

Antenatal Information

Congratulations on your pregnancy.

Due to Covid-19 all antenatal classes within children's centres have been temporarily closed - staff from **Children's Centres, Health Visitors and Midwives** are all still available to discuss any concerns and offer support to you and your partner.

Below you can find a wealth of information and support systems from early pregnancy to infancy to support you in this special journey.



The following links are clickable

Useful Contact Numbers

Midwives: Brigg & Barton - 03033 306860/ Isle - 03033 306744/
Scunthorpe - 03033 303088/ Goole - 03033 304079

Health Visiting/ School Nursing Service: 0800 0199 951

Coronavirus & Pregnancy FAQ:

- **Pregnancy Advice**
- **Coronavirus & Pregnancy**

For all up-to-date information regarding arrangements for Maternity care you can visit the Antenatal '**Nlagmaternity**' Facebook page or contact your midwifery team for further advice.

Healthy Pregnancy

For overall pregnancy, birth/labour and early infancy information including what to expect as a new mother/ father, mum's emotional wellbeing following birth and building a relationship with your baby please visit:

- **North Lincolnshire Health visiting Service**
- **NHS Pregnancy & Baby Guide**

Midwives are available through their Facebook page '**NlaGMaternity**' to answer any questions you may have: **Monday to Friday (9.30am – 1.00pm)**. Send them a question through private messaging and a midwife will get back to you.

Other useful websites to look at to support a healthy pregnancy are:

- **Kicks Count**
- **Baby Buddy App**
- **NCT**
- **Bump the habit**



Online Labour and Birth classes/information

Your midwife will create a birthing plan personalised to you and your baby's needs but for more information around birth and labour please visit:

- **Humber Coast & Vale Local Maternity System**
- **Pathway 2 Parenting**
- **NCT**

If you would like any further information around labour and birth please contact: **Jane Goodwin, Infant Feeding Lead Midwife**
Tel: - **07595 087303**

New-born feeding information

You can discuss how to feed your baby at any time during your midwife contacts. For further information please visit:

- **Infant Feeding – Humber Coast & Vale Local Maternity System**
- **Breastfeeding**

You can contact the Baby Friendly Feeding Team for advice around feeding on 07900567052 and via Facebook at **'Breastfeeding in North Lincs'**.



Illness in babies

If you are concerned that your baby is unwell please contact a health professional, call 111 or 999 in an emergency. For general illness advice please refer to the following:

- **Illness in a new-born baby**
- **Is your baby or toddler seriously ill?**
- **Birth to Five Online**

Safe sleeping information

Keeping it simple is the best way to keep your baby safe whilst sleeping. For simple instructions please visit:

- **The Lullaby Trust**

Coping with Crying

Every baby cries, and sometimes this can feel unmanageable. For ways to help soothe a crying baby please visit:

- **Cry-sis**
- **Unshakeable**
- **ICON**



Weaning advice

Most recent research shows up that babies are not usually ready to wean until around 6 months of age. For further information around weaning please visit:

- **Start4life**

You can also contact your health visitor or children's centre for weaning advice more tailored to you and your child.

Baby Care

Information around baby can be found following the below:

- **Nappy changing**
- **Bathing baby & Nail cutting**

Baby's health and development

Stimulation and interaction are vital for health and brain development and it doesn't have to be complicated. For ideas on how to interact with your child please visit:

- **North Lincolnshire Health Visiting Service**
- **Hungry Little Minds**



Having a healthy relationship with your baby

New babies have a strong need to be close to their parents, when they are the 'happy hormone' is released which helps healthy brain development. Holding, smiling and talking to your baby also helps the 'happy hormone' to be released in you. For more information on 'building a happy baby' please visit:

- **Building a Happy Baby**
- **Close & Loving relationships**

Accident prevention

For more information on accident prevention and how to deal with injuries please visit:

- **North Lincolnshire Health Visiting Service**
- **Mini First Aid**
- **Rospa**



Looking after yourself as a expectant/ new parent

Having a baby is such a wonderful and exciting time but can also be one of the most challenging. For further support or someone to talk to please contact any of the following:

- **Midwife**
- **Health Visitor**
- **GP**
- **Pandas**
- **Every Mum Matters (perinatal support)**
- **Advice for partners**



Other Useful links

Imagination Library – Register once your child is born to receive a free book every month until your child is 5.

Children's Centres – Register with Children's Centres for a wide range of free services for all families. These include support for baby and toddler healthy development and numerous play and learning activities. The Centres also provide information, help and support for parents.

Car Safety – Online leaflet with advice around what type of car seat to purchase, fitting and car seat regulations.

On-line Pregnancy, Childbirth, Baby and Parenting Forums

- Peanut app
- Just parents
- Baby Buddy App (NHS)

The **Maternity Voices Partnership** gives everyone having a baby a way to share feedback about their care, what was good, what was not good and ideas for change. Visit our website for more information [here](#).

Useful websites to explore:

www.nlhealthandwellbeing.rdash.nhs.uk

www.humbercoastandvalematernity.org.uk

www.kickscount.org.uk

www.nhs.uk/conditions/pregnancy-and-baby

www.publichealth.hscni.net/publications/birth-five

www.lullabytrust.org.uk

www.unicef.org.uk/babyfriendly/baby-friendly-resources/relationship-building-resources/www.northlincs.gov.uk/fis

www.maternityvoiceshcv.org.uk

www.mamaacademy.org.uk

www.bumpthehabit.org.uk

