



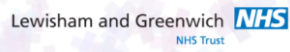






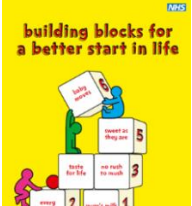








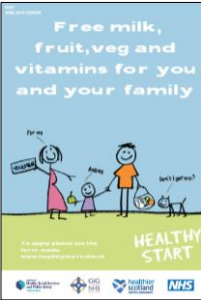






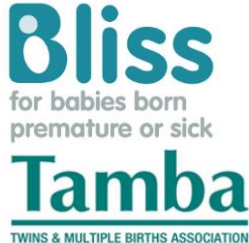


Oxleas Parent Online – Pregnancy










click on the links and images for recommended websites and leaflets

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

<p>Health Visiting service in Greenwich How to contact a health visitor in Greenwich</p> <p>Department of Health; Getting to know your health visiting and school nursing service.</p>	
<p>Local Authority services Greenwich Families Information Service Children centres local support and information for expectant and new families</p>	
<p>Oxleas NHS Trust Your healthcare records What information we store about you and how you can apply to see it</p>	
<p>Oxleas Patient Advice and Liaison Service (PALS) 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>Pregnant what next? - Lewisham and Greenwich</p>	
<p>Dartford and Gravesham NHS Trust - Maternity Department</p>	
<p>Oxleas Breastfeeding Groups in Greenwich Information on where to get help in Greenwich, national telephone helplines and breastfeeding help websites. Pregnant women can talk to staff about how to get off to a good start with breastfeeding, meet other local mothers and find out how to get help and support as soon as their baby is born.</p>	
<h3>Pregnancy and parenting information and help</h3>	
<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 Screening tests for you and your baby (English) NHS Screening tests for you and your baby (other languages)</p>	
<p>Group B Streptococcus (GBS) in pregnancy and newborn babies</p>	

<p>Start4Life - Babies Start4Life - Mums Start4Life - Partners</p> <p>Start4Life - Breastfeeding Start4Life - First foods</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>building blocks for a better start in life</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>Breastfeeding; Off to the best start Important information about feeding your baby</p>	
<p>What dads should know about breastfeeding leaflet from HSC Public Health</p>	
<p>The Baby Friendly Initiative Support for parents Meeting baby for the first time</p>	
<p>The Baby Friendly Initiative parents leaflets</p> <p>Building a happy baby 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>Caring for your baby at night 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>Getting to know your baby</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>Best Beginnings Information for parents Website and apps for parents-to-be and new parents to support you through pregnancy and the first stages of your baby's life. Best Beginnings Baby Buddy app Best Beginnings Watch From Bump to Breastfeeding</p>	

<p>NHS CHOICES Vitamins, supplements and nutrition in pregnancy</p> <p>NHS Healthy Start</p> <p>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>First Steps Nutrition Trust Eating well in pregnancy</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 Guide to bottle feeding</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>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>	
<p>When you need more help or information....</p>	
<p>Bliss for babies born premature or sick</p> <p>Twins and Multiple Births Association – TAMBA website</p> <p>Breastfeeding more than one – TAMBA booklet</p>	
<p>NHS Start4Life Baby on the way, quit today</p> <p>Stopping smoking is hard. But if there ever was a moment for you and your partner to quit, it's now, when you are pregnant. It's the most important decision you can make for your baby.</p> <p>Greenwich Stop Smoking Service Stop Smoking now - make this time the last time</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>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 midwife, health visitor or GP. These organisations may also be able to offer advice and support:</p> <p>Greenwich Time to Talk - Oxleas NHS Foundation Trust</p> <p>Free counselling to women during their pregnancy or after having their baby Mumsaid Greenwich</p> <p>Find your local help and emotional support service</p>	 
<p>These websites offer more information about coping with mental health needs;</p> <p>Mental health problems when pregnant - Pregnancy and baby guide - NHS Choices</p> <p>Postnatal Depression</p> <p>Postnatal Anxiety - Anxiety UK</p> <p>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;</p> <p>Getting help for domestic violence</p> <p>Domestic violence - Greenwich</p>	 
<p>Change Grow Live - information and help with managing drug or alcohol use Aspire - Greenwich</p> <p>CGL BaSIS, Royal Borough of Greenwich</p>	
<p>Female Genital Mutilation is a procedure where the female genital organs are injured or changed. FGM is illegal in the UK. Help is available if you have had FGM or you're worried that you or someone you know is at risk. Female genital mutilation (FGM)</p>	