

APPENDIX 3






Resources for parents from Blackburn with Darwen Child and Family Health Team.  
<https://www.lscft.nhs.uk/0-19-services>

NAME	WEBLINK	How will this help?
Useful Websites and Information		
Start 4 Life - Off to the best start – Important information about feeding your baby	<a href="https://www.nhs.uk/start4life">https://www.nhs.uk/start4life</a> <a href="https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/">https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/</a> <a href="https://www.breastfeedingnetwork.org.uk/">https://www.breastfeedingnetwork.org.uk/</a>	The best advice for feeding your baby from birth.
Bump to Breastfeeding DVD	<a href="https://www.bestbeginnings.org.uk/from-bump-to-breastfeeding">https://www.bestbeginnings.org.uk/from-bump-to-breastfeeding</a>	DVD – designed to support parents intending to breast feed their infant.
Local breastfeeding information	<p><b>NEW</b> Virtual Breastfeeding Support Group. <u>Every Monday and Thursday 10am – 11am.</u> Held by LSCFT Health Visitors- This group is to offer advice and support around Breastfeeding. Remember- you don't have to have your camera on although it would be lovely to see you 😊 Please ensure you have the Microsoft Teams app downloaded on your device before entering the meeting. Click the link below to join on the days and times specified above.</p> <p><a href="#">Join Microsoft Teams Meeting</a></p> <p><a href="https://www.elht.nhs.uk/services/infant-feeding">https://www.elht.nhs.uk/services/infant-feeding</a>            The national breastfeeding help line: 0300 100 0212:            How lactation works video-  <a href="https://abm.me.uk/how-lactation-works/">https://abm.me.uk/how-lactation-works/</a></p> <p><a href="https://www.healthierlsc.co.uk/betterbirths">https://www.healthierlsc.co.uk/betterbirths</a></p> <p><a href="https://breastfeeding.support/breastfeeding-during-ramadan/">https://breastfeeding.support/breastfeeding-during-ramadan/</a></p> <p><a href="https://www.lli.org/islamic-cultural-practices-breastfeeding-2/">https://www.lli.org/islamic-cultural-practices-breastfeeding-2/</a></p>	Local and national support networks and information for all breastfeeding mothers or those who wish to learn more about lactation.
Breastfeeding Tool	<a href="https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2018/07/breastfeeding_assessment_tool_hv.pdf">https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2018/07/breastfeeding_assessment_tool_hv.pdf</a>	How you can recognise that your baby is feeding well

Start 4 Life - guide to bottle feeding	<a href="http://www.nhs.uk/start4life">www.nhs.uk/start4life</a> <a href="https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/">https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/</a>  <a href="https://www.firststepsnutrition.org/">https://www.firststepsnutrition.org/</a>  <a href="https://www.nhs.uk/conditions/pregnancy-and-baby/bottle-feeding-advice/">https://www.nhs.uk/conditions/pregnancy-and-baby/bottle-feeding-advice/</a>	Advice and guidance around bottle feeding
Safer Sleeping Guidance	<a href="http://www.lullabytrust.org.uk">www.lullabytrust.org.uk</a>  <a href="https://www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/family-support/keeping-your-family-safe/safer-sleep-for-baby/">https://www.lancashire.gov.uk/children-education-families/early-years-childcare-and-family-support/family-support/keeping-your-family-safe/safer-sleep-for-baby/</a>	Clear researched based evidence
Healthy Start vouchers	<a href="https://www.healthystart.nhs.uk">https://www.healthystart.nhs.uk</a>	If you're pregnant or have a child under 4, you may be entitled to help buy basic foods like milk or fruit.
Healthy Start vitamins	Healthy start vitamins within Blackburn with Darwen Borough are provided free of charge. Please speak to your Health Visitor team or local Children Centre to access	All pregnant and breastfeeding women and children aged from birth to six years need vitamin supplements.
Building close and loving relationships with your baby	<a href="https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/relationship-building-resources/">https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/relationship-building-resources/</a>	Information supporting close and loving relationships between parents and babies.
Getting to know your baby	<a href="https://ihv.org.uk/families/getting-to-know-your-baby/">https://ihv.org.uk/families/getting-to-know-your-baby/</a>  <a href="https://www.brazelton.co.uk/parents/learning-what-your-newborn-baby-is-saying/">https://www.brazelton.co.uk/parents/learning-what-your-newborn-baby-is-saying/</a>	Early communication between Parent and Baby.
Support for crying babies	<a href="http://www.lancshiresafeguarding.org.uk/icon.aspx">http://www.lancshiresafeguarding.org.uk/icon.aspx</a>  <a href="http://iconcope.org/">http://iconcope.org/</a>	Help parents and carers to cope with a crying baby.
Covid-19 – Parenting	<a href="https://ihv.org.uk/ParentingCOVID19">https://ihv.org.uk/ParentingCOVID19</a>	Advice about covid-19 parenting.

Registering your Baby's birth	<a href="https://www.gov.uk/register-birth">https://www.gov.uk/register-birth</a>	You may not be able to register a birth at the moment because of coronavirus (COVID-19). You'll be able to register at a later date.
Local clinics/drop in's	Due to Covid 19 Pandemic - child health drop-in clinics are currently suspended – Please contact your Health Visiting team for further information	A guide to all the child health drop-in clinics being run across BwD.
A guide to immunisations up to 13 months of age	<a href="http://www.nhs.uk/vaccinations">www.nhs.uk/vaccinations</a>	Support to help you understand the immunisation schedule for your child and answers to commonly asked questions.
Dental Health	<a href="https://www.lscft.nhs.uk/Dental-Services">https://www.lscft.nhs.uk/Dental-Services</a> or contact the : Local dental helpline - 0300 1234 010	Find NHS dentist for urgent and routine care.
Smoking Cessation	<a href="https://www.nhs.uk/smokefree">https://www.nhs.uk/smokefree</a>	Advice and support on stopping smoking.
Drinkaware	<a href="http://www.drinkaware.co.uk">www.drinkaware.co.uk</a>	Advice and support on Alcohol use.
Your guide to contraception	<a href="http://www.fpa.org.uk">www.fpa.org.uk</a> Speak to GP or contact Contraceptive and sexual Health service telephone number – 01772 401140 (to make appointment).	Clear advice on contraception.
Support with Mental Wellbeing	<a href="https://www.lscft.nhs.uk/Mindsmatter">https://www.lscft.nhs.uk/Mindsmatter</a> Telephone 0800 915 4640  <a href="https://www.bigwhitewall.com/">https://www.bigwhitewall.com/</a>	For emotional health and wellbeing.
Domestic Violence Support	Wish Centre Telephone Number - 01254 260465  <a href="https://www.nationaldahelpline.org.uk/">https://www.nationaldahelpline.org.uk/</a>  Refuge Helpline 0808 2000 247  Samaritans 116 123 - if you are experiencing emotional/psychological abuse and feel low.  Shelter 0344 515 1831	Support for if you have worries in regard of yourself or a friend.

Up to date advice regarding health worries	<a href="https://www.nhs.uk">https://www.nhs.uk</a>	Your complete guide to conditions, symptoms and treatments, including what to do and when to get help.
Meningitis	<a href="https://www.nhs.uk/conditions/meningitis/">https://www.nhs.uk/conditions/meningitis/</a>	Meningitis is most common in babies, young children, teens and young adults. Meningitis can be very serious if not treated quickly.
Child Safety	<a href="https://www.rospa.com/home-safety/Advice.aspx">https://www.rospa.com/home-safety/Advice.aspx</a>	Most home accidents are preventable through increased awareness, improvements in the home environment
Prevention of flattening to baby's head	<a href="https://www.nhs.uk/conditions/plagiocephaly-brachycephaly">https://www.nhs.uk/conditions/plagiocephaly-brachycephaly</a>	A guide to preventing a malformed head shape in babies
Introduction of solid foods - healthy first foods/weaning	<a href="http://www.nhs.uk/start4life">www.nhs.uk/start4life</a> LSCFT PowerPoint presentation on introducing your baby to solid foods. This PowerPoint has been created by our Health Visitors and is currently undergoing work so that a voice over can read through the slides in 2 other languages as well as English. Please feel free to have a read in the meantime ☺ <a href="https://www.lscft.nhs.uk/0-19-services">https://www.lscft.nhs.uk/0-19-services</a> Under section- Health Visiting 0-5 years	A guide to introducing solid foods to your baby
Healthy eating and recipes	<a href="https://www.nhs.uk/change4life">https://www.nhs.uk/change4life</a>	A guide and support website for parents of children of all ages.
Parenting support	Homestart <a href="https://www.home-start.org.uk/home-start-blackburn-and-darwen">https://www.home-start.org.uk/home-start-blackburn-and-darwen</a> .	Home-Start's volunteers work alongside families, to give compassionate and confidential support.

		They help people to regain the confidence to be the parents they want to be.
Friends and Family Test	<p>Short survey on how you found your time and experiences with Lancashire &amp; South Cumbria NHS Foundation Trust. It would be greatly appreciated if you could give us your feedback and complete the 6 questions on the link below ☺</p> <p><a href="https://www.oc-meridian.com/LancsCare/completion/custom/default.aspx?slid=245&amp;did">https://www.oc-meridian.com/LancsCare/completion/custom/default.aspx?slid=245&amp;did</a></p>	
<b>Useful Apps</b>		
	Baby buddy	Guide to pregnancy and the first six month of baby's life. Tracker for personal goals and achievements.
	Breaststart	Breast feeding support App.
	Born to Move	Tips to help baby move and develop.
	Headspace	Support for mental Wellbeing
	Calm	Support for mental Wellbeing
Mindfulness Apps are available.		Can be useful for relaxation