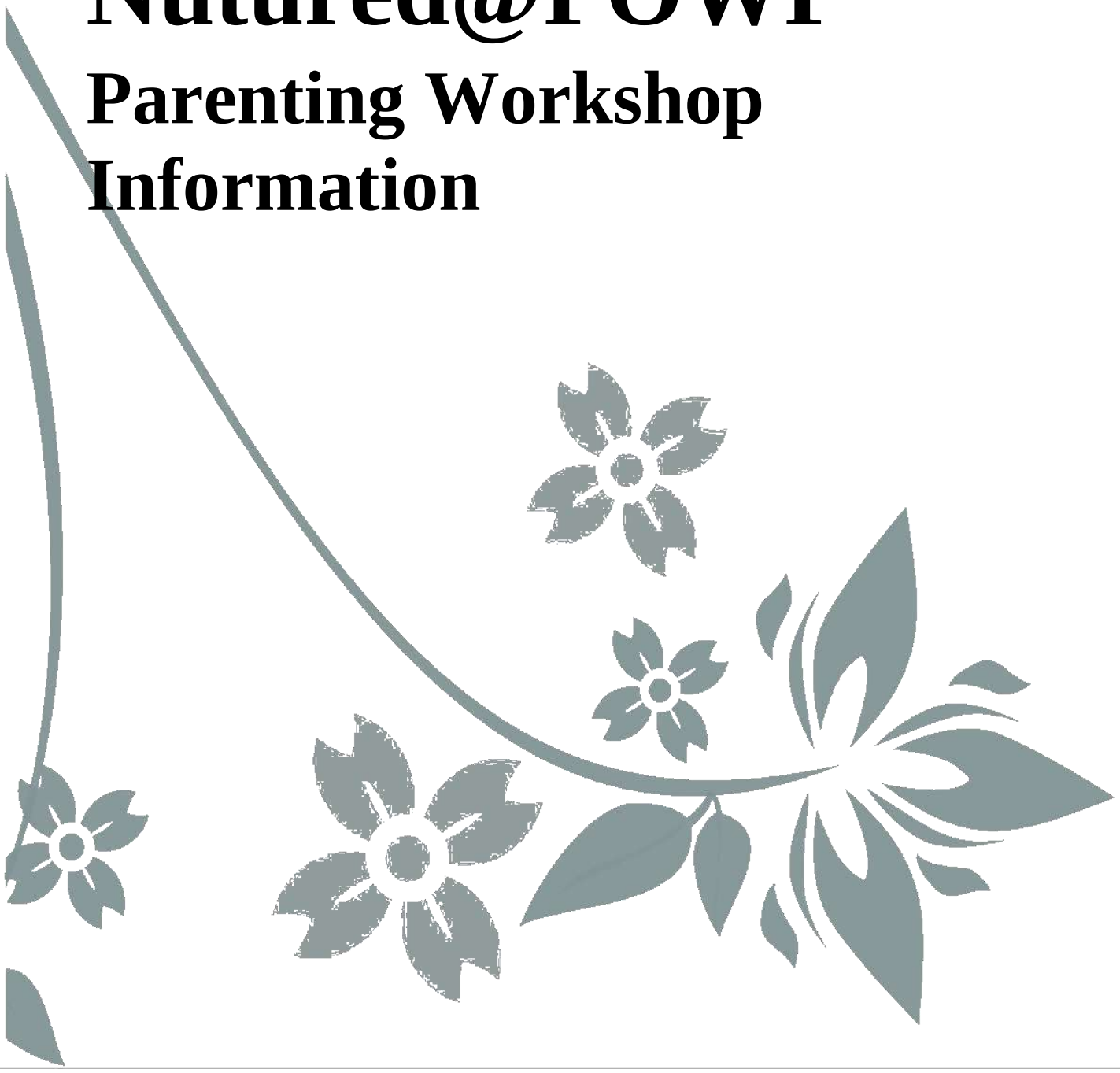
Prince of Wales
PRIVATE HOSPITAL

Nutured@POWP

Parenting Workshop Information



Forward

For current information regarding pregnancy and Covid19 please refer to the following

- NSW Health - https://nnswlhd.health.nsw.gov.au/kids-families-health-services/pregnancy-birth-newborn-services/covid-19-information-for-women-accessing-maternity-services/

- Royal Australian College of Obstetricians & Gynaecologists https://ranzcog.edu.au/statements-guidelines/covid-19-statement/information-for-pregnant-women

- Prince of Wales Private Hospital website – Maternity & the FAQ's and Maternity drop down section www.PrinceofWalesPrivateHospital.com. This is updated as the situation changes

At Prince of Wales Private we aim to work in partnership with you to provide the best possible birth & postnatal experience and hope that you enjoy your stay with us.
A comprehensive reading list is found at the end along with a list of useful websites.

Chapters are as follows:-

Suggested List of What to Buy
Suggested List of What to Bring to Hospital
Postnatal Information
Parenting Tips and Handy Hints
Practical Aspects of Your Stay
Early Childhood Centre
Looking After Your Baby in Hospital
Breastfeeding
Safety Issues for Newborns
Exercise During Pregnancy & After Birth
Postnatal Feelings & Emotions
The Early Weeks
Your Relationship After the Baby

Suggested List of What to Bring To Hospital

For Birth Suite

- Obstetric card, Medicare card & health fund details
- Loose comfortable clothes
- Dressing gown & slippers
- Socks
- Toiletries
- Reading material
- Favourite pillow
- Mobile phone & charger
- Small amount of cash
- It is not possible to heat wheat bags and hot packs in hot water or the microwave.

For Postnatal

- Loose comfortable clothing & underwear
- Comfortable shoes or slippers
- Toiletries & hairdryer
- Maternity bras
- Maternity pads x 4 packets
- Watch
- Reading material books magazines etc
- Pen
- Small amount of cash

For Baby

- All linen, wipes, clothing & nappies are supplied
- Take home clothing & wrap
- Car restraint

Partners List of What to Bring

For Partners

- Loose comfortable clothes comfortable foot wear
- Swimming costume – you may need to support your partner in the shower or bath
- Mobile phone & charger
- Camera & video with chargers & extra memory cards
- Toiletries and a change of clothing
- Pyjamas or appropriate sleepwear if you are planning to stay at the hospital
- Covered shoes i.e. running shoes. In the event that your partner needs to go to the Operating Room thongs or sandals are not acceptable footwear.
- Change for vending machines
- Snacks fruit eg nuts museli bars

Suggested List of What to Buy

The following list is intended as a guide only. Many baby products on the market are not necessary so start with the basics and add to them as necessary

Recommended

- Cot
- Firm well fitting mattress
- Mattress protector
- 2 – 3 sets of cot sheets
- Cotton or woollen blankets
- Stroller / pram
- Car restraint
- Nappies –
- 6 singlets
- 6 wraps
- 6 jumpsuits
- Bonnets & socks
- Baby sling

Other Optional Items

- Baby bath
- Change table
- Bassinette

Advised against

- Pillows
- Doonas
- Cot bumper
- Perfumed baby products
- Colic remedies

Postnatal Information

- A Patient Information Directory can be found in each room for a comprehensive overview of the Postnatal Unit.
- Length of stay for a vaginal birth is four nights and five nights for a caesarean section.
- Mealtimes are approximately Breakfast 7.30am, Lunch 12pm and Dinner at 5.30pm. A supper trolley will come around for morning tea, afternoon tea and supper. Kitchen services will visit you each morning and take your meal order for the day.
- Partners are welcome to stay overnight and need to advise staff on a day to day basis if they are planning to stay. The fee for this is $90 per night which will include all meals.
- 5 day multi entry passes are available for the car park from the car park office and cost $102.
- For your safety and security the Maternity Unit has a secure entrance and admission of all partners is by a bell and intercom system.
- There is a small kitchenette in the Maternity Unit opposite room 660. It contains tea and coffee making facilities, a microwave, filtered ice & water machine as well as refrigerator for extra food. Small snacks are available in the kitchenette during the evening.
- There is also a flower section located in the kitchenette with a sink for arranging flowers and a limited number of spare vases.
- Current visitor policy is two visitors per day in addition to a partner. The visitors need to be well with no symptoms of Covid or any type of flu or gastro type illness.
- Discharge time is strictly 10am
- Breastfeeding Education Sessions are run Monday – Friday via Zoom and a poster is in each room with the QR code to log in.
- There is a breastfeeding drop in support available Monday to Friday and staff will be able to book in those wishing to attend.
- The Nurse Unit Manager Abbie Vickers is available should you have any concerns during weekdays and the After Hours Manager is available at other times.

Parenting Tips & Handy Hints

In Hospital

- Skin-to-skin contact is highly recommended from birth on for every baby. It is a great way for a mother and her baby to get to know each other, to sync up and attune with each other
- Skin-to-skin is good for dads/partners also
- Dads/ partners are welcome to stay.
- There are many different ways to care for a baby. People will say different things and offer different advice and this can seem confusing. Things will change a lot over the first few days and sometimes what is important on the first day will not be so important on the fourth day. There is a lot of support available.
- Please feel free to ask lots of questions and take the relevant information from what each person has to offer
- All family's will be rooming in with their baby day and night. Research is clear that rooming in provides the best start to parenting. Babies feel more secure & calm when they are kept in the sensory world of their mother.
- It is normal for a woman to feel very excited or "high" in the first two days or so after the birth and a woman may only be able to sleep for short bursts. It is also normal for this to change by the third day or so and women can become a little teary and feel overwhelmed. for the first two days. This is often called the "third day blues" and again this is very normal.

Postnatal Checks

- The midwives will perform regular checks daily. This usually involves checking temperature, pulse & blood pressure, checking breasts, uterus, blood loss, any stitches as well as bowel and bladder function. The midwives will contact the obstetrician if they are concerned about any aspect of a woman's postnatal recovery.
- Visits by the obstetrician will vary and may be every day or just once before you are discharged. Women typically see their obstetrician six weeks after the birth for a check up.
- Mother and baby will have matching ID tags while in hospital and any time a mother and baby need to be separated from her baby the ID bands will be checked.
- Partners are also required to wear a matching armband if they are staying that identifies them as a partner.
- The midwives perform daily checks on every baby and if any concerns arise they will notify the paediatrician.
- The paediatrician is required to see a baby once before birth & once again before discharge and they will also see a baby again at six weeks for a check up.

- A list of all education sessions can be found on a poster in each room.
- All breast feeding mothers are welcome to attend the breastfeeding sessions that are run by the Lactation Consultant
- An obstetric Physiotherapist is on staff and runs information sessions on a Monday and Friday. Times for these sessions are available in each room. The physiotherapist will also see some women individually

Documentation

- **Personal Health Record or Blue Book** – All families will be given Personal Health Record or Blue Book when they leave Birth Suite and will be asked to sign for it. This book will be used by doctors, Child & Family Health Nurses and other health care workers to record details of a child's health from birth to teenage years. It is a secure way to keep a child's health information in one place.
  Each family will be refered to the nearest Child and Family Health Centre to them and given a contact number before discharge.

- **Birth Registration** - this is now done online at the following government department www.bdm.nsw.gov.au/newborn.
  Birth registration is a legal requirement
  Registration is free however if you want to order a birth certificate then a fee applies

- **Family Tax Benefit -** The hospital will provide each family with a ga Parent Pack in Delivery Suite. This is a guide to payments and family assistance from the Australian Government. The forms in the pack include a Medicare registration form. When your baby has been registered for Medicare they will be placed on the Australian Childhood Immunisation Register which will make send reminders when a baby's immunisations are due

Ten Steps to Successful Breastfeeding.

Prince of Wales Private Hospital promotes and supports breastfeeding. The following are guidelines from World Health Organisation

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in skills necessary to implement this policy
3. Inform all women about the benefits and management of breastfeeding.
4. Help all mothers initiate breastfeeding within half an hour of birth.
5. Show mothers how to breast feed and how to maintain lactation even if they are separated from their infants.
6. Give newborns no food or drink other than breast milk, unless medically indicated.
7. Practice rooming in and allow mothers and infants to remain together 24hours a day.
8. Encourage breastfeeding on demand.
9. Give no artificial teats or pacifiers (also called dummies or soothers) to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from hospital.

From Protecting, promoting and supporting breastfeeding: the special role of maternity services, a joint WHO/UNICEF statement Geneva 1989, World Health Organisation.

Breastfeeding

- Before you have your baby try and come along to a class on breastfeeding and have an understanding of what to expect and how breastfeeding works.
- There is a reading list at the back of this booklet and a list of websites. You will also be given a breastfeeding booklet.
- Have skin-to-skin for as long as possible after birth and wherever possible in the first few days.
- Allow your baby to attach to your breast by without assistance where possible and minimise other people handling and attaching the baby to your breast for you.
- Attend the Breastfeeding discussion Group at least once during your stay.
- All babies are different and do not behave the same, they have not read the book and don't know how they are meant to behave!
- It is normal to experience different sensations as you learn to attach your baby and breastfeed him/her. Breastfeeding should not be painful and when the baby comes off the breast your nipple should look the same. It should not look squashed or pinched.
- Your baby will generally be sleepy for the first 48hours. Watch the baby for early feed cues and feed when the baby is licking the blanket, sucking its fists or fingers or generally looking like it will go to the breast. Crying is often the last sign the baby gives that it needs a feed.
- There is a chart on your cot that will help you understand feeding cues.
- Most babies will start to feed ***a lot*** after the first 48 hours. This cluster of feeds is normal and will not last beyond 24 – 48 hours. The baby is not "unsettled" and he is not "starving". These descriptions of what is **normal behaviour** are unhelpful and undermine your confidence. Put your feet up and allow the baby to feed as much as he/she wants. Practice with each feed getting the attachment as comfortable as possible and your milk will soon be established.
- As soon as you give birth the hormone that makes milk begins to rise. Each hour that passes after birth results in more colostrum in your breasts. This hormone peaks at around 72 hours (3 days) and we say, "your milk has come in". Your breasts will feel much fuller and firmer, there may be veins that you can see over the breasts and what you can express looks whiter and more like milk.
- Not every one is able to express colostrum in the first few days. Just because it doesn't come out when your breast is squeezed between your fingers or someone else's doesn't mean that you don't have any! The way a baby sucks is different to the action of hand expressing. Trust that your body works and put your baby to your breast and let him drink.
- A baby needs to kept pink and warm, it needs to drink its mother's milk and feel secure. Breastfeeding meets all these needs. You cannot overfeed a newborn. You cannot "spoil" "or "overindulge" a baby by feeding and holding him /her a lot.
- There is no such thing as a "good" baby or a "bad" baby. They are all individuals with different requirements, needs and temperaments

- The early weeks are about getting to know your baby, establishing breastfeeding, recovering from the birth and getting used to being a mum. Try to relax as much as possible and enjoy this unique chapter in your life.
- Read “Breastfeeding your Baby” by NSW Health. Copies can be downloaded as PDF from Breastfeeding your baby

Below are some videos that may be helpful in getting breastfeeding off to a good start

- Skin to skin video
  https://www.youtube.com/watch?v=OnX7nnae6SM

- Breast feeding myths
  https://youtu.be/hfqbegibdyY

- Getting off to a good start with breastfeeding
  www.firstdroplets.com

- Positioning & attachment tips
  www.naturalbreastfeeding.com

- antenatal expressing information from ABA
  https://www.breastfeeding.asn.au/bfinfo/antenatal-expression-colostrum

For breastfeeding support after discharge from hospital

- Australian Breastfeeding Association 1800mum2mum
  1800 686 2686 24 hours http://www.breastfeeding.asn.au

- ABA app - www.breastfeeding.asn.au/mum2mum.

- Mothersafe – offers advice when medications are needed during breastfeeding
  9382 5639 (Monday – Friday) or 1800 647 848 (Non Metropolitan Area)
- www.breastfeedingmadesimple.com

- Lactation Consultant Association – to access a private Lactation Consultant in your area go to the Lactation Consultants of Australia and New Zealand website. http://www.lcanz.org/find-a-lactation-consultant/

- www.breastfeedingmadesimple.com excellent breastfeeding advice

Breastfeeding Books

- Breastfeeding Made Simple – Nancy Mohrbacher & Kathleen Kendall Tackett
- The Discontented Little Baby Book – Dr Pam Douglas
- Dr Jack Newman's Guide to Breastfeeding
- Breastfeeding …naturally – Australian Breastfeeding Association

For resources & information on safety issues with babies

- www.rednose.org/safe-sleeping
- www.productdafety.gov.au
- www.slingbabies.co.nz
- www.fairtrading.qld.gov.au/marketplace/product-safety/safety-initiatives/baby-slings

For further information on safety related issues & first aid please go to

- KidSafe NSW – www.kidsafensw.org
- CPR Kids – www.cprkids.com.au
- Cancer Council – www.cancercouncil.com.au
- St John Ambulance Australia – www.stjohn.org.au
- RTA – www.rta.nsw.gov.au
- NSW Fire Brigade – www.fire.nsw.gov.au
- Poisons Information 13 11 26 – www.chw.edu.au
- Small group first aid courses for babies & children –www.cprkids.com.au

Support in the Community After Discharge

- Child & Family Health Clinic – Give advice on feeding, soothing & comforting, immunisations and all things to do with babies and toddlers. The staff will give you a central intake number to contact after discharge. They will then book you into clinic closest to you. The Clinic will also be able to organise a mothers group for you.
- Australian Breastfeeding Association – Mother to mother support with breastfeeding and parenting. ABA is a great way to meet other mothers and learn about lots of different aspects of breastfeeding and parenting. There is a telephone contact number printed on the back cover of your Blue Book.
- Lactation Consultants – there are many private LC's working in the community. They are able to come and give you breastfeeding help and advice in your home. To find a Lactation Consultant in your area go www.lcanz.org which is the Lactation Consultants of Australia and New Zealand website.
- Tresillian and Karitane – are mothercraft facilities that offer day stay or residential care. Your Early Childhood Centre is able to make a referral or you can self refer. Both also offer counselling telephone support and the number is listed on the back of your blue book or Personal Health Record.
- General Practitioner – a good family doctor is a great source of support especially in your child's early years. Ask friends, neighbours or the Early Childhood Centre for recommendations especially if you are new to the area or have not had a regular GP before. Never feel silly asking questions or taking your baby to the doctor if you feel that he/she is unwell (see ABC of a Sick Baby attached).

- Sydney Children's Hospital – if you are concerned that your baby is not well especially out of hours you take the baby to SCH in High St Randwick or the closest Accident & Emergency Unit.

The Blue Book also contains a list of contact numbers for help and support once you go home.

Some Postnatal Feelings and Emotions …..

The transition to becoming a mother may be difficult and a times stressful. Matrescence or the process of becoming a mother can last up to 10 years or more. Sleeplessness and the challenges of caring for a newborn all contribute to this along with the challenge of learning on the job. The first eight to twelve weeks after your baby is born is a period of change and transition and many parents say that things often become easier at this point.

Resources
More information around mental health during pregnancy and the postpartum period can be found at www.beyondblue.org.au/postnataldepression

The following booklets are useful guides to emotional health during pregnancy and the postpartum period for both mothers and fathers

- **A guide to emotional health & wellbeing during pregnancy & parenthood**

- Dad's handbook: A guide to the first 12 months (pdf, 12.12 mb)

Also
www.cope.org.au – Centre of Perinatal Excellence
www.beyondblue.org.au Postnatal depression information.
www.panda.org.au
www.gidgetfoundation.com.au
https://www.bupa.com.au/mummatters a free resource from UNSW & St John of God

Mental Health Line – The NSW Mental Health Line 24 hour service across NSW
1800 011 511

The Early Weeks

- Recognise that this is a period of change – these first six to eight weeks are hard.
- Don't expect to get the baby into a "routine" in the early weeks. A baby needs to be fed, kept warm and clean and made to feel secure. A crying baby is communicating a need.
- When you watch your baby and hold and cuddle them you learn the cues they give you which tell you what their needs are. Babies will cry less when they are held a lot in the early weeks.
- Every baby is born with its own temperament and personality. Your challenge is to get to know and understand *your* baby.
- Don't try and do too much, especially if you have had a caesarean. The best "routine" to aim for each day is to have a shower, eat well, get some exercise, have at least one nap and feed the baby and attend to his/her needs.
- Keep your expectations reasonable. A baby is unique and it takes some time to get to know each one. You will have good days and days that are not so good. Remember, "Parenting is a journey, not a destination".
- All babies cry. Some cry more than others. Babies are known to have a fussy period in the late afternoon to early evening and 2 to 4 hours of cry/fuss in a day is normal. The baby needs to be comforted promptly when they are distressed so a cuddle, feed and nappy change is usually the first way to help soothe them.
- Research shows that babies who are comforted when they are upset and distressed tend to cry less.
- Accept help with shopping, cooking, cleaning etc when it is offered. If it isn't offered and you need it, ask for it from your partner, a parent, or a friend.
- Learn to trust yourself. You are the expert when it comes to your baby and no one else knows your baby as well as you.
- Your baby is as special and unique as you are so try not to compare your baby or your style of parenting too much with others. We all do things differently and apart from the obvious there are no wrongs or rights with parenting.
- A baby will wake through the night for some time so expect that your sleep patterns will be different. Breastfeeding hormones allow a mum to cope with broken nights sleep as long as she catches up with naps through the day. Fathers have no hormonal assistance to deal with disturbed sleep so it is better that they get a good night sleep and help mum to catch up on sleep through the day or in the evening.

Your Relationship After Baby

"The greatest gift you can give your child is a strong relationship between the two of you"
John Gottman PhD

The birth of your first child is usually a happy and joyous event. However, it can also be the first time a couple face challenges in their relationship. No matter how much you think having a baby won't change your relationship and your lifestyle, having a baby most definitely will change both.
As outlined earlier, the first few weeks with a new baby are usually intense and chaotic and the transition to parenthood can be challenging to start with.

There are lots of ways to care for your baby and no shortage of people happy and willing to give you advice in this regard. Taking care of your relationship is not usually talked about as much as taking care of the baby is and the most loved and cherished baby can play havoc with the best relationship.

How to deal with the changes a new baby brings will be explored during the workshop and the reading list contains a list of excellent books for further reading.

Points for Consideration

- Research shows that the happiest couples are those who make an effort to be affectionate and generous to each other. It is the small acts of kindness and gestures we offer our partner that help to keep a relationship strong.
- The keys to parenting are communication & negotiation, being flexible & adaptable and having a sense of humour.
- Recognise that becoming parents is a time of transition in your relationship. Try to discuss before the baby comes what skills & strategies you can use in the early weeks to make the transition less stressful.
- Remember the 70/30 equation. Research shows that 70% of arguments in a relationship will never be resolved. Try to sort out which sources of conflict in your relationship are the solvable ones and which are not. Then work on the 30% that are solvable.
- Research also shows that those in the happiest relationships are able to express affection for each other, are willing to forgive each others faults and are also able to show small acts of kindness to each other.
- Learn how to talk to each other so that you both feel listened to and where conflict arises try to look for a "win /win" resolution rather than a compromise.
- Recognise that time together as a couple is important. Quality times begins with your relationship, what is good for your relationship is good for your children.

"Be kind whenever possible.
It is always possible"
His Holiness The Dalai Lama

Lovemaking After Childbirth

Some say sex is the glue the holds a relationship together. Sex brings with it emotional and psychological intimacy, bonds us to our partner and for most, feels good and is a fun thing to do. There is a broad range of what is considered normal once the baby has been born and while some couples will have resumed making love within weeks if not days after the birth of their baby for others it can take months even years for desire to return to normal. The combination of the demands of a new baby and tiredness as well as the physical recovery from birth are all reasons why woman frequently say they are not interested in lovemaking during the post-partum period.

Points for Consideration

- Sex within a relationship often runs along a continuum and the period after a baby is born is often the first time that a dip in sexual activity occurs. Try and remember that this is normal.
- Partners can help during this phase by being gentle, understanding and romantic toward their partner.
- Women can also help during this phase by expressing appreciation to their partner and making sure that they don't feel excluded.
- How a woman feels about sex once the baby is born is completely individual and can be affected by the type of birth she had.
- Touching, kissing and holding each other are all forms of intimacy that can be shared at this time. Simple things such as sharing a bath or shower together can be sensual and provide closeness. This is often referred to as "outercourse" and is a way of staying connected when intercourse is not a priority or consideration.
- Communication around needs is important at this time and keeping the lines of communication open is important.
- Start pelvic floor exercises as soon as possible after the birth. A strong pelvic floor helps to increase sexual pleasure and can prevent pelvic floor problems later in life. Ask for a referral to a womans health physiotherapist
- No method of contraception is 100% effective and your doctor will discuss contraception with you at your six week check.

Recommended Reading

Parenting

- Baby On Board – Dr Howard Chilton
- What Every Parent Needs To Know – Margot Sunderland
- The Discontented Baby Book – Pamela Douglas
- Breastfeeding Made Simple – Nancy Mohrbacher & Kathleen Kendall Tackett
- Breastfeeding …naturally – Australian Breastfeeding Association
- Touchpoints – T. Berry Brazelton
- Helping Your Baby to Sleep – Anni Gethin & Beth McGregor
- Sleeping With Your Baby – James McKenna
- Sleeping Like A Baby – Pinky McKay
- The Attachment Parenting Book – William & Martha Sears
- Raising A Happy Child – Steve & Shaaron Biddulph
- Your Amazing Newborn – Dr Marshall Klaus & Phyllis Klaus
- 100 Ways to Calm the Crying – Pinky McKay
- Mindmovers Psychology on Facebook & Instagram
- NSW Health publication "Having a Baby" 2017 Edition www.health.nsw.gov.au/kidsfamilies/MCFhealth/Pages/having-a-baby.aspx

Breastfeeding Books

- Breastfeeding Made Simple – Nancy Mohrbacher & Kathleen Kendall Tackett
- Dr Jack Newman's Guide to Breastfeeding
- Breastfeeding …naturally – Australian Breastfeeding Association

Infant Sleep

www.littlesparklers.org
www.possums.com.au

Fathers

- **www.sms4dads.com**
- www.thefatheringproject.org Australian site with great advice for fathers
- App for fathers available in English, Arabic, Chinese and Vietnamese https://app.fatheringacrosscultures.org.au),
- First Time Father – Terry White & Dr Graeme Russell
- Men At Birth - David Vernon
- The Dad Factor – Richard Fletcher
- Understanding the Women in Your Life – Steve Vinay Gunther
- The New Manhood – Steve Biddulph

- Fathering From The Fast Lane – Professor Bruce Robinson

Immunisation Information

- http://talkingaboutimmunisation.org.au/

Relationships

- Rekindling Your Relationship After Childbirth – Martien Snellen
- And Baby Makes Three – John Gottman & Julie Schwarz Gottman
- Becoming Us – Elly Taylor

All titles available online

www.mothersdirect.com.au
www.capersbookstore.com.au
www.amazon.com

Websites

Rainbow Families – www.rainbowfamilies.com.au

General Birth & Parenting
www.pregnancybirthbaby.org.au
www.parentline.org.au – Professional counsellors with parenting advice
www.raisingchildren.net.au – A Government website to do with all aspects of raising children
www.health.nsw.gov.au Having a Baby – This is an excellent publication from the Health Department and covers all aspects of having a baby in NSW. Available to download as pdf or can be purchased.
www.mybabyandme.org.au Parenting help available to download as an app from Karitane. Suitable for iphone & android
www.zerotothree.org provides resources to parents and health professionals about child development.
www.parenting.nsw.gov.au
www.whatwerewethinking.org.au information and advice for the first few weeks with a baby

www.naturalchild.com/james_mckenna parenting advice
www.birthing better.com The Pink Kit - Multi media kit for preparation for birth from New Zealand

Breastfeeding
www.breastfeeding.asn.au Australian Breastfeeding Association
https://firstdroplets.com/ - great advice on managing the first few days and hand expressing
www.lcanz.org Lactation Consultants of Australia and New Zealand
www.breastfeeding.asn.au Australian Breastfeeding Association.
www.drjacknewman.com excellent breastfeeding advice
www.breastfeedingmadesimple.com excellent breastfeeding advice

Vaccination Information
www.myvaccination.com.au
www.health.nsw.gov.au/immunisation/Publications/neonatal-hepb-brochure.pdf

Safe Sleeping
www.rednose.org.au
Information on safe sleeping and SIDS preventions.

Contraception
www.fpahealth.org.au Family Planning Association site for information about contraception.

Pelvic Floor
For information visit the following website
www.continence.org.au

The following Apps may also be useful

- Pregnancy Pelvic Floor Plan – Free on Android and IOS
- My pff – free

Pets & Children
www.wearefamily.nsw.gov.au/introduction/

YouTube Clips

Brain growth https://youtu.be/hMyDFYSkZSU
Dr Alexandra Sacks Matrescence - www.ted.com/talks/alexandrasacks
DR Jane Morton https://firstdropets.com
Parenting John Kabat Zinn https://youtu.be/N9hm1cp9szw

Apps

- Love Talk Sing Read Play - Free App – Information for learning & development, great tools for engaging with your baby. This app is also available in a range of languages including Chinese
- Sids & Kids Free – Safe sleeping for baby -

- App for fathers available in English, Arabic, Chinese and Vietnamese https://app.fatheringacrosscultures.org.au),
- Breastfeeding App from ABA www.breastfeeding.asn.au/mum2mum.
- Keep Baby Safe $1.29 – Safety tips for babies & young children
- Breastfeeding Solutions – from Nancy Mohrbacher $6.49
- Lullaby: The First Steps – Podcast on Spotify for learning lullabys for your baby
- Who's Your Daddy $3.49 - Pregnancy app for dads
- SMS messages for dads www.sms4Dads.com
- Mind the Bump – Mindfulness for expectant parents. Free app from Beyond Blue
- Headspace 10 sessions free then a yearly fee – great app for mindfulness with in-app pregnancy sessions
- What Were We Thinking - help and support for the first 100 days of your baby's life. Free from App store
- My PFF - Free Pelvic floor health – a great app for getting your pelvic floor back in shape with daily reminders built in
- Sound Sleeper –Michael Feigenson – Sleep sounds for babies

References

NSW Health (2009). Having a Baby
Bennett.V. R. & Brown, L. K. (1993) Myles Textbook for Midwives
SIDS & Kids NSW 2009
Breastfeeding Your Baby (2011) NSW Health
Bringing Baby Home (2009) J.Gottman

Additional Websites and Fact Sheets on PARENTING

The following web sites promote and provide resources for sensitive, responsive and reflective parenting:

- Zero to Three has information on behaviour and development for under threes.
- How to read to your baby aims to help parents develop healthy relationships with their babies and toddlers.
- Talk to your Baby A great Key Topics section is constantly updated with a very comprehensive range of brief articles to read. Lots of topics and resources for parents and carers.
- Understanding Childhood has a great range of coloured leaflets to download.
- The Natural Child Project a great attachment parenting site based on the work of anthropologist and co-sleeping advocate Prof James McKenna. Click on the articles tab and you can read up on attachment parenting and babies and co-sleeping, etc.
- Raising Children Network Click on the age navigation tabs and there is a wealth of parenting information for parents to read on any topic imaginable.
- Royal Children's Hospital Melbourne Early Childhood Connections has a comprehensive links directory and also good fact sheets.
- Parenting South Australia has an enormous range of parenting guides and a comprehensive links page.
- Australian Breastfeeding Association has a comprehensive list of breastfeeding information topics.
- Child Development Institute "Provides the latest information on child development, psychology, health issues, parenting and family life". Has excellent Development and Parenting sections.
- India Parenting Set out like an Indian Bazaar! Lots of information on a myriad of topics, some of it brief.
- Kids Health A very comprehensive site. Click on the parents site and check out and emotions and behaviour and growth and development and pregnancy and newborns and positive parenting.
- Encyclopedia on Early Childhood this site has a great range of Facts Sheets.

- Parenting SA South Australian site with a selection of "Parenting Easy Guides"
- Parent Link An ACT site with Parenting Guides and a babies and toddlers section.
- Docs NSW has some parenting guides for babies and toddlers.
- The Incredible Years This web site is dedicated to helping parents with toddlers or children with discipline problems. Their section Just for Parents has some excellent articles on this topic.