

Useful Websites

Below are some great informative resources

Web sites related to Breastfeeding

<https://firstdroplets.com/>

<https://raisingchildren.net.au/newborns/breastfeeding-bottle-feeding/how-to-breastfeed/attachment-techniques>

<https://www.breastfeeding.asn.au/bf-info/general-breastfeeding-information/breastfeeding-timeline>

www.lcanz.org Lactation Consultants of Australia and New Zealand

www.drjacknewman.com excellent breastfeeding advice

www.breastfeedingmadesimple.com excellent breastfeeding advice

Websites related to Understanding your baby's behaviour

<https://vimeo.com/112360818> <https://vimeo.com/brainbuilders> Baby Brain Development through early experiences

<https://www.safesleepspace.com.au/> Australia's leading specialists in sleep and settling of newborns, infants and toddlers.

www.karitane.com.au Leaders in parenting services

Websites related to Mental Health

www.beyondblue.org.au provides information and support to help everyone in Australia achieve their best possible mental health, whatever their age and wherever they live.

www.panda.org.au supports women, men and families across Australia affected by anxiety and depression during pregnancy and in the first year of parenthood

www.cope.org.au Providing support for the emotional challenges of becoming a parent

www.gidgetfoundation.com.au emotional wellbeing support for expectant and new parents to ensure they receive timely, appropriate and specialist care

<https://www.bupa.com.au/mummatters> a free resource from UNSW & St John of God