

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 our Mum & Baby app
<https://www.nwlondonccgs.nhs.uk/news-publications-events/news/pregnant-theres-app>
- 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 he / she is in the womb? Stroke your bump and notice when he / she moves and wriggles around. And once born, care for them with as much skin-to-skin contact as you can manage. Take a look at these links to help you understand why this is so good for your baby's development:

- **Unicef – Building a Happy Baby: A Guide for Parents***
https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2018/04/happybaby_leaflet_web.pdf
- **Unicef Baby Friendly Initiative: Relationship Building video***
<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/relationship-building-resources/importance-of-relationship-building-video/>
- **Unicef: Skin to Skin Contact***
<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/implementing-standards-resources/skin-to-skin-contact/>
- **Unicef: Meeting baby for the first time video***
<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/relationship-building-resources/meeting-baby-for-the-first-time-video/>
- **RBH Skin To Skin Contact video**
<https://www.youtube.com/watch?v=SEx8Msw229s>
- **RBH Connecting with your baby during pregnancy video**
<https://www.youtube.com/watch?v=RgaRkQsV2H4&list=UUdXE3-zGbNfSAhqfe-hddTQ&index=61&t=0s>

Expressing and Collecting Colostrum during Pregnancy

- **RBH Antenatal Expressing Facebook video**

<https://www.facebook.com/RBFTMaternity/videos/1582198161829186/>

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***

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/breastfeeding-resources/hand-expression-video/>

- Ask your midwife for our '**Expressing colostrum**' information leaflet and an antenatal expressing pack!

Infant feeding

We encourage you to find out a bit more about breastfeeding and to give it a try. 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/wards-and-services/infant-feeding.htm> and Facebook page 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

Lullaby Trust: Safer Sleep Advice <https://www.lullabytrust.org.uk/safer-sleep-advice/>

Lullaby Trust: Safer Sleep Advice: Co-sleeping with your baby

<https://www.lullabytrust.org.uk/safer-sleep-advice/co-sleeping/>

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

This document can be made available in other languages and formats upon request.

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