

RESOURCES AND SERVICES SUPPORTING INFANT FEEDING, CARE AND DENTAL HYGIENE



NEON

Nurture Early for Optimal Nutrition

GUIDANCE DOCUMENTS, ONLINE RESOURCES AND APP'S

1. BABY FRIENDLY INITIATIVE

Published by the Department of Health and the Baby Friendly Initiative, the leaflets below provide mothers and health professionals with key information about breast feeding, introducing solid foods to babies, and evidence-based guidance around formula. The **Baby Friendly Initiative** is part of a global partnership between the World Health Organization (WHO) and UNICEF. The guidance below should be prioritised over other online resources (other than NHS Choices) as they the baby friendly initiative is less influenced by commercial interests, which can sometimes influence the advice offered to mothers and parents regarding infant feeding and care.

o **Leaflet on weaning and starting solid food:**

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/leaflets-and-posters/weaning-starting-solid-food/>



o **Leaflet on breastfeeding:**

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/leaflets-and-posters/off-to-the-beststart/>



o **Leaflet on infant formula:**

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/leaflets-and-posters/simple-formula-guide-for-parents/>



o **Leaflet on bottle feeding:**

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/leaflets-and-posters/guide-to-bottle-feeding/>



o **Baby friendly initiative resources in Bengali:**

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/leaflets-and-posters/foreign-language-resources/bengali-resources/>



o **Baby friendly initiative resources in Hindi:** बच्चे के अनुकूल पहल संसाधन

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/foreign-language-resources/hindi-resources/>



o **Baby friendly Initiative resources in Urdu:** لئ اس وے کے (ت ش ادہ گن) ءام ن وشن نئ ادت ب ای ک سے چب

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/foreign-language-resources/urdu-resources/>



Other Baby Friendly Initiative resources/leaflets:

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/leaflets-and-posters/>



2. FIRST STEPS NUTRITION TRUST

<https://www.firststepsnutrition.org>

First steps nutrition can also be used as a trusted source of good information and guidance regarding nutrition and feeding in pregnancy, infants, and early years. **First Steps Nutrition Trust** is funded by research or charitable grants and donations, and does not take money from any commercial organisation or any organisation or individual linked to the sales of infant formula and other food or drink product or service which is associated with poor nutritional health of women and children.



OTHER LOCAL INITIATIVES, CHARITIES AND PROJECTS IN EAST LONDON

1. BREASTFEEDING NETWORK

Find your nearest breast feeding drop-in-group in Tower Hamlets

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

There are groups run at Shadwell Children's Centre, Crisp Children's Centre, Overland Children's Centre, Collingwood Children's Centre, Wapping Children's Centre and many more. If you need information or support with breastfeeding in the evenings or at weekends please call:

National Breastfeeding Helpline: 0300 1000 212

BfN Support in Bengali/Sylheti: 0300 456 2421

Open from 9.30am - 9.30pm 365 days a year

Newham: <https://www.nct.org.uk/local-activities-meet-ups/region-london/newham/breastfeeding-support>

Tower Hamlets: <https://www.breastfeedingnetwork.org.uk/tower-hamlets/>

Waltham Forest offers a team of infant feeding practitioners delivering 1:1 sessions, a helpline and at home visitors to support the breastfeeding family through HENRY.

For information:

Email: wfsupport@henry.org.uk

Telephone: 020 8496 5223

2. DENTAL SERVICES AND RESOURCES

Dentists across Tower Hamlets, Waltham Forest, and Newham offer free dental check-ups, which you can attend as soon as your child's teeth first appear.

To find your nearest dental practice in Tower Hamlets, please call 020 7364 5000.

HENRY has put together some tips for healthy teeth in young children and a list of Waltham Forest dentists currently accepting new patients from birth: https://www.henry.org.uk/sites/www.henry.org.uk/files/inline-files/Healthy%20Teeth%20Leaflet%20%28April%29_0.pdf

The Kent Community Health NHS Foundation Trust has compiled some online oral health promotion resources for parents here: <https://www.kentcht.nhs.uk/service/dental-services/oral-health-promotion-resources/>

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o The Trussell Trust

Website: <https://www.trusselltrust.org>

The Trussell Trust is a charity that provides nationwide network of food banks as well as emergency food for those in need. They also run regular campaigns to further increase support for people who need access to regular foods but cannot afford to do so. The website is useful as it flag foodbanks that are local to you.

o First Love Foundation Foodbank

Website: www.firstlovefoundation.org.uk/

The First Love Foundation coordinates the Tower Hamlets Foodbank. It provides daily necessities to families in need and alongside this, operates as a crisis service.

o Eat or Heat - Waltham Forest Food Bank

Website: <http://eatorheat.org>

Phone Number: 0800 772 0212

Email: referrals@eatorheat.org

A charity based in East London that supports local families. On the website, different professionals who can refer you to this service are listed.

o Rukhsana Khan Foundation

Website: <https://www.rukhsanakhanfoundation.org>

Phone Number: 07939 232 123

Email: rukhsanakhanfoundation@outlook.com

Rukshana Khan Foundation is a local charity that supports families in East London. They run food parcels and deliveries for those on benefits and those referred from Citizens Advice, NHS, Local Doctor's Surgery, Job Centre, Baby Food Bank, or the Council. They are also supporting those classed as clinically vulnerable. You can register for support on their website.

They run a foodbank on Saturdays 11am-12pm at the William Morris Community Centre.

o Waltham Forest Liberal Democrats

Website: https://www.walthamforestlibdems.org/local_support_for_families_in_need

The Waltham Forest Liberal Democrats have collated a set of resources highlighting local foodbanks with Waltham Forest that local families can access



o Eden Girls' School, Waltham Forest

A local food bank based at Eden Girls' School that provides food to local people from 1-3pm every Friday

Contact Details:

Eden Girls' School, Waltham Forest

Silver Birch and Landmark Houses,

Blackhorse Lane, Walthamstow

London, E17 5SD

Tel: 0208 523 1810

Email: info@egwf.staracademies.org

o Community Food Projects in Tower Hamlets

<https://www.wen.org.uk/2020/03/30/https-www-wen-org-uk-2020-03-30-information-on-local-response-to-covid-19/>

o Healthwatch groups available in different boroughs:

Newham <http://www.healthwatchnewham.co.uk/>

Tower Hamlets <https://www.healthwatchtowerhamlets.co.uk/>

Redbridge <http://www.healthwatchredbridge.co.uk/>

Waltham Forest <https://www.healthwatchwalthamforest.co.uk/>

