

## Sources of Useful Information for New Parents

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

### 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>

#### 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

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/](http://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.

[Breastfeeding leaflet \(unicef.org.uk\)](http://www.unicef.org.uk/breastfeeding-leaflet)

## **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)

## **Association of Breastfeeding Mothers**



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

[www.abm.me.uk/](http://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.

[Bottle feeding leaflet \(unicef.org.uk\)](http://www.unicef.org.uk/bottle-feeding-leaflet)

## **First Steps Nutrition**



An independent public health nutrition charity that provides information and resources to support eating well from pre-conception to five years.

[Infant milks for parents & carers — First Steps Nutrition Trust](http://www.firststepsnutrition.org/)