

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.

See www.obcq.org.uk for details of local Baby Café sessions

Details of breastfeeding support in hospital (and where to borrow/hire breast pumps) can be found at www.oxfordradcliffe.nhs.uk/infantfeeding



Find us on our “Oxford Baby Cafés Group” Facebook page and our private “Baby Cafés Oxford” Facebook group



@oxfordbabycafes

General breastfeeding information

www.kellymom.com

Evidence-based, reliable and realistic information on most aspects of breastfeeding

<http://www.unicef.org.uk/BabyFriendly/Health-Professionals/Care-Pathways/Breastfeeding/>

Basic information to guide you through the early weeks and common problems. Good video on hand expression of milk.

The Womanly Art of Breastfeeding

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

http://www.unicef.org.uk/Documents/Baby_Friendly/Leaflets/caringatnight_web.pdf

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

Gill Rapley & Tracey Murkett 2008, published by Vermilion. See also www.babyledweaning.com

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:

<http://www.maternityaction.org.uk/wp/advice-2/mums-dads-scenarios/pregnant/>

Hirvani's Daughters: women who scale modern mountains to combine breastfeeding and working

Jennifer Hicks 2005, published by La Leche League International

Milk Expression

<http://newborns.stanford.edu/Breastfeeding/MaxProduction.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

Paced bottle-feeding

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

Medication use while breastfeeding

The Breastfeeding Network website: www.breastfeedingnetwork.org.uk

Useful free factsheets on many common medications, and leaflets to download and share with your doctor