

Antenatal contact

We have put together some information that we think you will find useful. This includes information that you would normally be given during your antenatal meeting with the health visitor.

(NB. you may need to copy and paste the link into your browser).

Leaflet provider:	Item contains:
Cheshire East Health Visiting Service	<ul style="list-style-type: none"> • Please see the attachments for contact details and for information on the Service provided by the Health Visiting Team. • Please see the attachment on how we keep your personal information safe • See below Vitamin D information.
Lullaby trust - Safe Sleep Guide	<p>Please follow this link:</p> <p>https://www.lullabytrust.org.uk/wp-content/uploads/Safer-sleep-for-babies-a-guide-for-parents-web.pdf</p>
UNICEF - Caring for your baby at night	<p>Please follow this link:</p> <p>https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/sleep-and-night-time-resources/caring-for-your-baby-at-night/</p>
CHERUBS - Breast feeding information	<p>UNICEF BFI statement on feeding during the Covid 19 outbreak:</p> <p>https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2020/03/Unicef-UK-Baby-Friendly-Initiative-statement-on-infant-feeding-during-the-Covid-19-outbreak-4.pdf</p> <p>Please follow the link for breast feeding:</p> <p>https://www.nhs.uk/start4life/baby/breastfeeding/?gclid=CjwKCAjwguzzBRBiEiwAgU0FT_IYeI3Kr3_QFK71vACJPrZ1L5YPiWzS4ZpSRLqxVJvB1E0c-tTHTxoC5mQQAvD_BwE&gclsrc=aw.ds</p> <p>The Association of Breastfeeding Mothers is currently providing antenatal breastfeeding support free of charge- please follow this link: https://abm.me.uk/</p>
My pregnancy and post-birth wellbeing plan Helps you prepare the support you might need to look after your mental health.	<p>Please follow link: https://ihv.org.uk/wp-content/uploads/2015/09/wellbeing-plan-2016-1.pdf</p>

<p>Parenting through coronavirus (Covid 19)- Institute of Health Visiting</p>	<p>https://ihv.org.uk/families/parenting-through-coronavirus-covid-19/</p> <p>This site offers helpful parenting information and general information to support your mental health and wellbeing.</p>
<p>“Getting to know your baby” Some useful links that help us think about making sense of your baby.</p>	<p>Baby States and behaviours: https://ihv.org.uk/families/getting-to-know-your-baby/</p> <p>“Getting it Right from the Start” Available on YouTube, made with families in Tameside with short clips on bonding, baby states, soothing a crying baby (follow links to eight short chapters).</p> <p>https://youtu.be/OxnPhP-DY5o</p>
<p>ICON - Babies Cry You Can Cope</p>	<p>Please follow this link for the Cheshire East ICON leaflet: https://whh.nhs.uk/application/files/7415/7467/8834/Cheshire_East_ICON_leaflet.pdf And this link for further information: http://iconcope.org/</p>
<p>Domestic abuse-getting help and support</p>	<p>Please follow this link: https://www.cheshireeast.gov.uk/livewell/staying-safe/domestic-abuse-and-sexual-violence/domestic-abuse-getting-help.aspx</p> <p>For children and young people: https://www.cheshireeast.gov.uk/livewell/staying-safe/domestic-abuse-and-sexual-violence/children-and-domestic-abuse.aspx</p>
<p>Health Visiting and School Nursing Facebook Pages</p>	<p>Please search for ‘Cheshire East Health Visitors’ on Facebook and like our page to keep up to date with regular updates for health visiting in your area. Search Cheshire East School Nurses Facebook page if you have school age children or children due to start in Sept.</p>
<p>Cheshire East Council - Catch App</p>	<p>Please follow this link : http://www.catchapp.co.uk/</p>
<p>Baby check app</p>	<p>Please follow this link: https://www.lullabytrust.org.uk/safer-sleep-advice/baby-check-app/</p>
<p>Service user feedback</p>	<p>Please follow this link to provide feedback on our service: https://www.wchc.nhs.uk/your-experience/submit/ Please let us know about your experience with the service, we value your feedback</p>

Vitamin D

New NHS advice is that everyone takes a daily supplement of vitamin D (this is from birth and includes pregnant women).

Newborn babies until 1 year of age – 8.5-10 mcg daily (products available include Healthy Start Vitamins and other over the counter supplements, these may not state suitable from birth and may not have the correct dose, however NHS choices state it is safe to give from birth). If the baby is having over 500 mls of formula, vitamin D is not required as it is already added.

Over 1 year of age and adults - 10 mcg daily

From about late March/April to the end of September most of us should be able to get all of the vitamin D from sunlight on our skin.