**Oxleas Parent Online - Baby 6-8 weeks**

Recommended websites in addition to Oxleas Parent Online New Baby

*remember you can always talk to your health visitor team if you have more questions or need help*

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**Good health and development**

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<tr>
<th>Website/Resource</th>
<th>Description</th>
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<tr>
<td><strong>Your baby's health and development reviews - Pregnancy and baby guide - NHS Choices</strong></td>
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<td><strong>What to expect, when?</strong></td>
<td>Leaflet about your child’s learning and development</td>
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<td><strong>Help your baby move and play every day</strong></td>
<td>Leaflet from British Heart Foundation</td>
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| **NHS Guide to immunisations up to one year** | NHS Leaflet July 2016  
NHS CHOICES information about Childhood vaccines |

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| **Getting to know your baby** | Getting to Know Your Baby is a website and an app. It uses video to help you understand and respond to your own baby’s individual patterns and to support you to bond with your baby  
Click here to Find out about the six baby states |

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| **Infant Sleep Information Source** | Sleep Information sheets  
Normal Infant Sleep  
Where babies sleep  
Bed-sharing & safety  
Daytime sleep and slings  
Sleep aids: Dummies, swaddling and sleep bags  
Sleep training  
Twin infant sleep |

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June 2017
NHS dental treatment is free in pregnancy and for first year after birth [NHS CHOICES](#).

Public Health England Fact sheets; *A quick guide to a healthy mouth in adults*

*A quick guide to a healthy mouth in children*

[Bookstart Trust](#)

BookTrust transforms lives by getting children and families reading

[e-redbook](#)

Create your own baby digital health record

### Feeding

[Oxleas Parent Online Breastfeeding](#)

[Greenwich Breastfeeding Groups](#)

Information on breastfeeding in public, where to get help in Greenwich & Bexley, national telephone helplines and breastfeeding help websites.

[Breastfeeding in Greenwich - Information site about Breastfeeding](#)

NHS Start4Life parents leaflet and website

[Breastfeeding; Off to the best start](#)

Important information about feeding your baby

[Start4Life - Breastfeeding](#)

[The Baby Friendly Initiative Support for parents](#)

Watch videos about breastfeeding

[Home - The Breastfeeding Network](#)

Click here to find out about [Expressing and storing breast milk](#)

[Drugs factsheets](#)  [Returning to work](#)  [Mastitis](#)

NHS Start4Life parents leaflet and website

[Introducing solid foods](#)

[Start4Life - First foods](#)
NHS Start4Life
Guide to bottle feeding

Bottle feeding advice - Pregnancy and baby guide - NHS Choices

The Baby Friendly Initiative and First Steps Nutrition Trust parents leaflet
What infant formula to choose & how to bottle feed – responsive bottle feeding

First Steps Nutrition Trust
Infant milks a simple guide

Best Beginnings | Information for parents
Website and apps for parents-to-be and new parents to support you through the first stages of your baby’s life.
Best Beginnings | Watch From Bump to Breastfeeding

NHS Healthy Start
NHS Healthy Start Application form.
Free milk, fresh fruit, veg & vitamins for you and your family.
If you are pregnant or have a child under four years old you could get Healthy Start vouchers to help buy some basic foods.

NHS CHOICES information vitamins for children

First Steps Nutrition Trust  Eating well for new mums and babies
First Steps Nutrition Trust is a public health nutrition charity that provides information and resources to support eating well from pre-conception to five years.

When you need more help or information....

Stopping smoking is the best thing you can do for your baby

Greenwich Stop Smoking Service | Stop Smoking now - make this time the last time

Cry-Sis - Support for crying baby, screaming, sleepless and demanding babies

The Wellbeing Plan is a two-page plan that can help you think about how you feel and what support you might need in your pregnancy and after the birth
My pregnancy & post-birth wellbeing plan

June 2017
If you think you may be suffering from mental health needs, it is important that you speak to your health visitor or GP. These organisations may also be able to offer advice and support;  
Mumsaid Greenwich

**Greenwich Time to Talk - Oxleas NHS Foundation Trust**

Find your local help and emotional support service

| These websites offer more information about coping with mental health needs; |
| Feeling depressed after birth - NHS Choices |
| Postnatal Depression |
| Postnatal Anxiety - Anxiety UK |
| Postnatal depression in fathers | NCT |

If you are in a relationship with someone who hurts you sexually, emotionally or physically or threatens and controls you, you can talk to your midwife, health visitor or GP. You can also find help and information here;  
Getting help for domestic violence

| Domestic violence - Greenwich |

This website offers information and help with managing drug or alcohol use
Greenwich Give us a buzz