

Useful Information for New Parents

The following websites and apps provide information for when you go home with your baby.

General Information

Essential Parent



Offers evidenced-based how-to and FAQ videos and articles for parents and parents to be. The topics are put together by experts following the advice of organisations such as UNICEF UK Baby Friendly Initiative, The St John Ambulance, The Child Accident Prevention Trust and the NCT amongst many others

<https://www.essentialparent.com/>

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>

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

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/2/2018/08/Caring-for-your-baby-at-night-web.pdf>

Baby Sleep Info 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.basionline.org.uk/resources-for-parents/>

Lullaby Trust



The Lullaby Trust supports research into sudden death of babies and young children and works to raise awareness of safer sleep and has published some very helpful fact sheets

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

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

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

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/

Association of Breastfeeding Mothers



Great source of support and articles run by, and for, breastfeeding mothers

www.abm.me.uk/

Article about what is normal baby behaviour in the first weeks of breastfeeding

<https://abm.me.uk/breastfeeding-information/first-week-breastfeeding/>

Bottle Feeding

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

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