

USEFUL LINKS to help your postnatal transition

To find out more about caring for your baby at night, including information on preventing cot death please visit www.unicef.org.uk/Documents/Baby_Friendly/Leaflets/caringatnight_web.pdf

Learn more about baby **CPR and First Aid**

www.youtube.com/watch?v=Gc1kR8ZQxQ4&feature=player_embedded

Or, go to youtube.com and search St John Ambulance Nursery Rhymes Inc. Baby CPR Song – Advert

www.youtube.com/watch?v=fpOxPAMWQX8

Or, go to youtube.com and search St John Ambulance The Chokeables

St. Johns Ambulance also offer baby first aid courses, to find out where your nearest course is, or, to book on a course please visit

www.sja.org.uk/sja/training-courses/courses-for-the-general-public/baby-first-aid-course.aspx

La Leche League Clapham Mother and Baby Group

A group for breastfeeding mothers, babies and toddlers in Clapham and surrounding areas offering mother to mother support, breastfeeding help and information in a friendly, welcoming atmosphere.

www.lllclapham.blogspot.co.uk

Café La Leche Wimbledon

Breastfeeding support and information in a friendly and welcoming atmosphere in Wimbledon, Wimbledon Park and Colliers Wood; 3 meetings per month.

<http://lllwimbledon.weebly.com>

Cry-sis offers support for families with excessively crying babies: www.cry-sis.org.uk

Do you have twins, triplets or more? **Tamba - Twins and Multiple Births Association** - is the UK's leading twins and triplets charity. They have lots of useful information for you, from breastfeeding advice to information about schooling.

www.tamba.org.uk

Sudden infant death syndrome (SIDS) – sometimes known as 'cot death' – is the sudden, unexpected and unexplained death of an apparently healthy baby. To find out more please visit

www.nhs.uk/Conditions/Sudden-infant-death-syndrome/Pages/Introduction.aspx

A website is now available to support patients who have been prescribed Fragmin (dalteparin sodium) on discharge, to find out more information, including, what it is, why you have been prescribed it and an injection video which will support you, please visit

www.fragmin.co.uk/patients

For pelvic floor information please view the very informative PDF file at the website below.

This booklet contains a safe set of exercises and advice to help new mothers recover after childbirth.

<http://pogp.csp.org.uk/publications/fit-future>