

COVID19 INFANT FEEDING RESOURCES FOR PARENTS & CAREGIVERS

SafelyFed
Canada

Last updated Mar 24 2020 18:00EDT

SafelyFed Canada has developed this resource document for parents and caregivers during the COVID-19 outbreak. It contains the source, published or updated or last retrieved date, a link to the original document. A companion document of statements and guidance on breastfeeding for health care providers has also been created. This is an evolving situation and this is a living document. The most current version is here: <http://safelyfed.ca/covid19-resources/>
Please email any suggestions to info@safelyfed.ca.

Major changes/additions

Mar 24 2020 18:00 Added resources on increasing milk supply, relactation & infant formula

Mar 20 2020 21:00EDT Document created

COVID-19 Guidance

UNICEF

Coronavirus disease (COVID-19): What parents should know: How to protect yourself and your children.
-- accessed March 10, 2020

<https://www.unicef.org/stories/novel-coronavirus-outbreak-what-parents-should-know>

WHO

Q&A on COVID-19, pregnancy, childbirth and breastfeeding -- published/revised March 18 2020,
accessed March 20, 2020 20:29EDT

https://www.who.int/news-room/q-a-detail/q-a-on-covid-19-pregnancy-childbirth-and-breastfeeding?fbclid=IwAR0vwaxzLgFZ3SfoRmYkiwz9y9I_ME1WfEO54pGDSmT8s9e24bXHhtUw4r8

La Leche League International (LLLI)

Coronavirus Resource Page -- accessed March 20 2020 19:40EDT

<https://www.llli.org/coronavirus-resources/>

Royal College of Obstetricians & Gynecologists - UK

Coronavirus infection and pregnancy - Information for pregnant women and their families -- accessed
March 20 19:53EDT

<https://www.rcog.org.uk/en/guidelines-research-services/guidelines/coronavirus-pregnancy/covid-19-virus-infection-and-pregnancy/>

Ireland Health Service

Coronavirus and pregnancy - Coronavirus (COVID-19) -- published/revised March 12 2020, accessed
March 20 2020 19:53EDT

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<https://www2.hse.ie/conditions/coronavirus/coronavirus-and-pregnancy.html>

Australian Breastfeeding Association (ABA)

COVID19 FAQ -- accessed March 20 2020 19:53EDT

<https://www.breastfeeding.asn.au/bfinfo/covid-19>

Early Days Resources

Skin-to-skin Safely - BC Womens (Vancouver)

http://www.bcwomens.ca/Labour-Birth-Post-Birth-Care-Site/Documents/Posters%20for%20Image%20Gallery/BCW_Safe%20SkintoSkin_2-16_FEb.pdf

Early Feeding Cues - Queensland Health

http://www.timiskaminghu.com/websites/timiskaminghu.com/files/baby%20feeding_cues.pdf

Re-Thinking Swaddling - Nancy Mohrbacher

<http://www.nancymohrbacher.com/articles/2010/12/3/rethinking-swaddling.html>

Breast Massage & Hand Expression - Maya Bolman

<https://player.vimeo.com/video/65196007>

Hand Expression - Stanford University Dr. Jane Morton

<https://med.stanford.edu/newborns/professional-education/breastfeeding/hand-expressing-milk.html>

Breastfeeding Basics (Poster) - Health Nexus

<https://resources.beststart.org/product/b02e-breastfeeding-guidelines-nursing-mothers-table/>

Skin to skin - Mount Sinai Hospital (Toronto)

<https://www.mountsinai.on.ca/patients/having-a-baby-at-mount-sinai/care-after-birth/skin-to-skin/skin-to-skin>

Continuous Skin to Skin Video - Global Health Media

<https://globalhealthmedia.org/portfolio-items/continuous-skin-to-skin-care/>

Increasing milk supply & restarting breastfeeding

Protocol to Increase Breastmilk Intake - International Breastfeeding Centre

<https://ibconline.ca/information-sheets/protocol-to-increase-breastmilk-intake/>

Increasing your milk supply - Global Health Media

<https://globalhealthmedia.org/portfolio-items/increasing-your-milk-supply/?portfolioCats=191%2C94%2C13%2C23%2C65>

Decreasing supplements - ABA

<https://www.breastfeeding.asn.au/bfinfo/how-wean-formula-supplements>

Restarting lactation (relactation) - Baby Friendly UK

<https://www.unicef.org.uk/babyfriendly/maximising-breastmilk-and-re-lactation-guidance/>

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Selecting & using infant formula more safely

Safely preparing formula for your baby - BFI Strategy for Ontario

<https://www.youtube.com/watch?v=O5Bo4dQ3CXU&t=5s>

Resources for selecting and preparing formula - BFI Strategy for Ontario

<https://breastfeedingresourcesontario.ca/resource/safely-preparing-formula-your-baby>