

Your growing baby

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

[Baby teeth – how to care for teeth and gums \(NHS Choices\)](#)

When to take your baby to the dentist.

A quick guide to a healthy mouth in children.

[NHS dental treatment is free whilst pregnant, and for the first year after the birth.](#)

[Breastfeeding after returning to study or work.](#)

[Breastfeeding and going back to work - Pregnancy and baby guide](#)

[How you are protected by health & safety law.](#)

[Introducing solids leaflet](#)

Information about weaning your baby; when to start solids; which foods; nutrition; the importance of family mealtimes.

[Introducing solid foods](#)

[Why it's good to wait, nutritional needs of babies \(Start4life\)](#)

[Baby-led weaning](#)

[Food labels for healthy nutrition – NHS Choices](#)

[Eating well recipe book – First Steps Nutrition](#)

[Eating well – the first year](#) – First Steps Nutrition

Informational and practical advice about weaning, including recipe ideas, photos, portion size, budget and nutrition information.

[Eatwell Guide](#)

Healthy nutrition guide for adults

[What to expect, when? – Birth to 5 hyperlink](#)

Guidance to your child's learning and development in the early years foundation stage.

[Help your baby move and play every day](#) - British Heart Foundation

Activity for the very young – for health and wellbeing.

[Your mental health matters](#)

The wellbeing plan can help you think about how you feel and what support you might need in your pregnancy and after the 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

[Keeping kids safe](#) – Royal Society for the Prevention of Accidents

Guidance for parents to keep babies and children safe in the car and around the home – accident prevention.

[Baby and toddler safety](#)

[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.

[Support for crying baby, screaming, sleepless and demanding babies](#)

Cry-sis helpline 09.00am to 10.00pm 08451 228 669

[All babies cry – some cry a lot](#) – NHS Choices

[Coping with crying](#)

[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