

Information and useful links from Oxford Health NHS Foundation Trust Health Visitors for Antenatal and New Birth Visits

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 from the [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

Antenatal and postnatal depression: [MIND antenatal and postnatal depression](#)

Getting to know your baby – bonding and attachment

Breastfeeding and relationship building with your baby: [The Importance of relationship building video - Baby Friendly Initiative \(unicef.org.uk\)](#)

Building a healthy baby: [Building a Happy Baby \(unicef.org.uk\)](#)

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

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

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](#)

Caring for your baby at night: [Caring for your baby at night leaflet - Baby Friendly Initiative \(unicef.org.uk\)](#)

Lullaby Trust on safe sleep: [How to reduce the risk of SIDS for your baby - The Lullaby Trust](#)

Feeding

Breastfeeding helps (including videos on positioning and attachment): [Breastfeeding and relationships in the early days video - Baby Friendly Initiative \(unicef.org.uk\)](#)

Oxfordshire Breastfeeding Support: [Oxfordshire Breastfeeding Support \(oxbreastfeedingsupport.org\)](http://oxbreastfeedingsupport.org)

Using a bottle: Bottle feeding - responsive formula feeding [Responsive and safe bottle feeding](#)

Vit D for babies and children- <https://www.nhs.uk/conditions/pregnancy-and-baby/vitamins-for-children/>

Healthy start scheme (help to buy food and milk) - <https://www.healthystart.nhs.uk/>

Ideas for encouraging your baby's communication

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 plenty of activities for babies between 0-6 months.

Other ways to support your baby's language and communication can be found at ICAN [Talking Point](#)

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



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 Lullaby Trust](#)

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](#)