

Postnatal Information and useful links from Oxford Health NHS Foundation Trust Health Visitors

Becoming a new parent – emotions, anxiety, worry, low mood or your own health & safety

Information for new mums and dads on mental health and emotional wellbeing after the birth of your baby:

Institute of Health Visiting

Information and support for anxiety and worry for new mums from [Open Paws](#)

If you feel that you need help with your emotional health, you can speak to your health visitor, GP or self-refer to [Talking Space Plus Oxford](#)

Information and support If you are concerned about your own safety at [Reducing the risk](#)

Do you need help to stop smoking? Try here: www.smokefreelifeoxfordshire.co.uk

Baby Feeding Support

Oxfordshire Breastfeeding Support is here to help: [Oxfordshire Breastfeeding Support \(oxbreastfeedingsupport.org\)](#)

For Bottle feeding support see here: [Guide to bottle feeding leaflet - Baby Friendly Initiative \(unicef.org.uk\)](#)

Getting to know your baby

Relationship building with your baby: [Building a happy baby](#)

There are some great short videos from the Institute of Health Visiting here: [Getting to know your baby](#)

Coping with a crying baby

Information and support for parents from [ICON](#)

Safety advice home and away for babies and toddlers

Some great information can be found at the [Child Accident Prevention Trust](#)

Dental Health

The dental health unit have produced this helpful leaflet on [Top Tips for Terrific Teeth](#)

Nutrition and introducing solid foods

Introducing solid foods advice from [NHS Weaning Information](#)

Information on different milks and starting solid foods can be found at [First Steps Nutrition](#)

Here you will find plenty of [Resources to support a healthy weight](#)

Ideas for encouraging your baby's communication

Oxford Health NHS Foundation Trust Health Visiting Service: December 2020

The BBC have produced some great short videos on encouraging your baby's early communication through play and activities. See them here at [Tiny Happy People](#)

As have HM Government at [Hungry Little Minds](#) where there are also plenty of apps

More information on language and communication development can be found at ICAN [Talking Point](#)

Oxford Health Speech and Language Resources: [SLT Communication Carousel - Oxford Health NHS Foundation Trust](#)

"50 things to do before you are 5": Twitter: @50thingstodo.org and at Website: [50 Things to do before 5 in Oxfordshire](#)



Developmental and emotional milestone

Here is some information on developmental and emotional milestone from [Solihull Approach Parenting](#)

Baby brain development: [Brain-Development-Updated.pdf](#) ([inourplace.co.uk](#))

Tummy Time – information to encourage your baby's development

Expert information on tummy time from [The Association of Paediatric Chartered Physiotherapists](#)

The NHS also give helpful information at [Baby Moves](#)

Managing minor illnesses and knowing if it is serious

Oxfordshire CCG have several leaflets on managing a child's health and when to seek help; [Patient Leaflets \(oxfordshireccg.nhs.uk\)](#)

The NHS also have valuable information on [spotting signs of serious illness](#)

As do the Lullaby Trust: The Baby Check App: [The Baby Check App - The Lullaby Trust](#)

Current immunisation schedule

Immunisations are happening at your local GP surgery. Here is the NHS leaflet with [information on immunisations up to one year of age](#) (Accurate as of October 2020). Ongoing changes and updates can be found [here](#)

Helpful independent information about immunisations, including vaccine safety, can be found here at [Vaccine Knowledge](#)

Further useful information

Family Lives is a valuable source of information on a range of parenting topics for all ages and stages of parenthood. They also have a parenting helpline and online forums: <https://www.familylives.org.uk/>

The Institute of Health Visiting has a wealth of free information and parenting leaflets. It also has specific information for managing during the pandemic: <https://ihv.org.uk/families/top-tips/>

Public Health; Birth to Five book: [Birth to five 2021](#)

Gingerbread (resources for single parent families) [Home | Gingerbread](#)