

HMR HEALTH VISITORS. NEW BORN BABY ONLINE INFORMATION

FEEDING

- Off to the best start - <https://www.nhs.uk/start4life/breastfeeding> - Important information about feeding your baby.
- Guide to bottle feeding - https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2008/02/start4life_guide_to_bottle_feeding.pdf - An Unicef/NHS/Start4Life leaflet to help you prepare formula feeds and sterilise bottles.
- Guide on what infant formula to choose - <https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2018/02/Infant-formula-and-responsive-bottle-feeding.pdf>
- First Steps Nutrition - <http://www.firststepsnutrition.org/> - Information and resources to support eating well from pre-conception to five years.
- Breast feeding network - https://www.breastfeedingnetwork.org.uk/wp-content/pdfs/BFNExpressing_and_Storing.pdf information on expressing and storing of breast milk
- Breastfeeding Companion - <https://thebreastfeedingcompanion.com/> - A website full of breastfeeding support at your fingertips so it is a comfortable and enjoyable experience.



HEALTH

- Immunisations – www.nhs.uk/vaccinations - A guide to immunisations.
- Birth to 5 - http://www.publichealth.hscni.net/sites/default/files/2018-07/Cover_contents.pdf Information on: becoming a parent, taking care of yourself and your child and finding practical help and support.

DEVELOPMENT

- Building a happy baby - <https://www.unicef.org.uk/babyfriendly> - Busting myths and facts about raising a happy baby.
- National Literacy Trust - www.talktoyourbaby.org.uk - information and resources to support your babies language development
- Getting it right from the start - <https://www.youtube.com/watch?v=OxnPhP-DY5o> – Chapters of You Tube videos from the Early Attachment Service (Tameside and Glossop Integrated Care NHS Foundation Trust, 2015) that discusses bonding and attachment from pregnancy into childhood. The videos also explore the different emotions, feelings and expectations new parents may feel and help process these feelings.



SAFETY

- Lullaby Trust - <https://www.lullabytrust.org.uk/wp-content/uploads/safer-sleep-for-parents.pdf> - Sleep safe advice to raise awareness of sudden infant death and to ensure your baby sleeps
- Nappy sack safety information - <https://www.rospa.com/rospaweb/docs/campaigns-fundraising/nappy-sack-leaflet.pdf>
- The T.I.C.K.S Rule for Safe baby wearing – www.babyslingsafety.co.uk – Keep your baby close and keep your baby safe. When you're wearing a sling or carrier, don't forget the T.I.C.K.S



- ✓ TIGHT
- ✓ IN VIEW AT ALL TIMES
- ✓ CLOSE ENOUGH TO KISS
- ✓ KEEP CHIN OFF THE CHEST
- ✓ SUPPORTED BACK

FAMILY

- Female Genital Mutilation (FGM) - Procedures that intentionally alter or cause injury to the female genital organs for non-medical reasons. This is illegal in the United Kingdom.
<https://www.england.nhs.uk/wp-content/uploads/2016/12/fgm-pocket-guide-v5-final.pdf>
- Rochdale Family Information Service –
<https://www.ourrochdale.org.uk/kb5/rochdale/directory/service.page?id=EcjSw10viw>
Free information and advice for children, young people and their families.
- Dad Matters - <https://dadmatters.org.uk> - supporting dads to have successful relationships with their families, and to support dads with anxiety, stress and mental health issues.
- Getting to know your Health Visitor and school nursing service -
https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/329869/Parents_Fact_Sheet.pdf
- Advice on infant crying and how to cope - <http://iconcope.org/>

