

# Maternity Services



## Useful Information for New Parents

The following websites and apps provide information about pregnancy, birth and parenting

### Maternity rights and benefits



The place to find government services and information about working, time off and financial support when you have a baby, registering a birth.

<https://www.gov.uk/browse/childcare-parenting/pregnancy-birth>

### General Information

#### Birth to Five Booklet



This book provides information on caring for children up to five years old and contact details for useful organisations.

<http://www.publichealth.hscni.net/publications/birth-five>

#### NHS Choices – Pregnancy and Baby

**NHS choices** <http://www.nhs.uk/Conditions/pregnancy-and-baby/pages/pregnancy-and-baby-care.aspx>

#### Baby Buddy App



- Daily info by SMS
- Glossary of medical terms
- Appointment reminders
- Baby book
- Photo booth
- Virtual mum and baby
- Info about how baby grows in pregnancy and up to the age of 2

Designed for young mums, but suitable for all. Produced by charity Best Beginnings and endorsed by the Department of Health

## National Childbirth Trust (NCT)



For over 60 years the NCT has provided support and information around pregnancy, birth and parenting.

<http://www.nct.org.uk/>

## Family Planning Association (FPA)



The FPA is the UK's leading sexual health charity. Their purpose is to enable people in the UK to make informed choices about sex and contraception and to enjoy sexual health

<http://www.fpa.org.uk/>

## Association for Postnatal Illness



The Association for Postnatal Illness offers information to depressed mothers on a wide range of issues concerning the management and treatment of postnatal illnesses including postnatal depression.

[www.apni.org](http://www.apni.org)

## Antenatal Care

### Antenatal Results and Choices (ARC)



ARC is the only national charity which provides non-directive support and information to expectant and bereaved parents throughout and after the antenatal screening and testing process.

[www.arc-uk.org/](http://www.arc-uk.org/)

## Safe Sleeping

### Caring for your baby at night



This leaflet, endorsed by the CPHVA, RCM and The Lullaby Trust, is designed to offer helpful, practical advice on coping at night. It covers getting some rest, night feeding, safe sleeping environments and helping baby to settle.

[https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2011/11/Caring-for-your-baby-at-night\\_online-singles.pdf](https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2011/11/Caring-for-your-baby-at-night_online-singles.pdf)

### Infant Sleep Information Source



Summarises the latest research on normal infant sleep, safe sleeping, bed-sharing and safety, daytime sleep and slings, sleep aids, sleep training, twin sleep. Helps parents make an informed decision about where their baby sleeps

<https://www.isisonline.org.uk/>



Infant Sleep Lab App

### Lullaby Trust



Originally the Foundation for the Study of Infant Deaths, the Lullaby Trust works to raise awareness of Safer Sleep.

<https://www.lullabytrust.org.uk/safer-sleep-advice/>

# **Breastfeeding**

## **Off to the Best Start**



Information and practical advice about preparing for breastfeeding when you are pregnant, developing a close and loving relationship with your baby; skin-to-skin contact at birth and the first magical hour; how breastfeeding works (including positioning and attachment); how partners can support breastfeeding  
[https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2010/11/otbs\\_leaflet.pdf](https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2010/11/otbs_leaflet.pdf)

## **Global Health Media videos**



These accurate videos of real babies going to real breasts are designed for a global audience. They are freely downloadable to computer, tablet or phone and free from commercial influence.  
[www.globalhealthmedia.org/videos/breastfeeding](http://www.globalhealthmedia.org/videos/breastfeeding)

## **Kellymom**



This is a really useful US website with evidence-based information and articles on all aspects of breastfeeding and child development  
[www.kellymom.com](http://www.kellymom.com)

## **Dr Jack Newman**



BreastFeeding Inc

Good video clips in many languages from a Canadian paediatrician/breastfeeding expert showing what effective and ineffective feeding look like. [www.breastfeedinginc.ca/](http://www.breastfeedinginc.ca/)

## **La Leche League (LLL)**



LLL helps mothers to breastfeed through mother-to-mother support, encouragement, information and education. It aims to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and the mother  
<http://www.laleche.org.uk/>

## **Breastfeeding Network (BfN)**



The BfN aims to be an independent source of support and information for breastfeeding women and others.  
<http://www.breastfeedingnetwork.org.uk/>

# **Bottlefeeding**

## **Guide to Bottle Feeding**



Provides advice on sterilising feeding bottles and equipment, preparing infant formula feeds, and gives easy-to-follow instructions and illustrations to help parents and carers bottle feed safely.  
[https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2008/02/start4life\\_guide\\_to\\_bottle\\_feeding.pdf](https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2008/02/start4life_guide_to_bottle_feeding.pdf)

## **First Steps Nutrition**



An independent public health nutrition charity that provides information and resources to support eating well from pre-conception to five years  
[http://www.firststepsnutrition.org/newpages/Infant\\_Milks/infant\\_milks.html](http://www.firststepsnutrition.org/newpages/Infant_Milks/infant_milks.html)

## **Multiple births**

### **Twins and Multiple Birth Association (TAMBA)**



TAMBA is a nationwide UK charity providing information and mutual support networks for families of twins, triplets and more.

<http://www.tamba.org.uk/>

### **Multiple Birth Foundation**



The Multiple Births Foundation is an independent charity based at Queen Charlotte's & Chelsea Hospital in West London. A vital resource to professionals and families alike, it aims to improve the care and support of multiple birth families through the education of all relevant professionals.

<http://www.multiplebirths.org.uk/>

## **Premature birth**

### **BLISS Premature Baby Charity**



Bliss, the special care baby charity, provides vital support and care to premature and sick babies across the UK.

<http://www.bliss.org.uk/>

## **Miscarriage/Stillbirth**

### **Sands - Stillbirth and Neonatal Death charity**



Sands is an organisation which can offer you support when your baby dies during pregnancy or after birth.

<http://www.uk-sands.org/>