

Additional Information

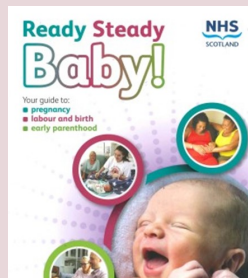


Information on infant feeding can be found at www.Parentclub.scot and support is available through the Breastfeeding Network National Helpline (from **9.30 am - 9.30 pm**) – **0300 100 0212**

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/uploads/documents/120-Off%20to%20a%20good%20start-Feb2019-English.pdf>



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

Contact Details

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

For any non-emergency concerns you can also call NHS

111

For more information please visit www.NHSinform.scot



Scottish
Perinatal
Network



**Coronavirus
(COVID-19)**

Parent information for new born babies



Scottish Government
Riaghaltas na h-Alba
gov.scot

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?

Many babies with the virus will not show signs of illness and the vast majority (or almost all) 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.



Is my baby at risk?

Babies 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, and follow government advice for self-isolation and social distancing.

In particular you should keep your baby away from people with a cough, fever or other viral symptoms such as a runny nose, vomiting or diarrhoea.

Reduce the risk of your baby catching coronavirus by:

- Hand washing before touching baby, breast pump, bottle or other feeding equipment
- Avoid coughing or sneezing on the baby whilst feeding or holding your baby
- Consider wearing a face mask, or suitable alternative, whilst feeding or holding your baby if you are coughing or have other symptoms
- 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 prefer, 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

Breastfeeding

There's currently no evidence to suggest the virus can be spread through breast milk. 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/



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 <https://www.nhsinform.scot/ready-steady-baby/early-parenthood/caring-for-your-new-baby/if-your-babys-ill>

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.

