

Hackney's Infant Feeding Pathway: The first 1001 days

Newborns require frequent feeding and close contact with their parents/carers, and breastfeeding offers significant long-term health benefits to both baby and mother. The World Health Organisation and UNICEF recommends exclusive breastfeeding for six months and beyond, however this infant feeding pathway can help you to refer parents/carers to services whether they are breastfeeding or bottle feeding.

Caregivers can access support from midwives, health visitors, or from the local NCT infant feeding peer support service to ensure their babies physically and emotionally thrive.

Please see our [PMH Pathway](#) for any suspected perinatal mental health issues, and the [Parent Infant Relationship Pathway](#) if you suspect the parent/carer may need to strengthen their bond and develop a supportive relationship with their baby.

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Homerton Enhanced Health Visiting Service

Midwifery teams

Health and development reviews

	Antenatal	Newborn	1 month	6–8 weeks	3–4 months	1 year	2–2 ½ years	3–3 ½ years
First booking (feeding intentions discussed)		GP health checks (NIPE) within 72 hours of birth	Targeted health check	Six to eight week check	Targeted health check (supports the continuation of breastfeeding or advice on safer sleep)	One year assessment (from 9–12 months old)	2–2 ½ years old review	3–3 ½ years old review
Invited to attend antenatal classes (by 32 weeks)		Midwifery postnatal visits from hospital discharge up to 28 days		GP health checks (NIPE)				
Health visit~ includes feeding discussion (from 28 weeks pregnancy)		New birth visit 10–14 days after birth (includes feeding discussion)						



These **universal infant feeding services** are designed to support all families. They are self-referral and can be accessed without the need for an assessment.

Community based infant feeding services

- [NCT hospital and community-based infant feeding peer support](#)
- [HENRY workshops](#) (Starting Solids, Fussy Eating)
- [HENRY Healthy Start & Healthy Start vitamins](#)
- Jewish Maternity Programme (JuMP)

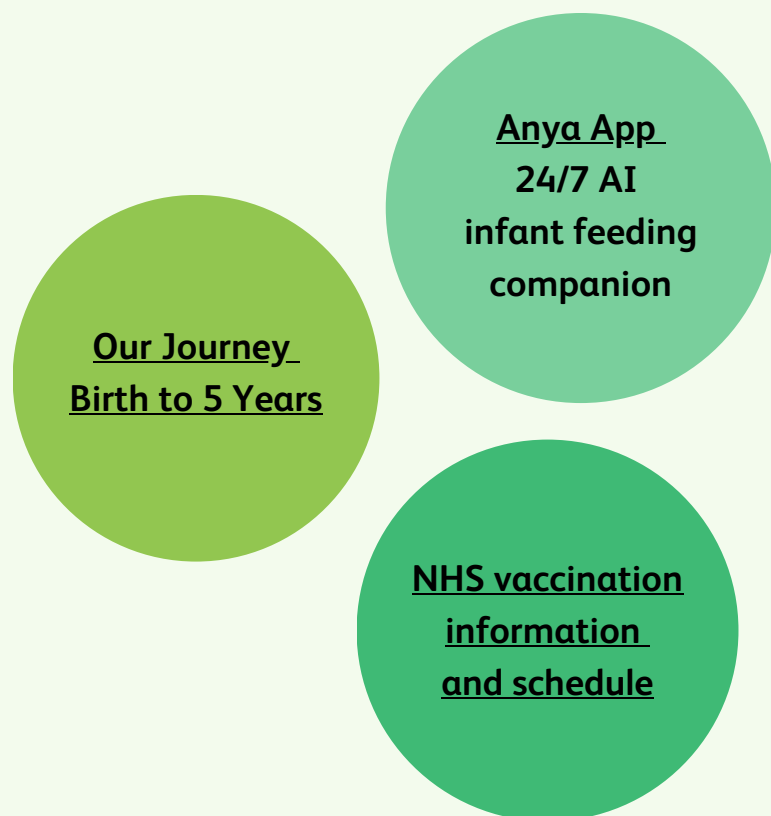
Online infant feeding services

- [Anya](#) (24/7 AI infant feeding companion)
- [Baby Buddy](#)



Check out our timetable
for infant feeding support drop-ins

These **universal infant feeding support services** are for all families. They are self-referral and can be accessed without the need for an assessment.



Face-to-face support services

- [Children & Family Hubs and Children's centres](#)
- [Antenatal and postnatal courses](#)
- [Beyond Birth Events](#) (facilitated by the Enhanced Health Visiting Service)
- [Doula UK](#)
- [Family Planning counselling](#)
- Minik Kardes Antenatal classes (led by Maternity)

Online support services

- [Monthly antenatal classes](#) (led by the Homerton Infant Feeding Team)
- [Solihull Approach courses](#)
- [Baby Buddy](#) (for dads)
- [First Steps Nutrition](#)
- [Homerton Infant Feeding padlet](#)
- [Homerton's essential guide to feeding and caring for your baby](#)

These **targeted infant feeding services** are for families with **mild to moderate needs** and are referral only.

The services are provided in partnership with others and some are also directed at specific groups within the community.



Infant Feeding Drop-ins

Enhanced Health Visiting Infant Feeding Team

For our Turkish, Muslim, Charedi, and Black and Black mixed heritage mums to meet and get tailored support from Infant Feeding Specialists.

[View the timetable here](#)

For specialist support for babies over 10 days please email [**huh-tr.hvrapidresponse@nhs.net**](mailto:huh-tr.hvrapidresponse@nhs.net)

Support services

- [HENRY](#) (Peer mentoring service for new mums)
- [Sure Steps](#): Support Through Early Parenting Scheme
- [Bikur Cholim](#) (Shabbos Hospital Meal Service)
- [Alexandra Rose](#) vouchers
- [Turning Corners](#) (for Charedi mothers)

These **specialist infant feeding services** are for families with **moderate to severe needs** and are referral only.

They are for families whose needs cannot be met through universal or targeted provisions and require direct and/or individualised treatments.



Complex infant feeding clinics

- Appointment only
- For babies 10 days and under
- Tongue tie assessments for all Hackney babies (up to 8 weeks)

Tongue tie clinic

- Appointment only
- For babies up to eight weeks old
- Currently only for babies born at Homerton

Breast pump loans

- Referral via Homerton Healthcare Enhanced Health Visiting Infant Feeding Team or Homerton Maternity Services only.

Email huh-tr.homertoninfantfeeding@nhs.net to make an antenatal, maternity or tongue tie referral.

For specialist support for babies over 10 days please email huh-tr.hvrapidresponse@nhs.net

Support services

- [Birth Companions](#)
- [Happy Baby Community](#) (for pregnant women/mums with young babies fleeing violence)
- [Pause](#) (for women who have children removed from care or who are at risk of having children removed from their care)
- [Paediatric speech & language team](#)
- [Paediatric dieticians](#) (for babies with additional needs)