

## USEFUL, RELIABLE & EVIDENCE-BASED INFORMATION for PARENTS

### Websites:

**Global Health Media breastfeeding videos:** excellent short (6-10 mins) video clips on breastfeeding – including 'Breastfeeding in the early hours after birth' about your baby's newborn skills to get onto the breast, 'Attaching your baby at the breast', 'Is your baby getting enough', 'Expressing' and 'Increasing your milk supply'. **Free** to view or download in English, Spanish, French, Swahili, Turkish, Arabic and other languages [www.globalhealthmedia.org/videos/breastfeeding](http://www.globalhealthmedia.org/videos/breastfeeding)



**UNICEF Baby Friendly UK:** 'Building a happy baby', 'Caring for your baby at night' and other useful leaflets and video clips about feeding, building your baby's brain and well-being etc [www.unicef.org.uk/babyfriendly/support-for-parents](http://www.unicef.org.uk/babyfriendly/support-for-parents)



**First Steps Nutrition Trust:** excellent, free, colourful photo resources on feeding babies and children, with tested, nutritious recipes, and clear guidance on portion size, budgeting, eating well for mums and children etc. Includes 'Eating well: the first year', 'Eating well recipe book', 'Good food choices and portion sizes for 1-4 year olds', 'Eating well for vegan infants and under 5s'. Also **simple guide** with most common questions about formula, and another on breastfeeding. [www.firststepsnutrition.org](http://www.firststepsnutrition.org)



**Breastfeeding Network:** it is nearly always possible to breastfeed whilst taking medication. There are fact sheets on common drugs [www.breastfeedingnetwork.org.uk/drugs-factsheets](http://www.breastfeedingnetwork.org.uk/drugs-factsheets), and a Facebook page where you ask other questions about medication. [www.facebook.com/BfNDrugsinBreastmilkinformation/](https://www.facebook.com/BfNDrugsinBreastmilkinformation/)

**NHS Information Service for Parents:** [www.nhs.uk/start4life](http://www.nhs.uk/start4life) - sign up for **start 4 life** weekly emails and videos. Website with more information, such as about starting on solids. Also via Alexa or Google Assistant

**Expressing breastmilk:** [Hand expressing breastmilk | Essential Parent](http://www.essentialparent.com) - [www.essentialparent.com](http://www.essentialparent.com) Useful info about hand expressing after early days.

**From Birth to Five:** information and guidance for babies and children under 5 <https://www.publichealth.hscni.net/publications/birth-five>

**Lullaby Trust:** information about safe sleeping & products for babies <https://www.lullabytrust.org.uk/safer-sleep-advice/>

**Kellymom:** US website, but with good evidence-based information about breastfeeding [www.kellymom.com](http://www.kellymom.com)

**Bright Start Islington:** what's available in Islington for your baby/child and you, including starting on solids workshops - [www.islington.gov.uk/BrightStart](http://www.islington.gov.uk/BrightStart)

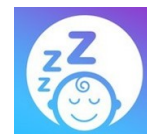
**Breastfeeding Islington** [www.facebook.com/BreastfeedingIslington](https://www.facebook.com/BreastfeedingIslington)

### Apps:

**Baby Buddy** Great video clips and daily SMS about your baby's development during pregnancy & up to age 2, your physical & emotional health, **understanding your baby**, feeding, what to expect and much more. Baby book & photo booth, which will put your photos into a video of your baby growing. Bump Around has information about local venues and groups for you and your child, like children's centres, breastfeeding support groups, GPs and others. Designed for young mums, but great information for everyone. Web version [www.web.bestbeginnings.org.uk/web](http://www.web.bestbeginnings.org.uk/web)



**Infant Sleep** Summarises the latest research and information on **normal infant sleep, sleep safety, where and how your baby sleeps**, daytime sleep, slings & sleep aids like sleep bags. Good info about what is normal sleep & waking for children at different ages and what to expect. Includes sleep log. From Durham University. Also **website:** [www.basionline.org.uk](http://www.basionline.org.uk)



**Child Feeding Guide** Tips and information about feeding your child, especially about "fussy" eating. Apple and Android. Website: [www.childfeedingguide.co.uk](http://www.childfeedingguide.co.uk)