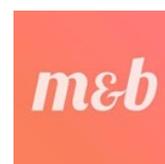


Useful resources during your pregnancy

Congratulations on your pregnancy! This information is a list of useful resources to help you develop a relationship with your baby and learn more about feeding and safe sleeping.

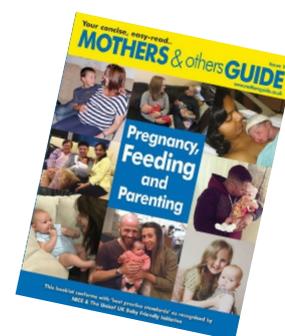
General resources

For lots of helpful information and links about caring for and feeding your baby download the Mum & Baby app from Google Play or the App Store – you can use the links below;



- https://play.google.com/store/apps/details?id=com.imagineear.mumandbaby.android&hl=en_GB&gl=US
- <https://apps.apple.com/gb/app/mum-baby/id887373841>

Have you seen this booklet? It's a great source of information to read during your pregnancy and keep for once baby is here. Collect your copy from your midwife.



Relationship building resources

Babies love to be held and are comforted by touch so why not start building the relationship with your baby by talking and singing to your baby while they are in the womb? Stroke your bump and notice when they move and wriggle around. And once born, care for them with as much skin-to-skin contact as possible. Take a look at these links to help you understand why this is so good for your baby's development. These can all be found on the Unicef website under 'Resources'.

- Unicef – Building a Happy Baby: A Guide for Parents* [Building a Happy Baby \(unicef.org.uk\)](http://unicef.org.uk)
- Unicef Baby Friendly Initiative: Relationship Building video* [The Importance of relationship building video - Baby Friendly Initiative \(unicef.org.uk\)](http://unicef.org.uk)
- Unicef: Skin to Skin Contact* [Skin-to-skin contact - Baby Friendly Initiative \(unicef.org.uk\)](http://unicef.org.uk)
- Unicef: Meeting baby for the first time video* [Meeting baby for the first time video - Baby Friendly Initiative \(unicef.org.uk\)](http://unicef.org.uk)
- RBH Skin to Skin Contact video [Skin to Skin with your Baby - YouTube](https://www.youtube.com/watch?v=...)
- RBH Connecting with your baby during pregnancy video [Connecting with your Baby in Pregnancy - YouTube](https://www.youtube.com/watch?v=...)

Hand expressing and collecting colostrum during pregnancy

Colostrum is the first milk you will produce and this is produced from around 16 weeks of pregnancy. Colostrum is a concentrated, sticky, yellowish substance which is easy to digest, helps to clear your baby's first poo (meconium), reduces jaundice, and is full of antibodies to help protect your baby from infection. It is small in quantity but is everything your baby needs in

the first few days of life. Find out more and about the benefits of hand expressing colostrum from 36 weeks here:

- RBH Antenatal Expressing Facebook video [Whether you choose to breast or bottle feed your baby, learning to hand express your milk during the later stages of pregnancy is a very useful skill... | By Royal Berkshire RBFT Maternity | Facebook](#)

This is one of our most popular videos, with parents giving feedback that this was invaluable to them.

- Unicef Baby Friendly Initiative: Hand expressing video* [Hand expression video - Baby Friendly Initiative \(unicef.org.uk\)](#)

Ask your midwife for our '[Expressing colostrum](#)' information leaflet and an antenatal expressing pack.

Infant feeding

What happens in your baby's first years has a big effect on how healthy he or she will be in the future. Mum's milk gives your baby all the nutrients he or she needs for around the first 6 months of life (and it's important beyond 6 months too). It helps to protect your baby from infections and other diseases, and as a mum, it also reduces your chances of getting some illnesses later in life. Breastfeeding also helps you and your baby to get closer – physically and emotionally. So while you are feeding your baby, the bond between you grows stronger. Open the links below to find out more about why breast milk is so important for your baby's health, and discuss it with your midwife to find out more.

- Check our feeding webpage <https://www.royalberkshire.nhs.uk/featured-services/maternity/infant-feeding/>
- RBFT Maternity Facebook page <https://en-gb.facebook.com/RBFTMaternity/> for the most current information.
- RBH Infant feeding video https://youtu.be/dtO0KvF_d30
- Unicef Baby Friendly Initiative: Off to the best start leaflet* https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2010/11/otbs_leaflet.pdf
- Unicef Baby Friendly Initiative: Positioning & Attachment* <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/positioning-and-attachment-video/>
- Global Health Media: Breastfeeding series* <https://www.youtube.com/watch?v=axQi5PqRZ0M>
- Unicef Baby Friendly Initiative: Responsive Feeding* <https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2017/12/Responsive-Feeding-Infosheet-Unicef-UK-Baby-Friendly-Initiative.pdf>

Safe sleeping

The safest place for a baby to sleep is in their own clear, flat, separate sleep space, such as a cot or Moses basket. The Lullaby Trust recommend a firm, flat, waterproof mattress.

Find out more about the dos and don'ts for safe sleep here:

- Lullaby Trust: Safer Sleep Advice [How to reduce the risk of SIDS for your baby - The Lullaby Trust](#)
- Lullaby Trust: Safer Sleep Advice: Co-sleeping with your baby [Co-sleeping with your baby: advice from The Lullaby Trust - The Lullaby Trust](#)

*Resources marked * are available in other languages from Unicef and Global Health Media*

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

D Ciepkiewicz, Maternity support worker (Gold Lead) October 2020

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Next review due: December 2024