

# Infant Feeding and Oral Health Newsletter from Oldham Right Start and School Nursing Service

*June 2023*

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Giving your child the  
**Right Start**



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# Infant feeding and healthy weight

## Home-Start and Baby Bistro's

This is a link tree with lots of Home-Start information on to support breast-feeding. The QR code is also on our business card and up to date group information can be found here.

All Baby Welcome sign-ups for Tameside and Oldham are now on the Home-Start website, can everyone mention this to mums they support please.



Please refer all new breastfeeding mothers to the Baby Bistros

**HOME-START INFANT FEEDING SUPPORT GROUPS IN OLDHAM**

**HOME START HOST**

**IN PARTNERSHIP WITH OLDHAM HEALTH VISITORS**

**MONDAY**  
Shaw Baby Bistro  
9.30 AM - 11.30 AM  
Shaw and Crompton Children's Centre,  
High Street, Shaw. OL2 8RF.

**TUESDAY**  
Propps Hall Baby Bistro  
1.30 PM - 3 PM  
Propps Hall Drive, Failsworth. M35 0ND.

**WEDNESDAY**  
Oldham Library Baby Bistro (term time only)  
12.30 PM - 2.30PM  
Oldham Children's library, 1st floor, Greaves Street,  
Oldham. OL1 1AL.

**THURSDAY**  
Holly Grove Baby Bistro (term time only)  
9.30 AM - 11.30 AM  
Holly Grove Children's Centre, Bare Trees Primary  
School, Chadderton. OL9 0DX.

**FRIDAY**  
Greenfield Baby Bistro,  
9.30AM - 11.30 AM  
Saddleworth Children's Centre,  
Wellington Road, Greenfield. OL3 7AQ.

Home-Start Infant Feeding Peer Support Team also offer antenatal workshops. When your baby has arrived we can provide support & information around all your feeding choices by telephone & at home visits

For more information call or text

**07802883947**



# World Breastfeeding Week (1-7th August)

This year's theme for World Breastfeeding Week is **'Enabling Breastfeeding: Making a difference for working parents'**. The event is organised every year by the World Alliance for Breastfeeding Action (WABA), a global network that aims to protect, promote and support breastfeeding.

**ENABLING BREASTFEEDING**  
Making a difference for working parents  
WABA | WORLD BREASTFEEDING WEEK (WBW)  
1-7 AUGUST 2023

**ENABLING BREASTFEEDING**  
Making a difference for working parents

We need to engage **governments, health systems, workplaces and communities** to play their critical roles in empowering families and sustaining breastfeeding-friendly environments in the post-pandemic work life.

The COVID-19 pandemic has drastically changed the way we work. It has adversely affected childbearing women by increasing the risk of unemployment and livelihood loss, and by disrupting access to prenatal, postnatal and further breastfeeding support and services in the healthcare system.

Building on the successful WBW2019 which highlighted social protection, workplace support and parenting norms/attitudes, #WBW2023 is aligned with thematic area 4 of the WBW-SDG 2030 campaign. We intend to take stock of the changes to workplace settings and parenting norms by capturing new parents' voices from different regions. The parents' perspectives and needs will aid us to better understand how policies and legislation can help them and thereby refine our advocacy and supportive interventions.

**OBJECTIVES OF #WBW2023**

- Inform**: people about working parents' perspectives on breastfeeding and parenting
- Anchor**: optimal paid leave and workplace support as important tools to enable breastfeeding
- Engage**: with individuals and organisations to enhance collaboration and support for breastfeeding at work
- Galvanise**: action on improving working conditions and relevant support for breastfeeding

World Alliance for Breastfeeding Action (WABA) is a global network of individuals and organisations dedicated to the protection, promotion and support of breastfeeding worldwide based on the Inherent Declaration, the Ten Steps for Breastfeeding Promotion and the WHO/UNICEF Global Strategy for Infant and Young Child Feeding. WABA is a consultation group with UNICEF and an NGO-UN Special Collaborative Space with the Economic and Social Council of the United Nations (ECOSOC). WABA is affiliated to the annual World Breastfeeding Week (WBW).  
WABA, 40 Rue Linné 10500 Nancy, Metz, France | Tel: 0033333 681611 | Fax: 0033333 681612 | Email: info@waba.org | Web: www.worldbreastfeeding.org

This year we will be facilitating a joint event at the **Bistro in Oldham Library** on **Wednesday 2nd August 12.30-2.30pm** with Home Start and Oral Health.

## Family Hub funding



Family Hub money has enabled us to purchase a couple of years' worth of **'Building a happy baby'** leaflet. These leaflets will shortly be circulated to Health Visitor teams to be given out / discussed at all special circumstance antenatal visits. The remainder will be given out by Home-Start and midwifery at antenatal classes / appointments.



## Baby friendly internal audits and BF accreditation

This year's UNICEF BFI re-assessment will be virtual. Most of the mothers' interviews will be over the phone on the week leading up to the audit. All health visitors will be asked to provide details of 2-3 mothers (verbal consent needed) who they have completed a new birth visit on in October so we can provide UNICEF with their details. More information to be provided nearer the time.



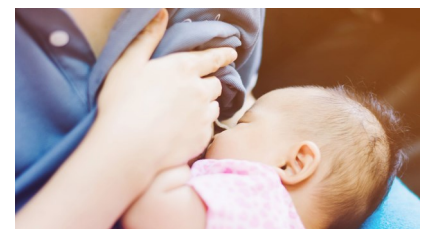
## Breastfeeding in the warm weather

Don't want to jinx a warm summer, but have had a few calls regarding the hot weather and breastfeeding, so thought would share this slide from Carole Smyth.



## Websites and links

[The Breastfeeding Network | Independent Breastfeeding Support](#)  
[Efficacy of breastfeeding interventions to improve uptake - Food Active](#)  
[Preconception, Pregnancy and Healthy Weight in Childhood - The Food Foundation](#)  
[Breastfeeding and infant feeding | Birth to 5 Years | Oldham Council](#)  
[First Steps Nutrition](#)  
[Infant and toddler forum](#)  
[UNICEF Baby Friendly](#)  
[Healthy Start](#)



# Healthy Start

Healthy Start 

## Applying for Healthy Start

Signpost families to the website [How to apply – Get help to buy food and milk](#)

## When can women first apply for Healthy Start?

Women can apply for Healthy Start from confirmation of pregnancy at 10 weeks. **After the baby is born, parents must notify the Healthy Start Issuing Unit to continue receiving payments for the baby.**

## Collecting vitamins from Oldham Right Start Children’s Centres

Healthy Start women’s vitamin tablets or children’s drops can be collected or purchased from [Oldham’s Children’s Centre](#) by showing pre-paid card or cash payment.

## Children having 500ml or more formula milk a day do not need vitamins

Babies having more than 500ml (about a pint) of first infant formula a day, do not need a supplement because formula is fortified with vitamin D. After 12 months when infant can be offered cow’s milk Healthy Start vitamins can be given.

GM has produced [A Healthy Start for All - YouTube](#) on all aspects of Healthy Start eligibility and the application process.

Families can get help with application process at:

[Healthy Start – Citizens Advice Greater Manchester \(citizensadvicegm.org\)](#)

## Citizens Advice Oldham

Address: Ascroft Court, Peter St, Oldham OL11HP. Advice Line: 0808 278 7803

## Healthy Start uptake in Oldham

Data released in May 2023 showed that Oldham’s uptake is **70%**, and this has increased month on month since January 23.

<b>Oldham</b>	<b>70%</b>
Greater Manchester	66%
England	65%

**Well done everyone  
for your hard work**



# Oral Health



## Five year olds dental survey results

The results from the latest oral health survey carried out in **2021-22** indicates that **39.5%** of Oldham's 5 year old children had experienced tooth decay, showing improvements since the previous survey.

Greater Manchester 5 year olds dental survey results		
	2018-19	2021-22
Bolton	32.7	42.8
Bury	35.2	34.6
Heywood, Middleton and Rochdale	40.7	39.8
Manchester	38.3	31.6
<b>Oldham</b>	<b>43.2</b>	<b>39.5</b>
Salford	38.9	33.6
Stockport	22.0	17.5
Tameside	31.4	33.0
Trafford	26.0	24.5
Wigan	31.9	32.6
<b>Greater Manchester</b>	<b>34.0</b>	<b>34.0</b>
<b>North West</b>	<b>31.7</b>	<b>30.6</b>
<b>England</b>	<b>23.4</b>	<b>23.7</b>

### Keep Brushing.....

The 2021-22 survey of 5 year old children looked at the 'substantial amounts of plaque' on the teeth.

The results showed **0.7%** of Oldham 5 year olds had substantial amounts of plaque compared with **3%** in England.



**Great news for Oldham** and a big thanks to all staff for continuing to promote toothbrushing from an early age as this shows the message is getting out there.

## Dental access

To find out if any **NHS dentist** are taking on visit:

**[NHS - Find a dentist](#)** or Tel. NHS England - **0300 311 2233**

There are some dental practices taking on children that are not showing on the NHS website so please ask families to ring practices to ask



Attend as often as the dentist recommends

For urgent care ring the GM Urgent Dental Care Service on  
**0333 332 3800**

## Websites and links

[Oral health - Help for early years providers - GOV.UK \(education.gov.uk\)](#)

[Oral Health | Birth to 5 Years | Oldham Council](#)

[Looking after children's teeth - a guide for parents and carers](#)

[Growing up with healthy teeth \(HENRY\)](#)

[Cleft and Palate Network](#)

[Babycup Ltd](#)



**Singing links to share with families**

[Billy Brush's Brush along Song](#)

[British Society of Paediatric Dentistry \(BSPD\) Kidsvids](#)

[Brush DJ](#)

[Brushin' Buddy Bear](#)

[Brush Your Teeth - Super Simple Songs](#)

