

Sources of breastfeeding support, during the coronavirus outbreak:

1. OBS private Facebook group

www.facebook.com/groups/OxBreastfeedingSupport/. A women-only Facebook group, for anyone in Oxfordshire who is pregnant, breastfeeding, expressing milk or trying to, to any extent. This is our preferred method of supporting families while our drop-in sessions are closed. This is because we can support many people with similar issues at the same time, and members can support each other - just like in OBS sessions. This is also the fastest way to get support.

Every question posted on the group is answered by a member of the OBS team (facilitator or accredited OBS volunteer). Other group members may also have ideas that might be helpful, and you will hear about their experiences, which may be similar to yours. **If you would prefer to post anonymously**, please send your message to team@oxbreastfeedingsupport.org or send a private message via our [Facebook page](#). We will let you know when your question has been posted, so you can check for replies on the group.

2. OBS Recommended Resources webpage

For evidence-based breastfeeding information on many common topics, please see www.oxbreastfeedingsupport.org/index.php/bfinfo/resources

3. OBS 1:1 Help Request

We are offering 1:1 virtual support slots with an OBS facilitator. These will be prioritised for families most in need, who need urgent support with a more complex feeding issue and can't find what they need elsewhere. The slots will each last about 20 minutes and will be offered via phone or Zoom (video call). If you have not been able to find the support you need in any other way, please submit a Help Request [here](#). This will be assessed by one of our facilitator team who will get back to you as soon as possible with either the offer of a virtual 1:1 slot, or other suggestions. We will not usually offer more than one slot to the same family, unless there are significant concerns about the health of the mother or baby.

4. General breastfeeding websites

www.kellymom.com - excellent search facility, well referenced, huge range of topics.

www.la leche.org.uk/get-support/#bfinfo - good basic breastfeeding information aimed at UK families.

5. Other breastfeeding support organisations

These services are staffed by trained volunteer breastfeeding counsellors.

La Leche League Oxfordshire Virtual support group meetings and 1:1 help by phone, email and online from local breastfeeding counsellors www.lloxford.org.uk

National Breastfeeding Helpline 0300 100 0212, 9.30 am - 9.30pm daily. Live web chat also available.
www.nationalbreastfeedinghelpline.org.uk

NCT Helpline 0300 330 0700, 8am - midnight daily.
www.nct.org.uk/baby-toddler/feeding/early-days/breastfeeding-support-nct

La Leche League GB Helpline 0345 120 2918, 8am - 11pm daily. Live webchat and online help forms
www.laleche.org.uk/call/ and www.laleche.org.uk/get-support/

Association of Breastfeeding Mothers <https://abm.me.uk/get-breastfeeding-support/>

6. Medication use while breastfeeding

Please check the [free online factsheets](#) from Breastfeeding Network *first*. If you can't find what you need, contact their [Drugs in Breastmilk Information Service](#) (via email or [Facebook](#)).

You can also look up medications on the [UK drugs in lactation advisory service](#), free [LactMed](#) database from the US National Library of Medicine and on [e-Lactancia](#) (from Spain, but available in English).

7. NHS/health services

Your midwifery or health visiting team
The Infant Feeding Team (John Radcliffe, Horton and Chipping Norton hospitals)
www.ouh.nhs.uk/maternity/feeding/default.aspx

These services may be less available than usual, but they may still be able to help by phone.

8. Private breastfeeding support

OBS does not recommend any specific private practitioners.

You can find private International Board Certified Lactation Consultants listed here:
www.lcgb.org/find-an-ibclc/

If you are seeking information about tongue tie practitioners, you can find a list of practitioners here
www.tongue-tie.org.uk/find-a-practitioner/