



Lambeth Infant Feeding Study Morning

Friday 12 March 2021



Agenda

- 10:00 **Welcome**, Lisa Whipp, Lambeth BfN Service Co-ordinator
- 10:05 **Open**, Laura McFarlane, LEAP Director
- 10:10 **FIS Update**, Richard Martin, Families Information Service and Systems Manager, Early Years and Parenting, Children's Services, London Borough of Lambeth
- 10:15 **Yoga meditative breathing exercise**, Claudia Feigk, Yoga & Meditation Teacher Soul-Centric Living
- 10:20 **The Importance of Father's Mental Health**, Mark Williams, keynote speaker, author, international campaigner and founder of the International Fathers' Mental Health Day and the #HowAreYouDad
- 10:50 **Infant feeding and Perinatal & Infant Mental Health**, Smita Hanciles, Camden Baby Feeding Manager
- 11:20 **Comfort break**
- 11:25 **Support During the Pandemic – reflections from Midwife**, Claire Spencer, Infant Feeding Co-ordinator, *Guys & St. Thomas' Trust* **and Parent and New Mum**, Hajarrah Batanda
- 12:00 **Q&A**
- 12:30 **Thanks & close**, Carla Agulhas, Lambeth BfN Deputy Service Co-ordinator

Welcome!

- Lambeth PS F2F suspended 17 Mar 20
- 1st national lockdown 23 Mar 20
- **Online group drop-ins from 19 Mar 2020**
- **F2F 1:1 resumed in Dec 20**
- 1,616 mums (804) & babies (812) **supported virtually**

What a year...

Want to chat to a Peer Supporter about breastfeeding? Get in touch ☺

www.facebook.com/lambethbfn

LEAPBreastfeeding@breastfeedingnetwork.org.uk

lambethinfantfeedingservice@nhs.net

BfN Evaluation – tell us what you think:
www.surveymonkey.co.uk/r/BfNEvaluation2021



The Pamela Lacey Award

www.surveymonkey.co.uk/r/ABMaward

Nominations open until 5th April



This is such an excellent service. I have been singing your praises everywhere possible! (From midwives to GPs!) each time I accessed the service I've left feeling reassured and armed with some practical tools to help me with my breastfeeding issue. Thank you so much, you are all angels 😊.

I just wanna say a HUGE THANKS especially to Laura, who's helped me a lot!! I was about to give up! Thank you so much!!

I really benefitted from this service. As a new mum with a tongue-tied baby, feeding was a very daunting experience. The support I received following my baby's tongue tie division was invaluable. Especially during Covid-19 restrictions when getting this kind of help seemed impossible. The follow up phone calls has given me the confidence to breastfeed my baby, and the reassurance that help was available when I needed it. I was mixed feeding my baby at 6 weeks but began exclusively breastfeeding at 4 months. The support I've received had given me the confidence to breastfeed my baby.

I feel very supported and motivated. I had some issues with breastfeeding and feel as though I'm not alone - I have somewhere to go everyday where I can assess my progress etc. Everyone has been super supportive and it's given me the strength to persevere. I probably would have given up breastfeeding by now if it wasn't for these ladies! Thank you for your help

Such a fantastic service. A great support to help me continue my breastfeeding journey

This was the 5th time I've used this service and I have been filled with such reassurance each time. My baby is 9 weeks old and it's been a blessing to know I have support at hand through these calls. Please do not stop them!

The virtual session is really great as it is much easier to get advice this way than to go to a cafe. However, it doesn't allow for socialising and casual chat with other mums. In the future I hope both options will be available! Thanks again for your precious help and support.

I was mix feeding. I found the service incredibly helpful when I was struggling with my milk supply. The zoom sessions gave me emotional and practical support. I now only use formula for 2 feeds a day. 2 months ago I never would have thought that was possible but thanks to the service I persevered. Many thanks for your help!

My twins are 6 months today and have been exclusively breastfed since about 5/6 weeks from memory (it's a blur!) thanks so much to you and the team for your help in the early days!! It was incredibly helpful to keep me going and transition off top ups. :)





Laura McFarlane

Introduction

Yoga with Claudia – and breathe...

• Yoga & Meditation Teacher

• Soul-Centric Living

• Free weekly Yoga classes/details on FB

• <https://www.facebook.com/SoulCentricLiving>

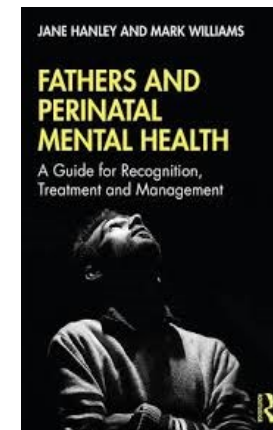
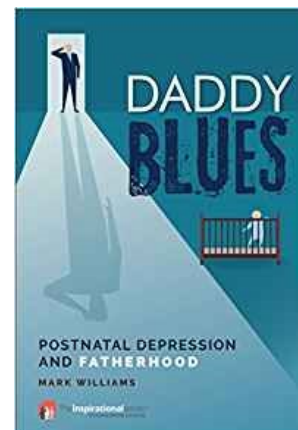




Mark Williams

Founder of International Fathers Mental Health Day

- A father
- Author & campaigner
- Public speaker



My Story





Awareness and Education

#



38% NEW DADS WERE CONCERNED
ABOUT THEIR OWN MENTAL HEALTH -
73% OF THEIR PARTNERS
NCT REPORT 2015





39% OF YOUNG DADS
WANTED SUPPORT FOR THEIR
MENTAL HEALTH - MENTAL
HEALTH FOUNDATION - 2018



62% OF DADS FELT THEIR
MENTAL HEALTH
DIFFICULTIES DID GET IN
THEIR WAY OF FORGING
GOOD CONNECTIONS WITH
THEIR CHILDREN - FATHERS
NETWORK SCOTLAND 2019

Biological Risk Factors

- Low testosterone level
- Low estrogen level
- Low cortisol level
- Low vasopressin/oxytocin level
- Low prolactin level

Impacts on Family

- Increases children's emotional and behavioral problems at later ages
- Disturbs children's development of secure attachment with fathers
- Increases conflicts in marital relationship
- Mothers more vulnerable to depression

Paternal Postpartum Depression

- Prevalence: 1.2 to 25.5%
- Symptoms: Low mood, irritability, and feelings of helplessness
- Comorbidity with anxiety disorder and obsessive compulsive disorder
- High comorbidity with maternal postpartum depression

Ecological Risk Factors

- Change in lifestyles
- Difficulties in developing attachment with infant
- Lack of a good role model and rewards
- Lack of social supports and network
- Changes in marital relationship
- Feeling excluded from mother-infant bonding
- Maternal postpartum depression

Prevention and Intervention

- Professional help for treatment
- Support from partner
- Educational programs for parenting
- Policy for paid paternal leave

Sad Dad – Pilyoung Kim et al – James E Swain



Fathers Reaching Out - Why Dads Matter:

10 years of findings on the importance of fathers'
mental health in the perinatal period

Mark Williams – September 2020



by: **DadPad®** - Developers of the Essential Guide for New Dads and the DadPad App

PARVINDER SHERGILL

LEWIS AMALUZOR

BENJAMIN T WILLIAMS

DADDY BLUES

A FILM BY PARVINDER SHERGILL





PMH
Training
Caring for mums

PMH
Training

Supporting all new parents for their mental health has far better outcomes for the whole family and the development of the child – Mark Williams





Infant feeding and Perinatal & Infant Mental Health

Smita Hanciles, Camden Baby Feeding Manager

Reflections of a Midwife



Being a midwife
through the
COVID
pandemic

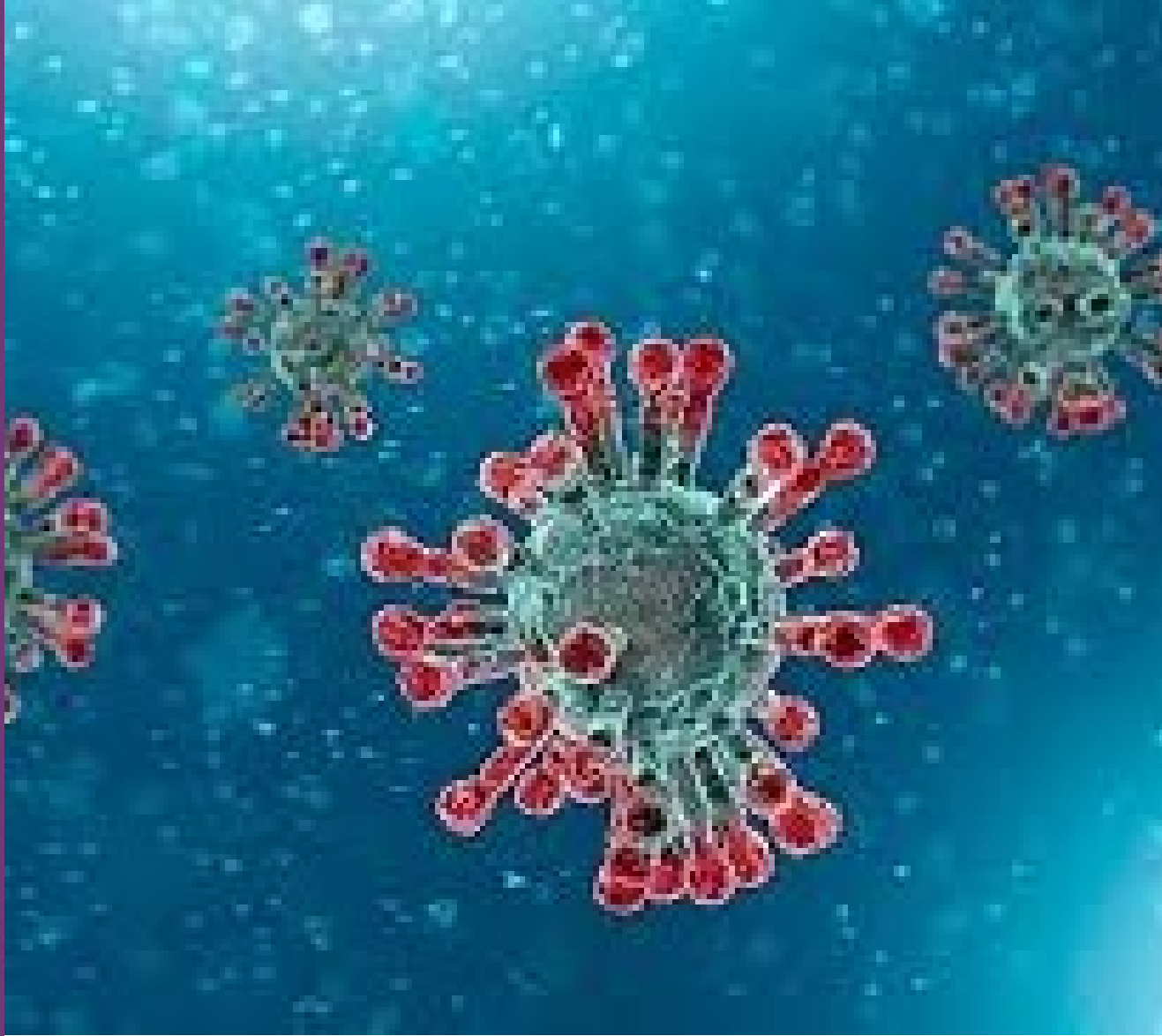


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The early days...



Redeployment

Information overload

All change

All hands-on deck!



Summer/Autumn 2020



Lewis Capaldi

**You are on
HOLD!**

**Isolation
Separation
'Gifts'
Anticipation
Sense of 'normality'**



The professional & the personal



Long and anticipated...

...Wave 2

Redeployment 2

Maternity as an emergency service

Winter Lockdown 3.0

Digging deep!





Support During the Pandemic

A Parent's Perspective - Hajarah Aisha Batanda



My story...

Being **pregnant** in a pandemic is lonely

I live with my **husband** and **three children**, aged **5 years**, **2 years** and **9 weeks** old

Move to Lambeth in **2020**
Feb: new school & cc
Mar: what support **is** available?

Attending scans
alone

Increased **anxiety** & **isolation**

Media & news caused *more* **anxiety**

Online support is **different**

Baby born Dec 2020

Busy with new **baby** at first – but once in a routine, I felt **alone**

Being **alone** is **hard**

Being a **new mum** in a pandemic is **different**

No family or friends' support to help me



My family...



My conclusions...

Time with my new baby is precious

Online Peer Support helped, I would have given up without it

Not alone

Practitioners: please listen, don't brush off concerns & worries: things may not be as ok as first appears...



I miss face to face support & human **interaction**

Attending face to face *now* = PPE, social distancing, hand gel...

Support from family & friends not available in a pandemic

appreciate all the help I got with my older children born before Covid

Lockdown takes its' toll



Hopes & fears

Fears

‘Them & Us’ – Inequalities, exacerbation

Emotional responses – awareness, action, support

Impact on families and practitioners – digging deep

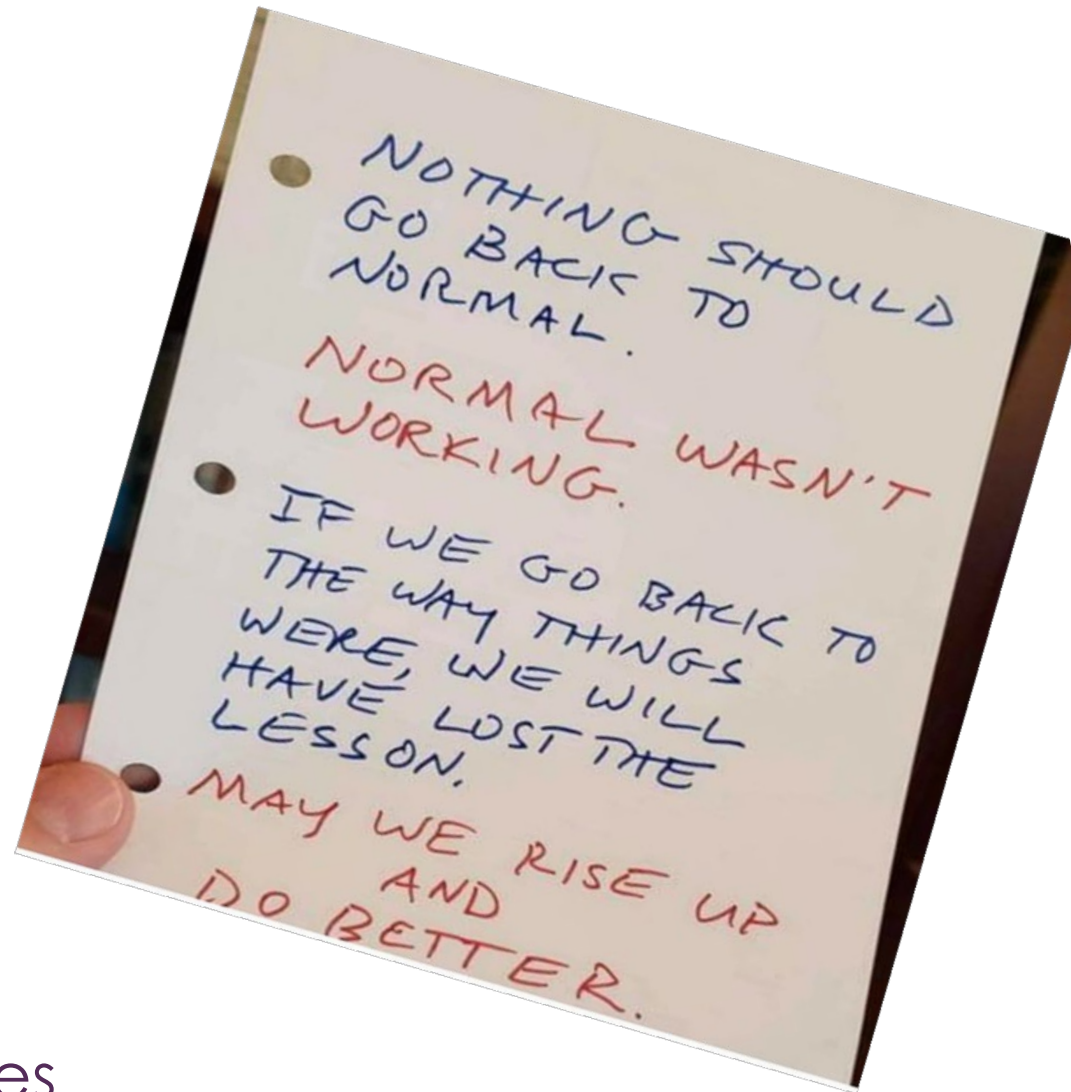


Hopes

Moving on.....recovery, flexibility

Trauma Informed care...Bring your whole self to work, facing vulnerabilities

Unknown future....exciting, challenging!



Questions & Answers





Thank you!

Keep in touch 😊

www.facebook.com/lambethbfn

LEAPBreastfeeding@breastfeedingnetwork.org.uk

lambethinfantfeedingservice@nhs.net

BfN Evaluation Survey
Let us know what you think...

www.surveymonkey.co.uk/r/BfNEvaluation2021



The Pamela Lacey Award

www.surveymonkey.co.uk/r/ABMaward

