

# Getting ready for your baby

For more information about feeding your baby please see the section 'Feeding your baby, toddler and all the family'.

## [Building a happy baby](#)

Leaflet on the importance of relationships between parents and their babies', to support wellbeing and baby's brain development.

## [Getting to know your baby](#)

Getting to Know Your Baby is a website and an app. It uses video to help you to understand and respond to your own baby's individual patterns. It also supports you to bond with your baby – before and after birth.

[Click here to watch bonding before birth](#)

## [Your pregnancy and baby guide \(NHS choices\)](#)

From conception through to pregnancy, to caring for your new baby. See week-by-week guides, expert videos, parents' tips and interactive tools to explore.

## [Baby Buddy App](#)

The only pregnancy and baby care app endorsed by the Department of Health. Evidence based information and support through pregnancy, birth, babyhood.

## [Give your baby a better start with Start4Life](#)

Getting your baby into healthy habits early on gives them the best start in life and reduces their risk of poor health later on. Information for mothers, partners, friends and family.

### [Eating well for new mums and babies](#)

Mum's nutrition during pregnancy matters for baby's development, for lifelong health.

### [Screening tests for you and your baby \(English\)](#)

#### [NHS Screening tests for you and your baby \(other languages\)](#)

Important information about the screening choices you will have during and after your pregnancy.

### [Vitamin D for mothers and babies](#)

Vitamin D is essential for pregnant women, breastfeeding mothers and all children under four.

### [NHS Healthy Start](#)

Free Healthy Start vitamins are available for families on a low income, as well as help to buy some basic foods including milk and fruit.

#### [NHS Healthy Start Application form.](#)

### [Newham University Hospital](#)

Information about local maternity services, antenatal and postnatal care.

### [Newham Maternity Voices](#)

We listen to mothers and their partner's experiences of maternity services; responding and working together to improve outcomes for new families in Newham.

### [Newham Children's Centers](#)

Children's centre information - activities for you and your baby.

### [Parent to parent support](#) – NCT Newham

This is a support network for parents before, during and after your baby is born; courses, bump & baby sessions and training opportunities. See Newham NCT on Facebook for up to date information and support.

### [Building blocks for a better start in life](#)

For information about breastfeeding, introducing solid foods and your baby's appetite. How to encourage your baby to be active and healthy as well as looking after little teeth.

### [Your mental health matters](#)

This wellbeing plan can help you think about how you feel and what support you might need in your pregnancy and after birth.

#### [My pregnancy & post-birth wellbeing plan](#)

#### [Newham perinatal - mental health team](#)

Support for pregnant women and new mothers

### [Newham Parents in Mind](#)

Support for pregnant women and new mothers who are having a tough time emotionally. Mother to mother, free, sensitive support.

[Postnatal depression in fathers](#) – NCT

[Postnatal Anxiety](#) – Anxiety UK

[Mental health problems when pregnant](#) – NHS Choices

### [Off to the best start](#)

Information of the value of breastfeeding, skin to skin, position and attachment, hand expressing, milk storage, poo charts, partners support and out of hours support.

### [Baby feeding in other languages](#)

Helpful leaflets about breastfeeding and bottle feeding available in Arabic, Bengali, Polish, Romanian and Urdu.

### [Newham Baby Feeding Groups](#)

Newham baby feeding groups programme with information about breastfeeding out and about as well as telephone support for feeding your baby.

### [Best Beginnings](#)

Film clips of real families: Information on skin to skin; first feeds; how breastfeeding works; expressing; feeding out & about; returning to work.

### [Global Health Media](#)

Films of real mothers and babies, including breastfeeding in the first hours, how to hold and attach your baby to breastfeed, breast and nipple pain and increasing your milk supply.

### [Baby Feeding Cues \(signs\)](#)

Responsive parenting, recognising early feeding cues and when your baby needs calming and soothing.

### [Help and support with smoking \(NHS Start4Life\)](#)

[Baby on the way, quit today](#) – Newham Stop Smoking support

Help with stopping smoking, the most important decision you can make for your baby's health.

### [Domestic violence](#)

We offer free and confidential help and advice.

Call the Newham One Stop Shop on 0845 451 2547. The line is available 24 hours a day, seven days a week.

### [Contraceptive choices after you've had a baby \(FPA\)](#)

Many unplanned pregnancies happen in the first few months after childbirth, so even if you're not interested in sex at the moment, it's better to be prepared. Options include exclusive, responsive breastfeeding as a method of contraception in the first six months

### [FGM - Newham](#)

Female genital mutilation (FGM) is a crime in this country. It is also a crime to take a British national or permanent resident abroad for FGM or to help someone trying to do this.

### [Money and debt management](#) – Citizens advice

Information and support to help you to manage your finances; support with budgeting, debt solutions, mortgage problems.

[Free impartial money advice](#) – The Money Advice Service

### [Alcohol or drug abuse – Newham](#)

Information and help with managing drug or alcohol use. Call the 24 hour drugs and alcohol helpline anytime on 0800 652 3879 to get help, advice and services from people who care.

Do you qualify for free childcare? Don't miss out!

Visit [www.newham.gov.uk/twoyearold](http://www.newham.gov.uk/twoyearold)