

Additional Information

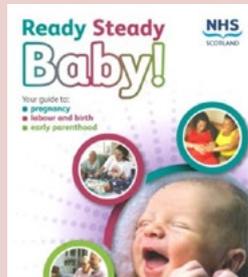


Information on infant feeding can be found at www.Parentclub.scot and support is available either locally or through the Breastfeeding Network National Helpline (from **9.30 am – 9.30 pm**) – **0300 100 0212**

Parents can also use the Off to a Good Start resource on infant feeding and what to expect in the first few weeks of life.



<http://www.healthscotland.com/documents/120.aspx>



The Ready Steady Baby book will continue to support you until your baby is 8 weeks old. This can also be accessed online at www.nhsinform.scot/ready-steady-baby

The Family Support Directory brings together all the helpful organisations, benefits and information that support parents and carers, no matter what your situation or stage your child is at <https://www.parentclub.scot/family-support-directory>

Coronavirus vaccination helpline

For more information about who'll be offered the coronavirus vaccine and its delivery, phone 0800 030 8013 (available 8am to 8pm, 7 days a week).

Contact Details

Write your midwife, health visitor or family nurse contact details here;

For any non-emergency concerns **you can also call NHS**

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If you are in any doubt about your child's health seek advice

For more information please visit

www.NHSinform.scot



Coronavirus (COVID-19)

Parent information for new born babies



Coronavirus (COVID-19) Parent Information

Having a baby is a special time, however we understand that you may also be concerned that your newly born baby could become unwell with coronavirus and want to know what to look out for.

How will I know if my baby has coronavirus?

There has been a low number of cases of coronavirus reported in babies. Many babies with the virus will not show signs of illness and the vast majority will recover fully. Some can develop an unstable temperature (too hot and/or too cold) and/or a cough. Babies with infections do not always develop a fever. Please see information on identifying illness in a new born and when to seek help.

Identifying illness in your new born

Information to help you identify if your baby is unwell and when to seek medical advice can be found at ready steady baby at: <https://www.nhsinform.scot/ready-steady-baby/early-parenthood/caring-for-your-new-baby/if-your-babys-ill>



Is my baby at risk?

The number of babies that have caught coronavirus is extremely low, however they can potentially catch coronavirus after birth from anyone infected with the virus, even if that person does not feel unwell. It is recommended that you take your baby home as soon as it is safe for you to do so. We understand that you will want family and friends to meet your new baby but it is recommended you continue to follow Scottish Government advice on physical distancing, staying safe and protecting others.

In particular you should keep your baby away from people with any symptoms of coronavirus, those who are isolating, or have recently come back from a country requiring quarantine, or other viral symptoms such as a runny nose, vomiting or diarrhoea.

Breastfeeding

There's currently no evidence to suggest the virus can be spread by breastfeeding or through breastmilk.

The benefits of breastfeeding outweigh any potential risks of spreading the virus to your baby. You should continue to breastfeed your baby even if you become infected with coronavirus. This is more likely to help protect them. Phone your midwife, health visitor or GP if you have any concerns. For further advice please also see UNICEF's Baby friendly resources at [unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/](https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/)



Vaccination

If you are considering breastfeeding your baby, you can now receive the vaccine and continue to breastfeed. The precautionary advice has changed, as there are no known risks with these types of vaccines and breastfeeding. However, this does not mean there is evidence of safety for these vaccines, at this stage, and it will be up to you to make your own decision on what is best for you and your family.

Breastfeeding has short and long term health benefits for babies and mothers including protecting the baby from infection, therefore any decision not to breastfeed should be considered carefully. Please speak to your midwife for more information.

Reduce the risk of your baby catching coronavirus by:

- Thorough handwashing and washing before touching baby, breast pump, bottle or other feeding equipment
- Avoid coughing or sneezing on the baby whilst feeding or holding your baby, if you have symptoms of coronavirus wearing a face covering is recommended when feeding to reduce risk.
- If you are breastfeeding and feeling unwell continuing to breastfeed can be the easiest and least stressful option during this time.
- If you are unwell you should, as always, be very careful not to fall asleep with your baby. See www.nhsinform.scot/ready-steady-baby/early-parenthood/going-home/sleeping-safely
- If you are unwell, you can also express and ask someone who is well to feed your breast milk to your baby for some or all feeds
- If using a breast pump, always follow pump and equipment cleaning recommendations after each use
- If using a bottle, please wash and clean thoroughly in hot soapy water, before sterilising as normal

What if my baby was born premature or unwell?

If your baby has been on the neonatal unit or transitional care ward because they were born prematurely or were unwell please also access the Bliss website: www.bliss.org.uk for help and advice.

