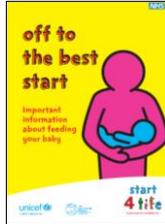


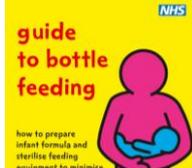
## Oxleas Parent Online – New Baby

click on the links and images for recommended websites and leaflets

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

<p>Department of Health;  <a href="#">Getting to know your health visiting and school nursing service.</a></p> <p>Information about how to contact your Health Visitor and details of Health visitor, Nursery Nurse and Breastfeeding drop-ins and Oxleas Parent Online resources</p> <p><a href="#">Health Visiting service in Greenwich</a></p>	
<p><a href="#">Local Authority services Greenwich</a></p> <p>Families Information Service          Children centres local support and information for expectant and new families</p>	
<p><a href="#">Oxleas NHS Trust</a>  <a href="#">Your healthcare records</a></p> <p>What information we store about you and how you can apply to see it</p>	
<p><a href="#">Oxleas Patient Advice and Liaison Service (PALS)</a></p> <p>We are committed to providing the highest standards of care with courtesy and respect at all times. However, from time to time service users or carers may have concerns about their care and treatment. PALS can provide help, advice and support</p>	
<p><a href="#">Oxleas Breastfeeding Groups in Greenwich</a></p> <p>Information on where to get help in Greenwich, national telephone helplines and breastfeeding help websites.</p>	
<p><a href="#">Sex and contraception after birth - Pregnancy and baby guide - NHS Choices</a></p> <p><a href="#">Greenwich Contraception and Sexual Health Services (formerly CASH)</a></p>	
<h3>Parenting information and help</h3>	
<p><a href="#">Your pregnancy, baby, children and general NHS health guide</a></p> <p>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><a href="#">NHS Screening tests for you and your baby (English)</a>  <a href="#">NHS Screening tests for you and your baby (other languages)</a></p> <p>Important information about the screening choices you will have during and after your pregnancy</p>	

<p><a href="#">Group B Streptococcus (GBS) in pregnancy and newborn babies</a></p>	<p>Group B Streptococcus (GBS) in pregnancy and newborn babies</p>
<p> <a href="#">Start4Life - Babies</a>  <a href="#">Start4Life - Mums</a>  <a href="#">Start4Life - Partners</a> </p> <p> <a href="#">Start4Life - Breastfeeding</a>  <a href="#">Start4Life - First foods</a> </p> <p>Give your baby a better start with Start4Life Getting your baby into healthy habits early on gives them the best start in life and reduces their risk of poor health later on.</p>	
<p><a href="#">building blocks for a better start in life</a></p> <p>This leaflet provides information about mum's milk, introducing solid foods, your baby's appetite, encouraging your baby to be active and healthy and finally, avoiding the sweet tooth!</p>	
<p>NHS Start4Life parents leaflet</p> <p><a href="#">Breastfeeding; Off to the best start</a></p> <p>Important information about feeding your baby</p>	
<p><a href="#">Home - The Breastfeeding Network</a></p> <p>Click here to find out about <a href="#">Expressing and storing breast milk</a> <a href="#">Drugs factsheets</a> <a href="#">Returning to work</a> <a href="#">Mastitis</a></p>	
<p><a href="#">What dads should know about breastfeeding</a> leaflet from HSC Public Health</p>	
<p><a href="#">The Baby Friendly Initiative Support for parents</a></p> <p>See useful videos and leaflets about feeding and caring for your baby</p>	
<p>The Baby Friendly Initiative parents leaflets</p> <p><a href="#">Building a happy baby</a></p> <p>We now know that building a loving relationship with your new baby will give her the best possible start in life, and will help her grow up happy and confident. This leaflet offers advice and information on getting to know your baby and setting up the foundations for that strong relationship</p> <p><a href="#">Caring for your baby at night</a></p> <p>This leaflet 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.</p>	 

<p><a href="#">Getting to know your baby</a></p> <p>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.</p>	
<p><a href="#">Baby Sleep Information Source</a> This website presents research evidence about biologically normal sleep for human babies.</p> <p><a href="#">Get the app</a></p> <p><a href="#">Basis Sleep Information sheets</a></p>	
<p><a href="#">Lullaby Trust - safer sleep</a></p> <p><a href="#">Safer sleep for babies things you can do</a></p>	
<p><a href="#">Best Beginnings   Information for parents</a></p> <p>Website and apps for parents-to-be and new parents to support you through pregnancy and the first stages of your baby's life.</p> <p><a href="#">Best Beginnings   Watch From Bump to Breastfeeding</a></p> <p><a href="#">Breastfeeding in public</a> <a href="#">Expressing and return to work</a></p>	
<p><a href="#">NHS Healthy Start</a></p> <p><b>NHS Healthy Start Application form.</b> Free milk, fresh fruit, veg &amp; 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><a href="#">NHS CHOICES information vitamins for children</a></p>	
<p><a href="#">First Steps Nutrition Trust Eating well for new mums and babies</a></p> <p>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>NHS Start4Life</p> <p><a href="#">Guide to bottle feeding</a></p> <p><a href="#">Bottle feeding advice - Pregnancy and baby guide - NHS Choices</a></p>	
<p>The Baby Friendly Initiative and First Steps Nutrition Trust parents leaflet</p> <p><a href="#">What infant formula to choose &amp; how to bottle feed – responsive bottle feeding</a></p> <p>First Steps Nutrition Trust</p> <p><a href="#">Infant milks a simple guide</a></p>	 
<p>Mixed feeding; breast and bottle</p> <p><a href="#">NCT.org</a></p>	

<p><a href="#">Bliss for babies born premature or sick</a></p> <p><a href="#">Bliss; A guide to expressing breastmilk for your premature baby</a></p> <p><a href="#">Twins and Multiple Births Association – TAMBA website</a></p> <p><a href="#">Breastfeeding more than one – TAMBA booklet</a></p>	 <p><b>Bliss</b> for babies born premature or sick</p> <p><b>Tamba</b> TWINS &amp; MULTIPLE BIRTHS ASSOCIATION</p>
<p><a href="#">Yellow Alert Leaflet – Jaundice in the newborn baby</a></p>	<p>Jaundice in the newborn baby</p> 
<p><a href="#">NHS CHOICES Baby and toddler safety</a></p> <p><a href="#">Royal Society for the Prevention of Accidents; keeping kids safe</a></p>	 <p><b>ROSPA</b> 100 years accidents don't have to happen</p>
<p><a href="#">NHS Guide to immunisations up to one year</a></p> <p><a href="#">NHS CHOICES information about Childhood vaccines</a></p>	 <p>Public Health England <b>NHS</b> A guide to <b>immunisations</b> up to one year of age Features the immunisation schedule for babies born on or after 1 August 2017</p>
<p><a href="#">NHS VIDEOS   Spotting sepsis in under 5s - NHS Choices</a></p>	<p><b>NHS VIDEOS  </b></p> 
<ul style="list-style-type: none"> <li>•NHS dental treatment is free in pregnancy and for first year after birth <a href="#">NHS CHOICES</a></li> <li>•Register your baby with a dentist at around 6 months</li> </ul> <p><a href="#">NHS CHOICES Children's teeth</a></p> <p>Public Health England Fact sheet; <a href="#">A quick guide to a healthy mouth in children</a></p> <p>Information on caring for your child's teeth from NHS Scotland <a href="#">Childsmile</a></p>	 <p><b>NHS choices</b></p> <p><b>CHILDSMILE</b></p>
<p><a href="#">Bookstart Trust</a></p> <p>BookTrust transforms lives by getting children and families reading</p>	 <p><b>BookTrust</b> Inspire a love of reading</p>
<p><a href="#">What to expect, when?</a></p> <p>Leaflet about your child's learning and development</p>	<p><b>What to expect, when?</b></p> <p>Guidance to your child's learning and development in the early years foundation stage</p>  <p><b>children</b> Department for Education</p>
<p><a href="#">NHS Born to move app</a></p>	 <p>Free NHS <b>Born to move</b> app Tips to help your baby move and develop, every step of the way</p>
<p><a href="#">e-redbook</a></p> <p>Create your own baby digital health record</p>	 <p><b>e redbook</b></p>

# When you need more help or information....

<p><b>British Red Cross</b> <a href="#">Baby and Child First Aid app</a></p>	
<p><a href="#">Cry-Sis - Support for crying baby, screaming, sleepless and demanding babies</a></p>	
<p><a href="#">Stopping smoking is the best thing you can do for your baby</a></p> <p><a href="#">Greenwich Stop Smoking Service   Stop Smoking now - make this time the last time</a></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</p> <p><a href="#">My pregnancy &amp; post-birth wellbeing plan</a></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;</p> <p><a href="#">Mumsaid Greenwich</a></p> <p><a href="#">Greenwich Time to Talk - Oxleas NHS Foundation Trust</a></p> <p><a href="#">Find your local help and emotional support service</a></p>	 
<p>These websites offer more information about coping with mental health needs;</p> <p><a href="#">Feeling depressed after birth - NHS Choices</a></p> <p><a href="#">Postnatal Depression</a></p> <p><a href="#">Postnatal Anxiety - Anxiety UK</a></p> <p><a href="#">Postnatal depression in fathers   NCT</a></p>	   
<p>Change Grow Live - information and help with managing drug or alcohol use</p> <p><a href="#">Aspire - Greenwich</a></p> <p><a href="#">CGL BaSIS, Royal Borough of Greenwich</a></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;</p> <p><a href="#">Getting help for domestic violence</a></p> <p><a href="#">Domestic violence - Greenwich</a></p>	 