

## More resources

Baby first aid with British Red Cross

<https://www.redcross.org.uk/first-aid/learn-first-aid-for-babies-and-children>



Bookbug by the Scottish Book Trust- share stories with your baby

<https://www.scottishbooktrust.com/topics/bookbug>



Parent club- support for parents

<https://www.parentclub.scot/>

**Parent Club**



Breast feeding support by Global Health Media

<http://globalhealthmedia.org/videos/breastfeeding/>



Safe use of formula- Public Health Scotland

<http://www.healthscotland.com/documents/5523.aspx>



Information for dads from Fathers Network Scotland

<https://www.fathersnetwork.org.uk/#>



## Any questions

We hope that this information leaflet is helpful, but if you are uncertain about any aspects of your pregnancy, please get in touch with your Community Midwife.

If you have questions about the information provided in this leaflet, please contact the NHS Lothian Parent Education Coordinator on:

**01506 524 020**

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# Parent Education



Helpful websites to support you through your pregnancy, labour and birth, and early parenthood

## Online antenatal course

The Solihull Approach is an online antenatal course by Birmingham University Hospital which gives parents practical information about pregnancy and birth, whilst at the same time introducing them to their baby.

The password to access the course is:  
TARTAN



Either type in the below link, or scan the QR code with your phone's camera:

<https://solihullapproachparenting.com/online-antenatal-course>



## NHS Information

### Virtual tour

You can familiarise yourself with the Maternity facilities across Lothian with a virtual tour using the below link or the QR code:

[www.youtube.com/watch?v=EkDIYKTML7A](http://www.youtube.com/watch?v=EkDIYKTML7A)



### Maternity website- NHS Lothian

Our website features lots of helpful information about pregnancy, birth and getting ready to be a parent:

<https://services.nhslothian.scot/Maternity/Pages/default.aspx>



### Ready Steady Baby- NHS Inform

Your digital guide to pregnancy, labour and birth and early parenthood up to 8 weeks:

<https://www.nhsinform.scot/readysteadybaby>



### Parent WhatsApp groups

If you are interested in joining a WhatsApp group with local parents at a similar stage in pregnancy, please speak to your midwife who will be able to help.

## Helpful resources

### Off to a good start

For information on breast feeding from Public Health Scotland:

<http://www.healthscotland.com/documents/120.aspx>



### Birth registration with National Records of Scotland

<https://www.nrscotland.gov.uk/registration/registering-a-birth>

### Information and advice for after the birth of your baby

Please visit our website for demonstration videos and helpful tips on looking after your baby:

<https://services.nhslothian.scot/Maternity/HadBaby/WhatNext/ParentEd/Page/default.aspx>



### Scottish Cot Death Trust

Find out how to let your baby sleep safely, by watching this video by Safe Sleep Scotland: <https://vimeo.com/315846787>

