

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

When your baby is 6-8 weeks old you will be offered an appointment with a health visitor to talk about you and your baby's progress. Your health visitor will ask about your physical and emotional well-being as well as review your baby's growth, development and feeding. You should also see your GP at 6-8 weeks after birth.

Any questions about this call your health visitor team

[Health Visiting service in Greenwich](#)

Good health and development

[Your baby's health and development reviews - Pregnancy and baby guide - NHS Choices](#)



[What to expect, when?](#)

Leaflet about your child's learning and development



[NHS Born to move app](#)



[NHS CHOICES Baby and toddler safety](#)

[Royal Society for the Prevention of Accidents; keeping kids safe](#)



[NHS Guide to immunisations up to one year](#)

[NHS CHOICES information about Childhood vaccines](#)



[Getting to know your baby](#)

The Association for Infant Mental Health website uses video to help you understand and respond to your own baby's individual patterns and to support you to bond with your baby – before and after birth.

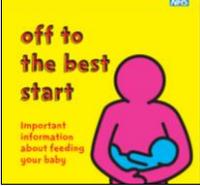


[Baby Sleep Information Source](#) This website presents research evidence about biologically normal sleep for human babies.

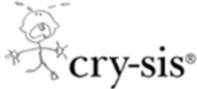
[Get the app](#)

[Basis Sleep Information sheets](#)



<p>Lullaby Trust - safer sleep</p> <p>Safer sleep for babies things you can do</p>										
<p>NHS dental treatment is free in pregnancy and for first year after birth NHS CHOICES</p> <p>Public Health England Fact sheets; A quick guide to a healthy mouth in adults A quick guide to a healthy mouth in children</p>										
<p>Bookstart Trust</p> <p>BookTrust transforms lives by getting children and families reading</p>										
<p>e-redbook</p> <p>Create your own baby digital health record</p>										
<h2>Feeding</h2>										
<p>Oxleas Breastfeeding Groups in Greenwich</p> <p>Information on where to get help in Greenwich, national telephone helplines and breastfeeding help websites.</p>	<p>Breastfeeding drop-in groups in Greenwich for all pregnant and breastfeeding mums and their families</p> <p>These groups are run by trained Breastfeeding Advocates from Oxleas NHS Health Visitor teams. There are also helplines, texts and DVDs to help you</p> <ul style="list-style-type: none"> • Get started with breastfeeding • With questions or problems about breastfeeding, using formula milk and starting solid foods • With breastfeeding in public • When returning to work • When you are ready to stop breastfeeding <p>Oxleas Breastfeeding groups are not just for problems, you can relax and meet other local mums and find out about family activities and support available at the Children's Centres.</p> <table border="1"> <thead> <tr> <th>Monday</th> <th>Time</th> <th>Contact no</th> </tr> </thead> <tbody> <tr> <td>Sherrington Children's Centre, Sherrington Road, Charlton, SE7 7JF</td> <td>10.00 - 12.00</td> <td>020 8305 3140</td> </tr> <tr> <td>Tuesday</td> <td></td> <td></td> </tr> </tbody> </table>	Monday	Time	Contact no	Sherrington Children's Centre, Sherrington Road, Charlton, SE7 7JF	10.00 - 12.00	020 8305 3140	Tuesday		
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<p>NHS Start4Life parents leaflet and website</p> <p>Breastfeeding; Off to the best start</p> <p>Important information about feeding your baby</p> <p>Start4Life - Breastfeeding</p>										
<p>The Baby Friendly Initiative Support for parents</p> <p>See useful videos and leaflets about feeding and caring for your baby</p>										
<p>Home - The Breastfeeding Network</p> <p>Click here to find out about Expressing and storing breast milk Drugs factsheets Returning to work Mastitis</p>										
<p>NHS Start4Life parents leaflet and website</p> <p>Introducing solid foods Start4Life - First foods</p> <p>See also Oxleas Parent Online Starting Solids Sessions</p>										
<p>NHS Start4Life</p> <p>Guide to bottle feeding</p> <p>Bottle feeding advice - Pregnancy and baby guide - NHS Choices</p>										

<p>The Baby Friendly Initiative and First Steps Nutrition Trust parents leaflet What infant formula to choose & how to bottle feed – responsive bottle feeding</p> <p>First Steps Nutrition Trust Infant milks a simple guide</p>	 <p>WHAT INFANT FORMULA TO CHOOSE</p> <p>If you are giving your baby infant formula, FIRST INFANT FORMULA (whey-based) is the only formula they will need in the first year of life</p> <p>Infant milks: A simple guide to infant formula, follow-on formula</p>
<p>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</p>	 <p>best beginnings</p>
<p>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.</p> <p>NHS CHOICES information vitamins for children</p>	 <p>Free milk, fruit, veg and vitamins for you and your family</p> <p>HEALTHY START</p>
<p>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.</p>	 <p>FIRST STEPS NUTRITION TRUST</p>
<h2 style="text-align: center;">When you need more help or information....</h2>	
<p>Local Authority services Greenwich Families Information Service Children centres local support and information for expectant and new families</p>	 <p>ROYAL borough of GREENWICH</p>
<p>Your pregnancy, baby, children and general NHS health guide Whatever you want to know about getting pregnant, being pregnant or caring for your new baby, you should find it here. You'll find detailed week-by-week guides and lots of expert videos, parents' tips and interactive tools to explore.</p>	 <p>NHS choices</p>
<p>British Red Cross Baby and Child First Aid app</p>	 <p>BritishRedCross</p>
<p>Stopping smoking is the best thing you can do for your baby</p> <p>Greenwich Stop Smoking Service Stop Smoking now - make this time the last time</p>	 <p>SMOKEFREE NHS</p>
<p>NHS VIDEOS Spotting sepsis in under 5s - NHS Choices</p>	 <p>NHS VIDEOS </p> <p>CALL 111</p> <p>CAN'T SAY MORE THAN A FEW WORDS AT ONCE</p>

<p>Cry-Sis - Support for crying baby, screaming, sleepless and demanding babies</p>	
<p>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</p>	
<p>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</p>	 
<p>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</p>	   
<p>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</p>	 
<p>Change Grow Live - information and help with managing drug or alcohol use Aspire - Greenwich CGL BaSIS, Royal Borough of Greenwich</p>	