk/>