



An information pack for new fathers

Packed full of information for parents and caregivers



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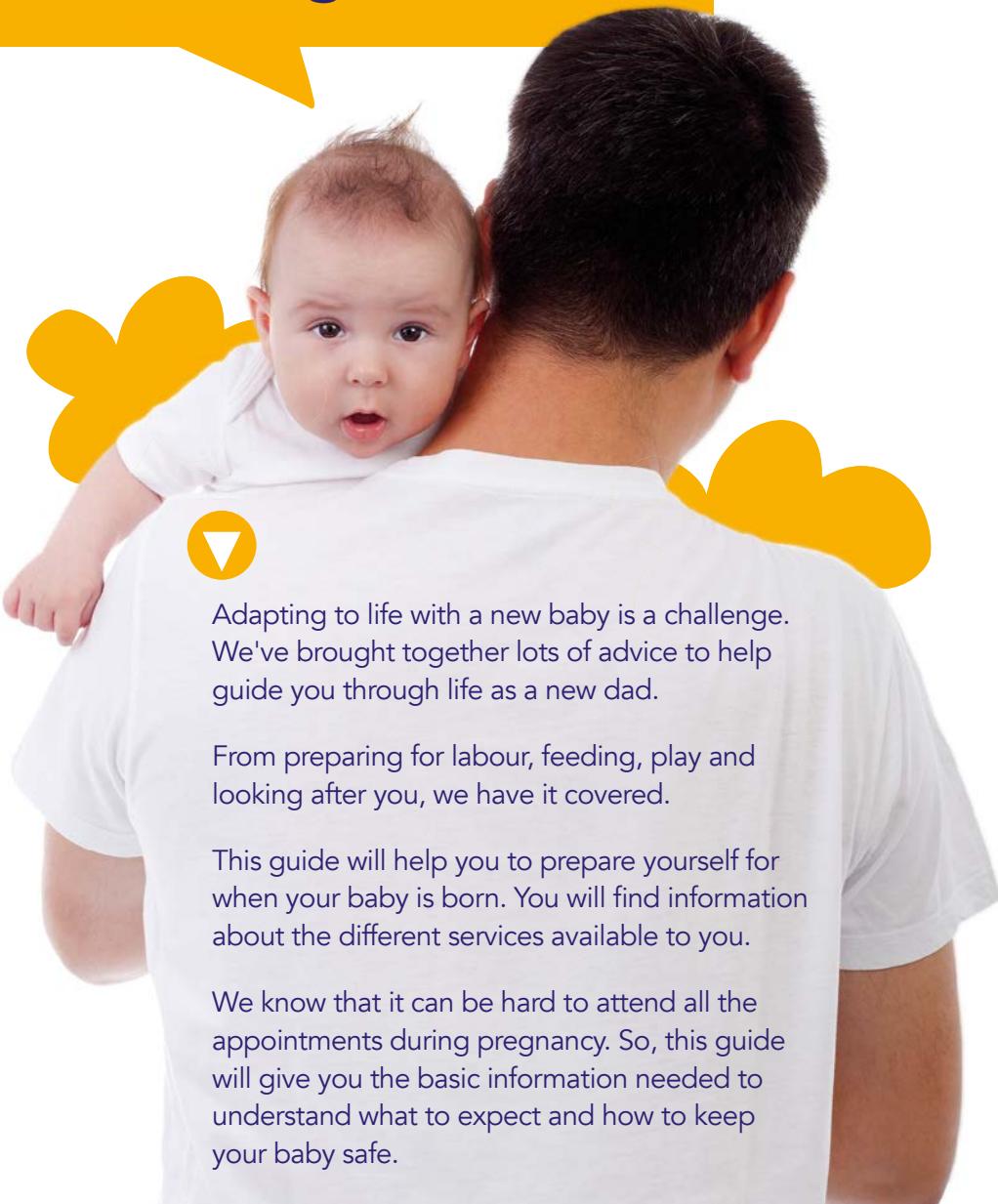
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This guide signposts to Nottingham City services.



For readers living in Nottinghamshire, where you see this symbol please see page 76 for local information.

Congratulations on becoming a dad!



Adapting to life with a new baby is a challenge. We've brought together lots of advice to help guide you through life as a new dad.

From preparing for labour, feeding, play and looking after you, we have it covered.

This guide will help you to prepare yourself for when your baby is born. You will find information about the different services available to you.

We know that it can be hard to attend all the appointments during pregnancy. So, this guide will give you the basic information needed to understand what to expect and how to keep your baby safe.

Employment rights and benefits

Information correct at time of writing - Sept 2021

Babies can be very expensive so it's important that you know where you stand financially.



If you are in employment, as a new parent or expectant parent you could be entitled to:

- Paternity leave and pay
- Shared parental leave
- Adoption leave and pay
- Unpaid time off work to look after your child
- Unpaid time off to attend antenatal appointments

To apply and qualify for paternity benefits you must be one of the following:

- Father of an unborn baby
- Spouse/partner of the mother - this includes same-sex partners
- Adopting a child
- Intended parent (if you're having a baby through a surrogacy arrangement)

Paternity leave

- You are entitled to up to two weeks leave after the birth of your baby
- You do not need to take the leave straight away but the leave must end within eight weeks of your baby's birth
- You are not entitled to more paternity leave if you have more than one baby (e.g. twins or triplets)
- You can't always know exactly when your baby will be born but by law your employer is entitled to 15 weeks notice of your estimated paternity leave start date (this will usually be your baby's due date provided by your Midwife, unless your baby is premature)
- If your baby is born prematurely, you are still entitled to paternity leave, you just need to inform your employer as quickly as possible especially if you choose to take your paternity leave straight away



Your employment rights will remain the same during paternity leave.

These rights include:

- **The right to return to work**
- **Accruing holiday allowance**
- **Pay rises**

Paternity pay

Paternity pay is what you will receive whilst you take paternity leave, it is paid in the same way you receive your usual pay.

Not everybody is entitled to paternity pay.

To qualify for paternity pay you must:

- Have been continuously employed by your employer for at least 26 weeks
- Be employed by your employer up to the date of birth
- Earn at least £120 a week (before tax)
- Give the correct notice (unless your baby is born prematurely)

The statutory (required by law) weekly rate of paternity pay is **£151.20** or 90% of your average weekly earnings, whichever is lower.

Some employers choose to pay their employees their usual salary but this is not required by law. You will still pay national insurance contributions, tax and other deductions usually applied to your salary.

Leave for antenatal appointments

You (and your baby's mother) can take up to 6.5 hours unpaid leave to attend antenatal appointments, by law. You can do this up to two times during the pregnancy.



**That's two appointments
- up to 6.5 hours a time!**

You must be in a permanent job or working through an agency for at least 12 weeks to be entitled to leave for antenatal appointments.

It is important that you attend antenatal appointments as the information is just as important to you as it is your baby's mother.

Shared Parental Leave and Shared Parental Pay

Shared Parental Leave allows both parents to take time off work to care for their baby in the first year as long as parental responsibility is shared (both your names are on the birth certificate). The great news is both parents can take Shared Parental Leave at the same time!

If you are entitled to paternity pay you will also qualify for Shared Parental Leave and Shared Parental Pay so long as your baby's mother also meets the same criteria.

Both parents can take up to 50 weeks of Shared Parental Leave combined - you cannot have 50 weeks of leave each.

Employers require you to give at least 8 weeks notice of your Shared Parental Leave plans.

- Up to 37 weeks of Shared Parental Leave will be eligible for Shared Parental Pay
- Shared Parental Leave can be taken in one go or up to three blocks (lasting at least one week) separated by periods of work
- Shared Parental Pay is paid at the rate of £151.20 a week or 90% of your average weekly earnings, whichever is lower

* Your paternity leave period of two weeks is not included in your Shared Parental Leave entitlement.



To check if you are eligible visit:
www.gov.uk/pay-leave-for-parents

Unpaid leave

Emergency carer's leave

Emergencies can happen when you have children, your child could be unwell and you may need to stay home from work without notice. Employers should allow you unpaid time off in these situations and may ask you for evidence of the emergency.

It is a good idea to familiarise yourself with your employer's carer's leave policy before you need to use it.

Unpaid parental leave

You may also feel you need time off work to settle your child into new childcare arrangements or need quality time with them.

If you have been employed for a year or more you can:

- **take up to four weeks of unpaid parental leave per year**
- **take up to 18 weeks leave for each child up to their 18th birthday**

You must discuss parental leave with your employer if you need to use it; you will need to provide sufficient notice beforehand, this can be discussed with your employer.

You should take this leave in whole weeks and not broken up into days.

For more information visit:
www.gov.uk/parental-leave/entitlement



What financial benefits are available for families with young children?

Child Benefit

Child Benefit helps towards the cost of raising a child. One parent can claim Child Benefit after the child's birth. This is paid every four weeks and there is no limit to the number of children you can claim for. The amount received per child will reduce after the first child.

- You can receive Child Benefit weekly if you are a single parent or on certain benefits, you can contact the Child Benefit Office to arrange this.
- When you register your baby you will be given a form to apply for Child Benefit or you can visit www.gov.uk/child-benefit.
- Child Benefit will be paid until the child is 16 years of age. Payments can continue to their 20th birthday if they remain in approved educational and training provision.

Universal Credit

Universal Credit has replaced Child Tax Credit and Housing Benefit. The payment is to help towards living costs.

- You may be able to claim this if you are a low-income family, out of work or cannot work.
- If you would like to learn more about Universal Credit including the eligibility criteria and how to apply please visit www.gov.uk/universal-credit.

Tax-Free Childcare

Tax-Free Childcare is a government scheme to help with the cost of childcare if you are in employment (incl. self-employment), earning at least £120 a week and less than £100,000 a year. If you live with a partner, they must meet these criteria too.

- To benefit from Tax-Free Childcare, you must open a childcare account on the government website. You will use this account to pay your approved childcare provider.
- The government will pay 20% of the cost of your childcare up to £2,000 a year (or £4,000 a year for disabled children) for each child. For example every £8 you put in they put in £2.
- Available for children below 12 years (unless your child is disabled).
- You are able to take back any unused funds; the government would also then withdraw the 20% they have funded.

Free Education and Childcare (2-4 years)

Free education and childcare for 2 year olds

The Early Learning Programme (ELP) is a Government initiative to provide 15 hours per week free childcare for 2 year olds provided certain criteria are met.

To see if you are eligible, please visit AskLion.co.uk and click through children and families > childcare > Free childcare for 2 year olds.

Free early education for 3 and 4 year olds

All children are entitled to 15 hours per week free childcare from the school term after their 3rd birthday until they start school. For more information visit www.gov.uk and type '**15 hours free childcare for 3 and 4 year olds**' in the search bar.

Healthy Start



Are you pregnant or have children under the age of 4?

You could get help to buy:

Plain cow's milk

Fresh, frozen or tinned fruit and vegetables

Fresh, dried, and tinned pulses

Infant formula milk

You can also get free Healthy Start vitamins.

www.healthystart.nhs.uk

@NHSHealthyStart

Preparing for labour



What does my baby need?

Babies don't need as much as you might think they do.



Here are the most important things to have ready for when your baby arrives:

- Somewhere safe to sleep with safe bedding (see page 64)
- A pram or a sling so you can take your baby out
- Clothes. Babies grow out of things quickly so they don't need too many!
- Nappies and cotton wool
- If you are choosing to bottle feed your baby, you will need bottles and a way to sterilise those bottles
- A car seat if you are planning to take your baby in the car (even a taxi)

Your Midwife* will talk to you and/or your baby's mother about what you need to pack in a hospital bag. Pack this early, so it is ready for when labour starts.



Babies do not need:

- **Skincare products, wipes or soap**
Newborn babies should be bathed in plain warm water. It is best to use cotton wool soaked in warm water for nappy changes. A baby's skin is very delicate. Chemicals and fragrances in toiletries can cause rashes and discomfort.
- **Products that claim to make babies sleep better such as sleep pods**
These are dangerous for babies. Please talk to your Midwife or Health Visitor* if you are unsure if a product is safe for your baby.
- **Shoes**
Babies do not need shoes until they can walk.

* An overview of all professionals mentioned can be found from page 71

Preparing yourself mentally for the birth

Your baby's mother will be given lots of support in the lead up to the birth, such as antenatal appointments.

You should try to be there during these conversations as it will help you to prepare too.

- Ask healthcare professionals questions you have relating to the labour. It's good to have a clear idea of what to expect.
- Childbirth is an exciting life-changing event. Many people worry a lot in the months before the due date, this is natural.

Things don't always go the way you expect. You are in good hands, the midwives and doctors are highly trained professionals.

- Understanding the stages of labour can help prepare you for the big day.

Visit www.nhs.uk and type '**Stages of birth and labour**' in the search bar.

- If your baby will be delivered by caesarean section, understanding the stages and recovery will help you to prepare.

Visit www.nhs.uk and type '**Caesarean section**' in the search bar.



Preparation for feeding

- It's normal to be unsure of how you will feed your baby once they arrive. It's better to be open to every eventuality.
- The best way to prepare is to speak to the midwifery team or your Health Visitor about feeding your baby. They will be able to answer any question you may have (or point you in the right direction).
- Nutrition Peer Support Workers* work within the Children's Public Health 0-19 Nursing Service. Their job is to support breastfeeding. Remember, no question is too small.
- Antenatal group sessions help you with what to expect and give you information before your baby arrives. For local classes, visit www.nuh.nhs.uk/parent-and-antenatal-classes
- Doing your own online research is helpful. There is a lot of accurate information on the internet but be mindful of false and misleading information too.

* An overview of all professionals mentioned can be found from page 71



Prepare yourself for nappy changes by visiting www.nhs.uk and typing '**how to change your baby's nappy**' in the search bar.'

Things to expect immediately after the birth of your baby

Your baby and your baby's mother will have checks before they can leave the hospital. These support their health and make sure they are safe to go home.

If you are having a home birth, the Midwife will explain how some of these checks will happen as an outpatient.



Remember!

You and your baby's mother should give your baby as much skin to skin contact as possible!

■ Baby's first examination

Immediately after your baby is born, the Midwife will check your baby is healthy and well. If your baby needs more support, the Midwife will get help from others.

■ Newborn and Infant Physical Examination (NIPE)

Your baby will be examined by a midwife or doctor within 72 hours of birth to screen for health conditions of the eyes, heart, hips and testes in boys.

Vitamin K injection

This will be given only with parental consent. The injection helps to protect your baby against a rare but fatal bleeding disorder. This is usually discussed before your baby is born.

It is normal for small tears and grazes to occur to your baby's mother during the birth of your baby

Sometimes, tears can need stitches. The hospital staff will offer your baby's mother pain relief whilst they do the stitches. She will usually be able to continue having skin to skin with your newborn baby during this time.

Most babies will receive a newborn hearing screening test

If the hospital isn't able to do this before discharge, they will arrange an appointment for your baby to have this as an outpatient. This is a painless test to check your baby's ears are working as they should be, usually babies sleep through it.

If your baby is born by caesarean section, the hospital staff will talk you and your baby's mother through the process

There will be clear advice given to your baby's mother about how she needs to look after herself following a caesarean. You should be there for these conversations so you will be able to provide support for her.



Special care for unwell or premature babies

Sometimes babies need to be cared for in a specialist newborn ward (often called the neonatal unit).

There are many reasons why a baby may need to be cared for in the neonatal unit:

- Babies born early
- Very small babies
- Babies born with an infection
- Babies who have been born after a very difficult birth
- Babies born with medical needs

Being told your baby needs to be cared for in the neonatal unit can be very worrying for new parents.

The neonatal unit will support you and your baby's mother through the time spent here. They will explain to you how you can safely interact with your baby.

Your Health Visitor will also support you and your baby's mother during this time.



For online help and support if your baby is born premature and / or unwell, visit www.emnodn.nhs.uk

Supporting your baby's mother after the birth

Your baby's mother may feel uncomfortable after the birth of your baby. Your support will help her get through this time.

- Your baby's mother will receive advice about how she should care for herself physically after birth.

You can research what your baby's mother may be experiencing physically to help you to support her by visiting www.nhs.uk and typing '**Your body after the birth**' in the search bar.

- There is no set time to wait before having sex after the birth of your baby. Communicating with each other about this topic will help you and your baby's mother feel comfortable.
- Your baby's mother can become pregnant any time following the birth even if she is breastfeeding and has not had a period, it is important to use barrier methods of contraception if you want to avoid getting pregnant again so soon. The GP will speak to your baby's mother about contraception at her 6 week appointment (see page 24).
- The weeks following birth can be a tiring and emotional time for both you and your baby's mother. Read 'Looking after you' (page 34) for more information.

Visit www.nhs.uk and type '**When can I use contraception after having a baby?**' in the search bar.

The paperwork!

After the birth of your baby, there are a few tasks you'll need to do.

1 Birth registration

You must register your baby's birth at the local registry office within the first 42 days after the birth. This needs to be done in person.

As the non-birthing parent, you will either need to be married to the baby's mother or named on the birth certificate to have parental responsibility of your child.

To book the appointment or for more information visit www.nottinghamcity.gov.uk and type '**register a birth**' in the search bar.

2 Register at the GP

Once you have registered your baby's birth you will receive a birth certificate.

You should then visit your chosen GP practice to register your baby. Your baby and baby's mother should be registered at the same practice.

3 Applying for Child Benefit

Once your baby is registered, you should apply for Child Benefit.

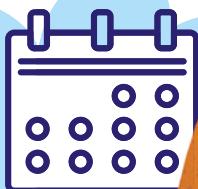
You will receive information about how to do this when you register your baby's birth. Take a look at the 'Employment rights and benefits' chapter (page 5) in this guide.

4 Arranging childcare/nursery school places

It is important to look into childcare providers early as spaces can fill up fast.

You should choose a registered childcare provider as these are regulated to ensure safety.

To see childcare providers in your area, visit www.asklion.co.uk and type '**childcare**' in the search bar.



Appointments to expect after the birth of your baby

- These appointments will be arranged by telephone or post
- Healthcare professionals will arrange more visits with you if they need to
- You are an important part of these appointments
- For an overview of the professionals mentioned here, please see page 71

1. Postnatal midwifery appointments

Your community midwifery team will be in touch to arrange home visits. These visits support feeding, provide you with safety advice and are to monitor your baby's weight.

If your baby is growing well and there are no concerns the midwifery team will discharge you once you've seen the Health Visitor, this is usually around 10-14 days after birth. Some babies may remain under the care of midwifery until they are 28 days old.

2. Day 5 midwifery team visit

A member of the midwifery team will visit your home when your baby is 5 days old.

At this visit, your baby may be weighed, and with parental consent a small sample of blood will be taken from their foot. This is for the newborn blood spot test to check your baby for certain inherited health conditions.

For more information ahead of this test, visit www.nhs.uk and type '**newborn blood spot test**' in the search bar.

3. New birth visit with your Health Visitor

Between 10 and 14 days after the birth you will be visited by a Health Visitor at your home.

At this appointment, you will receive a lot of important and useful information about how to keep your baby safe and healthy. You will also receive information about services available in Nottingham City.

4. 6-8 week GP check

Your baby and baby's mother will receive an appointment to see a GP between 6 and 8 weeks after the birth. Sometimes these appointments are at the same time.

The GP will:

- Check the health of your baby
- Discuss how your baby's mother is healing and feeling emotionally after the birth
- Tell you about your baby's immunisations
- Discuss contraception with your baby's mother if required



5. 6-8 week Health Visitor appointment

Between 6 and 8 weeks after the birth, a Health Visitor will visit your home to:

- Check your baby's growth
- Give you information about your baby's development
- Support you and your baby's mother

6. 8, 12 and 16 week immunisations

Vaccinations will protect your baby and others from several serious illnesses. It is important that you and your baby's mother have all the immunisations available to you as well, such as the COVID-19 vaccination, this will further help protect your baby and others.

Your Health Visitor and GP should speak to you about vaccinations and answer any questions you have.

The first vaccination should be given once your baby is 8 weeks old and can be booked by calling your GP practice.

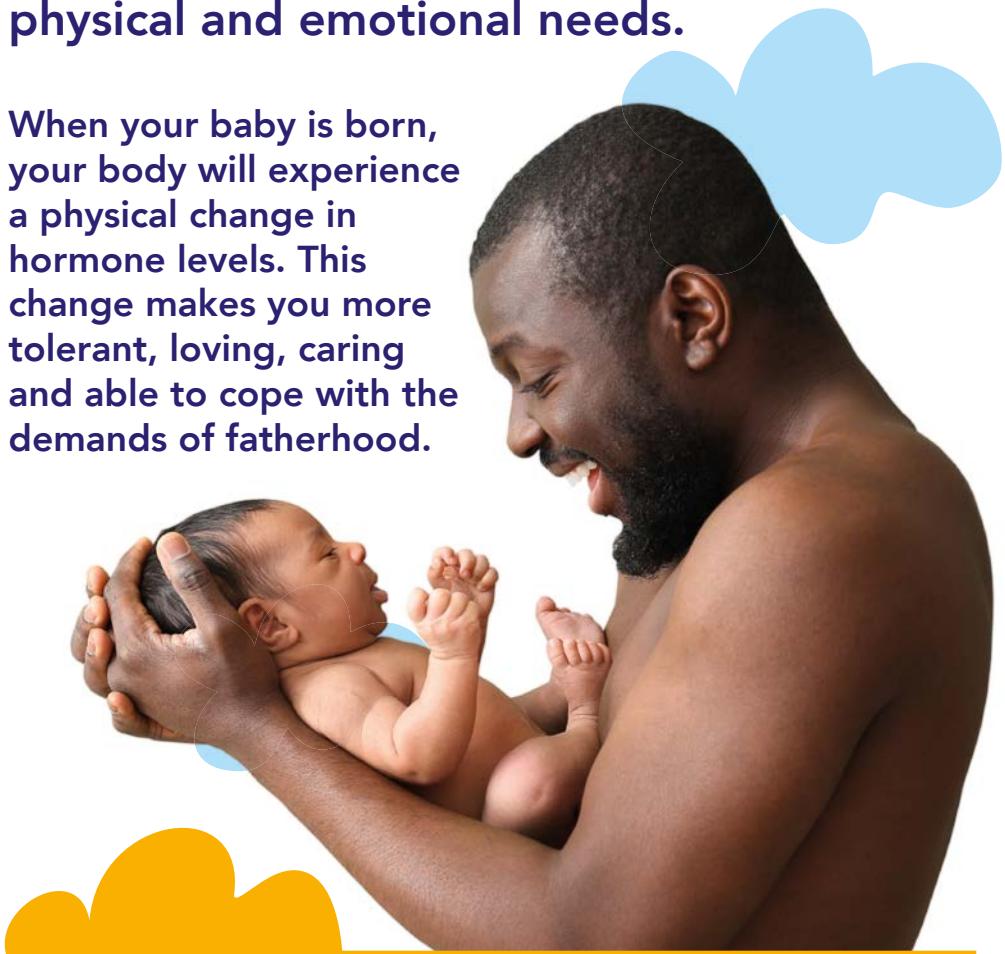
Visit www.nhs.uk and type '**NHS vaccinations and when to have them**' in the search bar.



Bonding with your baby

Babies are born ready to interact. They depend on you to meet their physical and emotional needs.

When your baby is born, your body will experience a physical change in hormone levels. This change makes you more tolerant, loving, caring and able to cope with the demands of fatherhood.



Your baby's movements and cries are their way of showing you that they need something. This could be a nappy change, that they are hungry, tired or want your love and attention.

It will take some time to get to know what your baby's body language, noises and cries mean – these are called cues. **As you get to know them, you will recognise what they need.**

Your baby is likely to start smiling when they are around six weeks old.

Responding to your baby's cues with your love, attention and support is a great start to their learning. These positive responses from you help with their brain development and emotional wellbeing. Your attention will give your baby the confidence and sense of security to explore the world around them.

These positive early childhood experiences play a big part in how they form relationships later in life.



Bonding starts in pregnancy

All antenatal appointments and classes are for both mothers and fathers. This is your chance to ask questions and hear all about what to expect. It's important that you know these things as well as your baby's mother.

The more prepared you are the better, this will help you:

- To be ready for the birth and the support you will give your baby's mother during labour
- To keep your baby safe
- To have confidence in caring for your baby
- Know what services are available to help you
- Be successful with feeding especially breastfeeding
- Have a stronger relationship with the baby's mother
- To improve the mental health of both you and the baby's mother
- Transition to returning to work after paternity leave

You can start bonding with your baby during pregnancy

Talk to the bump and feel the baby move! This helps you to connect with your baby.

At 26 weeks, a baby will start to respond to familiar voices and recognise them when they are born.

Activity

Why not try singing a song to the bump? When they are born this song may soothe and settle them down.



Bonding immediately after birth



Skin to skin contact is one of the easiest and most powerful ways to bond with your little one.

Starting at birth, skin to skin contact will:

- Release hormones like oxytocin (the love hormone)
- Help with bonding and attachment
- Reduce stress for both you and your baby
- Regulate your baby's body temperature

You can't have too much skin to skin time

The more you try this, the more you will recognise their cues and build your relationship. It is important that you stay awake during skin to skin to keep your baby safe. It is a very relaxing thing to do so if you feel yourself starting to drift off, lay your baby down in a safer sleeping environment (see page 64 for safer sleeping advice).



Activity

Look at your baby and try to use different expressions, smiles and noises. Wait to see them respond - it could be a smile or a kick. Newborn babies don't maintain eye contact very well but as they grow and develop, they will perfect this skill. Even if you don't think you see a response from your baby, continue to communicate with them as this is how they learn to communicate back.

Sometimes, it can feel strange talking to a baby when you think they are not responding and you may feel you don't know what to say. Reading stories to your baby, no matter their age and no matter the story (it could be a book you are reading yourself) is a great way to support your baby's development and will also inspire an early interest in books!



Baby massage is perfect for creating quality time for you and your baby.

It will help to relax you both and to understand more about your baby's cues.

The importance of play

For the first 18 months of your baby's life, the brain makes over one million connections per second.

Play is great for learning, brain development and building close relationships.

These adventures together are great for building your baby's confidence and resilience. They will help with future challenges such as starting school and being more ready to bounce back from the challenges they will experience through life.



Through play, children are learning all the time by solving problems, creating, experimenting, thinking, imagining and communicating. Helping your child to learn through play will build their confidence to keep exploring and learning about the world around them.

Engaging in and encouraging imaginative play can improve your child's learning:

- Explore toys together and follow their lead
- Acknowledge what interests your child whilst encouraging them to try new things too
- Sing songs and read stories
- Play games like 'peek-a-boo', 'round and round the garden' and 'ready steady go'

Remember it is the time you invest in your child that is important and will lead to them achieving more in life, not the activity. You do not need fancy toys or to spend money on days out! You will be surprised at how much fun you and your child can have with a cardboard box!



SHARING A STORY

Young brains need building, just like houses. Sharing stories is really important for helping young brains grow and learn.

These little moments help your child in a big way.

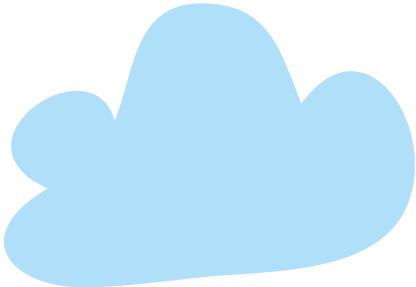
Who can help?

It is quite normal to feel nervous about bonding with your baby, especially if you are a first time parent; this is not something to be ashamed of.

If you would like support, the following services are here to help:

- **Midwifery Service**
- **Children's Public Health 0-19 Nursing Service**
(previously Health Visiting Service)
- **Family Nurse (if you have one)**
- **Family Mentor (if you have one)**

Looking after you



Lots of fathers think their own feelings aren't as important as others - this isn't true.

Postnatal depression isn't something only women experience, men experience this too. So it is important not to ignore your feelings.

It's hard to know what to expect when your baby is born.



Let's find out a little more about how to manage these feelings.



Pregnancy and birth

Your baby's mother will be given lots of support in the lead up to the birth, such as antenatal appointments with midwives to discuss the birth plan. Your Midwife will talk you through a birth plan that will help you to understand what to expect. Try and make sure you attend antenatal appointments as often as you can.

Things don't always go as planned.

Both mums and dads can experience Postnatal Post-Traumatic Stress Disorder (PTSD) after birth.

If you feel you have any of the following symptoms please talk to your midwifery team, your Health Visitor or your GP:

- Flashbacks of the birth that cause emotional distress
- Nightmares that may or may not relate to the birth
- Feeling that you, a loved one and/or your baby is not safe
- Feelings of guilt. Questioning your actions and the actions of others during the birth
- Keeping yourself busy to avoid feelings and memories
- Low mood, depression and anxiety

Mind is a mental health charity that has a lot of useful information on their website.



Early days and supporting your baby's mother

Many women experience low moods (crying, anxiety and sadness) in the early weeks after birth. Hormones and tiredness are usually to blame - these symptoms usually go away after a few days.

You can help:

- Be supportive (being there will help her to feel better)
- Encourage her to have skin to skin with your baby
- Encourage her to take naps (to catch up on sleep!)
- Make sure she is eating well & drinking water (this will give her energy!)
- Check in on her (by text or call if you aren't able to be there)

Worrying about your baby's health is normal. It is important to get support if you have concerns.

Getting answers helps reduce worry and the impact it can have on your mental health.



In the early days of becoming a father you are likely to spend most of your time supporting your baby's mother and spending time with your baby.

That's ok! But remember to take time for yourself and do things you enjoy, like exercise and seeing friends.

Protecting your baby from smoke

Secondhand smoke is especially harmful to children as they have less well-developed airways, lungs and immune systems.

Children who live in a household where at least 1 person smokes are more likely to develop:

- Asthma
- Chest infections - like pneumonia and bronchitis
- Meningitis
- Ear infections
- Coughs and colds

Speak to your midwifery team, your Health Visitor or your GP about how smoking can affect your baby and for support in quitting.



If you smoke and would like to quit, download the free NHS Smokefree app which allows you to track your progress, see how much money you're saving and access daily support.

You are four times more likely to quit smoking with support.

Understanding and responding to changing moods

Many fathers feel low in mood months after the birth of their baby.

It can be difficult to talk about mental health. No one will judge you when you decide to talk about your emotions - it's the best way to get support.

The text health service is a confidential way to get help by simply sending a text message.



Things to try if you are feeling low:

- Re-establish structure to your day if you feel this has been lost
- Spend time with family and friends
- Spend time with your baby, try some relaxing skin to skin
- Take a walk
- Exercise (outdoors or at home)
- Eat well
- Good sleep routines
- Practice mindfulness & relaxation techniques

Adapting to your baby's sleep pattern can be difficult; you are likely to feel tired as you adjust.

Advice to support you in managing your baby's sleep will depend on factors such as feeding. You can ask your Health Visitor for baby sleeping tips.

If you are struggling to cope with your baby's sleep, it is time to get help.



I am worried about my child's development.

**I'm here to help.
Whatever is worrying you, let's talk it through.**

We are a confidential text service for parents and caregivers that you can talk to about:

- Feeding and nutrition
- Sleep
- Toilet training
- Parenting advice and support
- Child development
- Family health

Text a Public Health Nurse on

07480 635002



We might inform someone if we were concerned about your safety but we would usually speak to you first. Your messages are stored and can be seen by other health care staff who follow the same confidentiality rules. We aim to reply to you within one working day and you should get an immediate message back to confirm we have received your text. Text will only be seen between 9am and 5pm. If you need help before you hear back from us contact your GP, nearest walk in centre or dial 111.

Our text number does not receive voice calls or MMS picture messages. We support messaging from UK mobile numbers only (which does not include messages sent from landlines, international mobile numbers and some 'number masking' mobile apps).

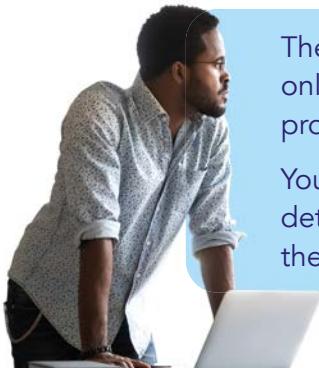
To prevent the health professional from sending messages to you, text STOP to our number. Messages are charged at your usual rates.

For more information on how we use your information please visit www.nottinghamcitycare.nhs.uk/stakeholders/governance/you-and-your-information

Postnatal depression and anxiety affects both mothers and fathers

If you, or your baby's mother, experience any of the following contact your Health Visitor or your GP:

- Feeling low for more than a couple of weeks
- Losing interest in doing things you used to enjoy
- Change in eating habits
- Struggling to fall to sleep without reason
- Not wanting to leave the house or see others
- Feeling unable to cope with everyday life
- Somebody close to you tells you they are worried about your mental health
- An increase in unhealthy habits such as drinking and smoking
- Frequent feelings of frustration since the birth



The NHS website has a useful self-assessment online tool that asks a series of questions and provides advice depending on your answers.

You do not need to give any of your personal details and it is your choice whether you follow the advice.

Please visit www.nhs.uk

Enter '**Depression and anxiety self-assessment quiz**' in the search bar.

Communication

Talking about your feelings as parents is important for the mental health of you and your baby's mother.

Remember, it is normal for tiredness and stress to lead to misunderstandings.

Talking calmly and listening will help to resolve issues.

Activity



Try to talk about the positives (what you and your baby's mother are doing well).

Then talk about the difficulties you're having (for example, what you need help with).

You will not agree on everything. Remember to listen and to agree on a solution together.

Talking about your thoughts and feelings reduces stress.

Try to do this with different people (your baby's mother, family, friends and other fathers).



You can seek help by self referring to a professional

- **Insight Healthcare:** www.insighthealthcare.org
T: 0300 555 5580 / E: nottinghamcity@insighthealthcare.org
- **Let's Talk Wellbeing:** www.nottinghamshirehealthcare.nhs.uk/our-services/local-services/lets-talk-wellbeing T: 0115 956 0888
- **Trent PTS:** www.trentpts.co.uk T: 0115 896 3160

Managing stress and infant crying

Having a baby can be stressful for many reasons. Babies demand a lot of care and attention. It's normal for them to want to be in your arms and fed a lot.

Babies don't always want something when they cry, it is their way of communicating. Managing crying is a common and understandable cause of stress for parents. Babies start to cry more around 2 weeks of age, this usually peaks between 6 and 8 weeks.



ICON is a resource to support parents to manage infant crying.

There are many useful videos you can watch by visiting iconcope.org

- I** Infant crying is normal
- C** Comforting methods can help
- O** It's OK to walk away
- N** Never, ever shake a baby

It is better to walk away for a few minutes and leave baby in a safe space than to get angry near them, they are very fragile.

If stress becomes too much (or it is affecting your children or baby's mother), please get help from your Health Visitor or your GP.

Domestic abuse

Domestic abuse is a pattern of behaviour in any relationship that is used to gain or maintain power and control over a close family member or a partner.

This can take many forms, including:

- Threats of harm
- Physical harm
- Threats of not being allowed to see your child
- Not being able to talk to certain people
- Financial control



Witnessing domestic abuse is harmful to children of all ages. If you think you may be the victim of domestic abuse, you must get support to protect yourself and your children quickly.

Men can often feel embarrassed if they are a victim of domestic abuse and worry they may not be believed. This is not true. There are specialist domestic violence support services designed for male victims.

Services Available

- Equation is a Nottingham-based domestic abuse service for men and women **0115 960 5556** Mon-Fri 9:30-4:30pm with a 24-hr confidential answerphone service
- Respect is a nationwide organisation who provide support for men experiencing domestic abuse - Freephone **0808 8010327**

If you feel you or another person is in immediate danger, please call the police on 999.

Breastfeeding

How you choose to feed your baby is a decision for you and your baby's mother to make together.

Breast milk is the healthiest choice* for your baby.

*Unless you have been told otherwise by a healthcare professional



Breastfeeding can be demanding for your baby's mother both physically and emotionally in the early days.

You can help to make this a more comfortable and enjoyable experience.

Why is it so important that you are involved in breastfeeding?

You are likely to be the first person your baby's mother will turn to for support.

Your help is important!

- There are lots of ways you can share feeding responsibility, which you can find later in this chapter.
- Your newborn baby will eat and sleep more than anything else in those first few months. Supporting with feeding will help you to bond.
- You will receive lots of advice about breastfeeding from different healthcare professionals. You should be part of all of those conversations.



Remember the midwifery team and your Health Visitor are available to support you and your baby's mother.

If you have any concerns, please contact your local team for support.

Why is breast milk the healthiest choice* for your family and the planet?

For baby:

- Boosts your baby's immune system
 - Prevents your baby from having sickness and diarrhoea
 - Helps to prevent your baby from developing eczema and asthma
 - Helps to protect your baby from chest infections
 - Reduces the risk of obesity, diabetes and cardiovascular disease in later life
 - Reduces the risk of sudden infant death syndrome
 - Better for dental development
- Comforting for your baby and is a strong bonding experience for them
 - Breast milk adapts to the daily needs of your baby (for example the milk will change to help your baby battle a cold)
 - Breast milk adapts to temperatures, becoming more watery when your baby is hot and likely to be more thirsty
 - Breast milk is ready when your baby needs it. Speeding up the feeding process



Breast milk exposes your baby to different tastes depending on what your baby's mother eats. This makes them more open to different tastes when they try solid foods.

*Unless you have been told otherwise by a healthcare professional

For mother:

- Lowers the risk of breast and ovarian cancer
- Lowers the risk of conditions such as osteoporosis (weak bones) and cardiovascular disease
- Supports physical recovery from childbirth
- Breastfeeding is a relaxing experience which releases oxytocin (the love hormone)

Oxytocin helps your baby's mother to feel relaxed and promotes milk flow.

Oxytocin is also linked to physical and mental health benefits for your baby's mother, reducing the risk of postnatal depression.

Oxytocin strengthens the bond with baby.

For father:

- When mothers feel supported the potential of developing postnatal depression reduces for both of you
- Better sleep! Breastfeeding means no late night trips to the kitchen to prepare formula
- Peace of mind. You know your baby is getting exactly what they need* when they need it
- Your baby is less likely to be unwell through childhood
- Breastfeeding is much cheaper than using formula
- It is easier to leave the house for days out when you don't need to worry about where you can prepare formula. It also means less bulky baggage too
- Less time spent cleaning bottles, preparing and cooling formula. This also means more time for you to bond as a family

Breastfeeding mothers and breastfed babies are recommended to take vitamin D supplements. These supplements can be free under the Healthy Start Scheme if eligible, see page 13.

For information on why Vitamin D is important, visit www.nhs.uk and type '**Vitamin D**' in the search bar.

*Unless you have been told otherwise by a healthcare professional

Benefit to the environment:

Breastfeeding is the cleanest and greenest way to feed your baby.



For every 1kg of infant formula made



12.5kg

of rainforest is cleared



4700 litres

of water is used



21.8kg

of greenhouse gases are released into the atmosphere



How does breastfeeding work?

The breastfeeding process starts in pregnancy.

The breast changes in response to hormones generated by the pregnancy.

Your baby's mother may notice that her breasts are getting larger as changes happen within the breast. They may also become more sensitive.

Milk may or may not leak during pregnancy. This is not a sign of whether breastfeeding is going to be easy or not.

When your baby is born, their stomach is small and cannot hold much liquid.

The first milk produced is very thick and can be yellowish - this is because it is very concentrated to deliver all the nutrients your baby needs without having to stretch their stomach.

Even if you and your baby's mother have chosen not to breastfeed your baby, it is great for your baby to at least have this first milk.

In the days following birth, the amount of breast milk produced will increase as your baby grows.

The milk will become more watery and white.

Hormones are responsible for regulating breast milk.

SAVE THE NUMBER IN YOUR PHONE:

You can call the National Breastfeeding Helpline on 0300 100 0212 for support between 9.30am-9.30pm every day.



The science bit!

Oestrogen and progesterone are hormones released by the placenta during pregnancy. They prepare the breasts to make milk and keep milk production minimal until the baby is born.

Once the baby has arrived these hormones decrease. This tells the body that it is time to make milk through the release of another hormone, Prolactin.

Prolactin tells the breast to make milk and is released with every feed. This is why mothers must breastfeed at regular times throughout the day. Any unused milk remains stored within the breast.

A suckling baby (or breast pump/hand expression) causes a release of the hormone Oxytocin, this instructs the breast to release the milk (often called let-down). We've seen this one before - **it's the love-hormone!** Sometimes even the sound of a crying baby can cause the release of Oxytocin.



The hormones involved in breastfeeding can also affect emotions. It is common for women (especially in the early stages of breastfeeding) to have mood changes.

Download the Baby Buddy app on your smartphone to access lots of free breastfeeding videos and much more.



How can you help with breastfeeding?

- Encourage your baby's mother to have lots of skin to skin with your baby following the birth. This will release hormones that produce breast milk and is a way to bond.
- Your baby's mother will spend a lot of time feeding through the day and night. Encourage her to take naps during the day whilst you spend time with your baby. If she is afraid she may fall asleep, you can tell her that you will be there to take the baby if she does.
- Your baby's mother will channel a lot of her energy into feeding and looking after your baby. Making sure she is well fed with snacks and meals is important, alongside lots of drinks.
- Taking charge with the household chores is a great way to help your baby's mother. Allow others to help too, including close family members.
- Remind your baby's mother that it is normal to feel different emotions. Reassure her these feelings usually go away without any intervention.
- If you feel you or your baby's mother is struggling with anything breastfeeding related, send a message to Text Health on **07480 635002** 
- Your baby's weight is one way to show you how breastfeeding is going, however it can vary. You can take your baby to clinics for regular weight measurements or contact your local Nutrition Peer Support Worker (see contact info on page 73).
- Your baby's mother may be unsure where she can feed when outside of the house* or may be nervous about doing this initially. Being with her the first few times can help her feel more comfortable.



*It is illegal for anybody to ask a breastfeeding woman to stop feeding.

How do you know if breastfeeding is going well?

Breastfeeding is going well* when your baby:



- is having 8-12 feeds every 24 hours (feeds will become less frequent as your baby gets older)
- feeds for more than five minutes (up to 40 mins) each feed
- is calm when feeding and generally remains latched for the duration of the feed
- is content after most feeds
- has at least six wet nappies a day with two poos

*Unless you have been told otherwise by a healthcare professional

Contact your Health Visitor for help if your baby:

- is yellow in colour (jaundiced)
- is very sleepy and isn't waking for feeds when they should
- feeds for less than five minutes at each feed
- feeds for longer than 40 minutes frequently and/or consistently falls asleep on the breast without completing a full feed
- frequently refuses to breastfeed and/or comes on and off the breast throughout the feed

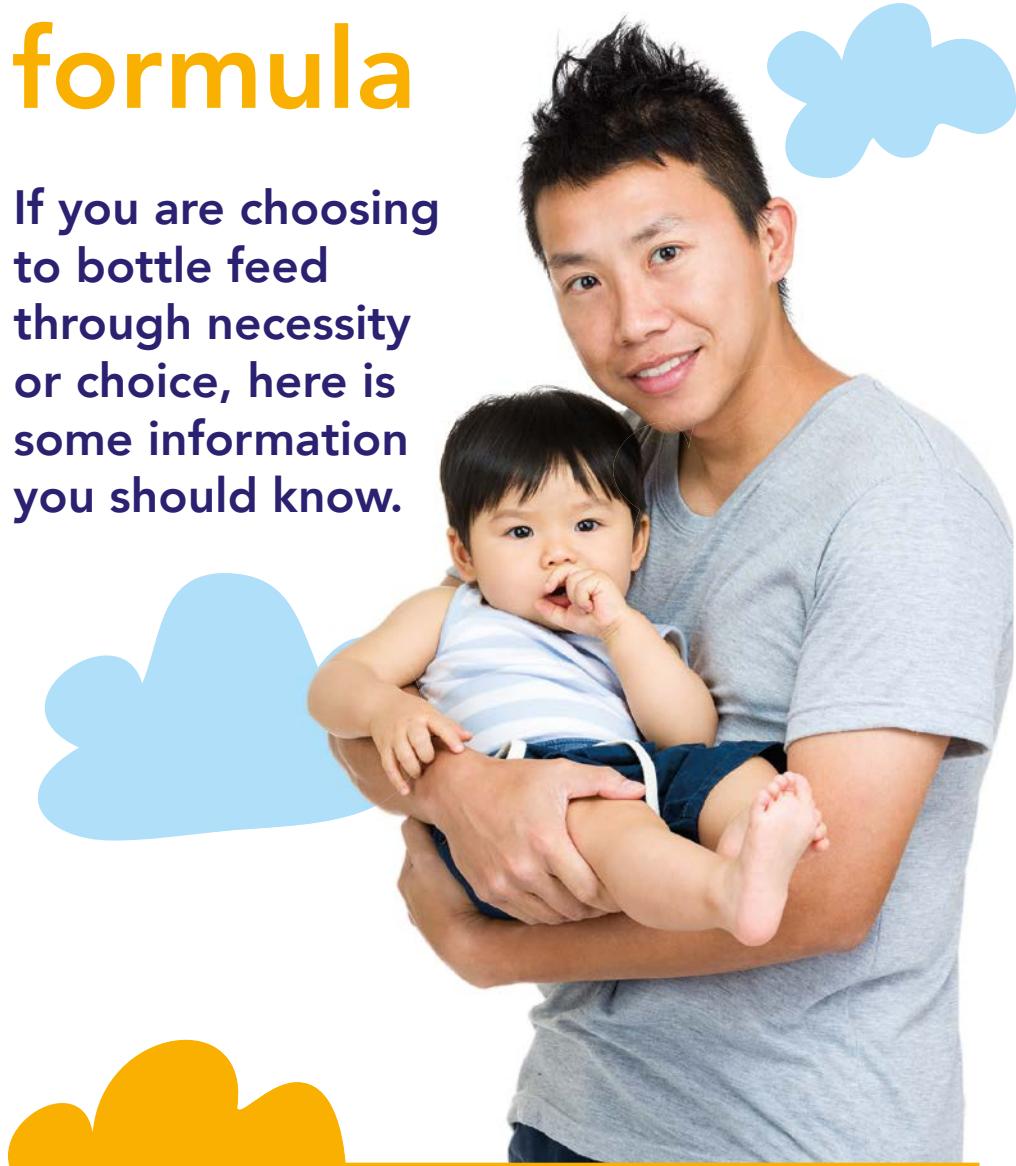
- isn't having enough wet nappies or poos

Also if:

- your baby's mother feels pain in her breast during or after a feed
- you and your baby's mother are considering stopping breastfeeding due to a feeding worry

Bottle feeding breast milk and formula

If you are choosing to bottle feed through necessity or choice, here is some information you should know.

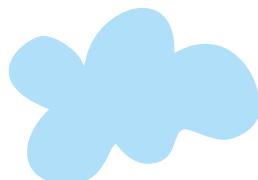


Breast and bottle feeding

Offering bottles to your baby could cause problems for breastfeeding. These problems could be your baby rejecting the breast, issues with milk supply and discomfort for your baby's mother.

When feeding with formula the amount of breast milk your baby's mother produces will change.

When feeding your baby with a bottle, make sure to watch their behaviour, they will be telling you whether they've had enough, want more or need to take a break. Formula labels will give a suggested amount of milk your baby should drink based on age. Do not use this as a guide as this does not take your baby's size into consideration. Overfeeding your baby is likely to cause them harm.



Signs your baby needs a break or has had enough milk:

- Splaying fingers and toes
- Milk spilling from the mouth
- Stopping sucking
- Turning head away/pushing away the bottle

Your baby's mother needs to regularly empty her breasts. This will maintain her milk supply and ensure her breasts are comfortable.

If you are choosing to introduce a bottle, try to feed with the bottle at a similar time each day to minimise the impact on breastfeeding.

Your baby's bowel habits will change if you start using formula. This is because it takes longer to digest and there is more waste produced. Stools are likely to become less frequent, darker in colour and more formed.

For information visit www.nhs.uk and type '**How to combine breast and bottle feeding**' in the search bar.

Breast milk expression

Your baby's mother can express milk by hand and by using a manual or electric pump

Your baby's mother may want to express milk if:

- Your baby is in hospital
- Your baby is unable to breastfeed
- She is returning to work
- She is trying to increase her milk supply
- She is producing a lot of milk and the breasts feel uncomfortably full
- She plans to be away from your baby for a while



For information visit www.nhs.uk and type 'expressing breast milk' in the search bar.

Formula milk

There are lots of formula brands available

Healthcare professionals cannot tell you which to choose. This is a decision for you and your baby's mother to make together.

For babies under one

- Use a standard 'first' formula; there will be a number 1 on the box
- You should not give cow's milk to your baby as a drink
(Whole, blue-top cow's milk is ok to be used as an ingredient in solid foods.)

All formula milks available for sale in the UK meet strict nutritional standards

- Using formula milks marketed for specific non-medical purposes such as 'comfort milk' and 'anti-colic milk' is not routinely recommended. Before using these it is best to talk to your Midwife or Health Visitor.
- If your family has cultural or religious dietary requirements check the label for contents.
- If you are considering using an alternative to cows milk formula please contact a member of the Children's Public Health 0-19 Nursing Service (see page 73) for guidance.
- You can buy formula either in powder form or pre-made. The powdered formula works out much cheaper per feed.
- Store-bought pre-made formula should not be heated before giving to baby.
- If your baby is not taking to the formula you have chosen, speak to the Children's Public Health 0-19 Nursing Service before changing it.

For information visit www.firststepsnutrition.org and choose 'Infant Milks' from the options tab.

Safer bottle feeding

- You can bottle feed your baby with formula or expressed breast milk.
 - It is important that you sterilise bottles before using them to feed your baby breast milk or formula.
 - Powdered formula is not sterile. You must correctly prepare formula to sterilise the milk before feeding it to your baby. Follow the instructions on the label.
 - You should prepare fresh formula for each feed.
 - Always bottle feed your baby by hand, don't use items to 'prop feed' your baby as this is dangerous for them. Try to position your baby so that the bottle is held horizontally/just slightly tipped.
 - Formula and expressed breast milk should not be mixed in bottles. The temperature of the formula may be too high and could damage the enzymes within the breast milk.
 - Unlike breastfeeding, there is a constant flow of milk into the baby's mouth when using a bottle.
- Take breaks if you can see milk spilling from your baby's mouth.**
- After a bottle feed, babies need to be 'winded'. This is because they often swallow air when feeding from a bottle.
It is common for babies to spit out some milk when being winded.
 - If you think your baby is vomiting after feeds, please contact the midwifery team or the Children's Public Health 0-19 Nursing Service.

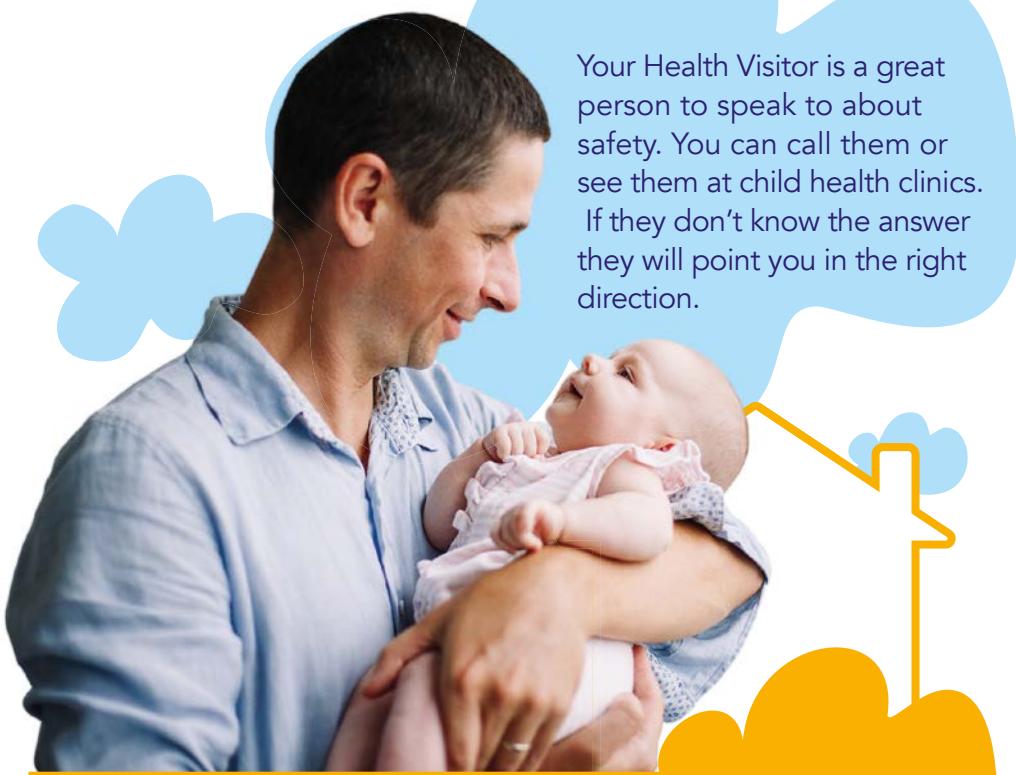
For more information visit www.nhs.uk and type '**How to make up baby formula**' and '**Sterilising baby bottles**' in the search bar and NHS.uk/Start4Life and type '**Burping your baby**' into the search bar.

For additional help and support contact the midwifery team or your Health Visitor or visit www.nhs.uk/start4life/baby/breastfeeding

Safety inside and outside the home

Keeping your baby safe is one of your main jobs as a parent.

Here is some information to help you make the safest choices for your baby. We have provided you with a list of great internet resources at the end of this section too.



Handling your baby

Newborn babies aren't strong enough to hold up their own heads. It is important when you hold them that you support their head so that it is in line with their body.

- You should avoid picking up your baby by putting your hands beneath the armpits. You are unable to support the head whilst doing this. It applies pressure on a baby's body and moves baby's shoulders into an unnatural position.
- A newborn baby will not always cry if they are uncomfortable. It is your job when holding your baby to check that they are in a safe position.

The safest and most comfortable way to pick up your baby is to:

1. Place one hand beneath the head and shoulders
2. Then the other hand on the buttocks
3. Lift them in a lying position

This is also the safest way to pass your baby to another person.



- When winding your baby, you may choose to do so with their head looking over your shoulder. This is a great way to wind your baby and have a cuddle at the same time but be mindful of your baby's head.

If you notice your baby's head is moving around a lot, try a different position until your baby gets a bit stronger.



- If you use a baby carrier/sling make sure that your baby's weight is compatible with the product you choose. All carriers will have a weight range.

Not all baby carriers/slings provide head and neck support for your baby. You can visit a child health clinic and speak with your Health Visitor if you are unsure about the safety of the carrier.

- If your baby has medical equipment (such as oxygen tubing or a feeding tube), please ask your specialist nurse for advice on how to handle your baby with this equipment in place.
- Never slide your baby across surfaces or pull them by their clothing. This can cause friction burns and leave them in an unnatural position. Always pick your baby up to move their position.

Do not throw your baby into the air or hold them high up, these are very dangerous things to do with a baby.

Illness in babies

If you don't feel it's an emergency:



Pharmacy

Expert knowledge of medicines to treat illness



Health Visitor

Trained nurses or midwives for support and guidance



GP

Tell the receptionist it is about a young baby



Call 111

Free NHS service

For age-specific health information for parents including illness advice visit the Healthier Together Website: what0-18.nhs.uk



If you do feel it's an emergency:

Go straight to A&E or
dial 999 for an ambulance

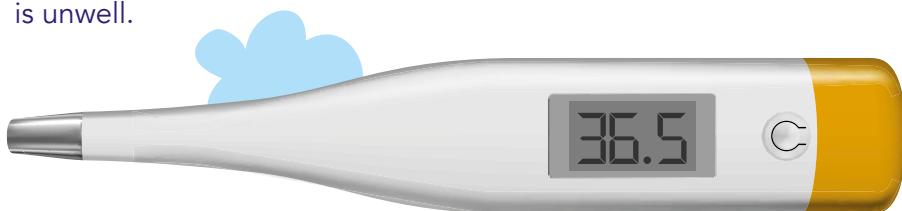


Queens Medical Centre has an A&E department.
City Hospital does not have an A&E department.



Managing illness

- It is a good idea to own a thermometer to check your baby's temperature. A high-temperature is an early sign that your baby is unwell.



A normal temperature in babies and children is around 36.5°C but this can vary. A high temperature is considered to be above 38°C.

NHS.uk has clear advice for different ages of children, visit the site and search '**fever in children**'.

- Babies rely on their milk for hydration and nutrition. If you are worried your baby's appetite has reduced call your Health Visitor. They will complete a telephone assessment and tell you what to do next.

Babies should not drink water until they are eating solid foods.* Call 111 if your baby is showing signs of dehydration.

- Childhood immunisations protect your baby from many serious diseases.

They help protect other vulnerable people who cannot have vaccinations themselves too. Your Health Visitor will give you and your baby's mother a lot of information about them. If you have any questions or concerns, please contact your Health Visitor to discuss.

- Your Health Visitor will give you information about managing illness. Please refer to this information or use the **NHS.uk** website to search for your specific concerns.

*Unless advised otherwise by a healthcare professional

Sepsis

Sepsis is a life threatening medical emergency which can be hard to spot. Sepsis needs treating early.

Call 999 or go straight to A&E if your baby has any of the following symptoms:

- Blue, pale or blotchy skin, lips or tongue
- A rash that does not fade when you roll a glass over it
- Difficulty breathing, breathlessness or very fast breathing (you may notice grunting noises or the skin sucking under the ribcage)
- A weak, high-pitched cry that is different to their normal cry
- Being sleepier than usual or difficult to wake up
- Not responding to you like they normally do

Safer sleeping

It is important that you know how to place your baby to sleep.

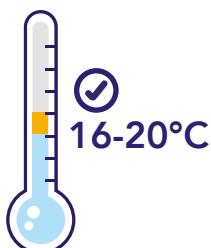
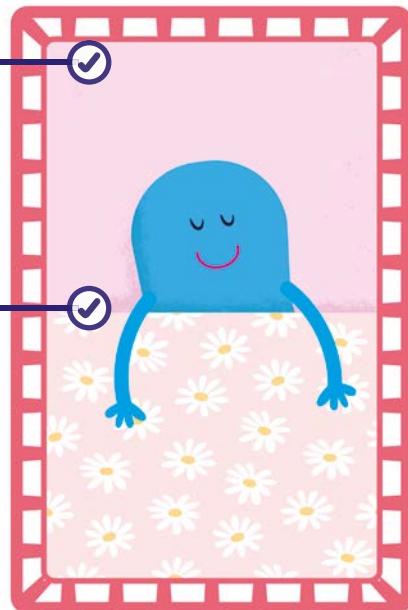
Young babies are not strong enough to safely position themselves.



- You should always place your baby to sleep on their back. Sleeping on their side or front can cause suffocation. Their nose and mouth may become covered by a blanket or the mattress.
- Babies manage to move around, even in early weeks. When putting your baby to sleep it is important to place them with their feet very close to the end of the cot / moses basket. They are then unable to wriggle down under their blanket.

- Flat, firm and waterproof mattress
 - you must not elevate the mattress.*

- Sleeping position
 - on their back with feet right at the bottom. Tuck the covers in under your baby's arms so they cannot slip them over their head.



Room temperature of 16-20°C

- with light bedding or a lightweight, well-fitting baby sleep bag - this is comfortable and safe for sleeping babies.



No toys, bumpers, thick blankets or pillows

- a clear cot is a safe cot!

- Cot, moses basket or in a flat-lying pram is the safest place for sleeping.



There are many sleeping products available that claim to help your baby sleep better (oval-shaped sleep pods, nests, pillows, cot bumpers). **These are unsafe for baby.** They can cause suffocation. There is a British Standard for cot mattresses but not for sleep pods/nests.

* Unless told otherwise by a healthcare professional

Do not sleep with your baby in your arms or beside you. Your position may change causing harm to your baby.



Babies don't need to wear hats or anything covering their head such as headbands when inside.

Your baby's head is the main way they will lose heat if they need to. A hat can stop your baby's body controlling its own temperature.



The Lullaby Trust is the best source of safer-sleeping information for parents.

Please take a look at their website for advice.
www.lullabytrust.org.uk

Car seats

Car seats are designed to keep babies safe when travelling, not for them to sleep in for long periods.



2
HOURS

Maximum time 2 hours
- take breaks if you are travelling for longer than this.



You can use special mirrors so you can see your baby, or have an adult sitting in the back seat with them.



Always use a car seat that is either brand new or from a trusted friend.



They come with manuals full of safety advice which you must read.



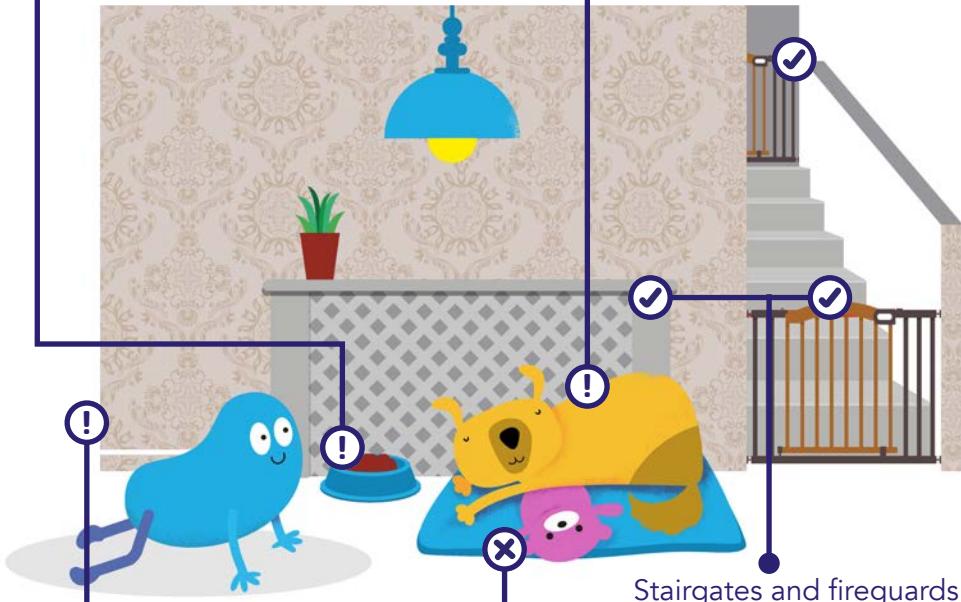
Remove winter coats and thick layers before you put your baby in the car seat.

General safety

Pet food is harmful for babies if eaten, pets can become protective of their food.



Fleas and worms are harmful to babies. keep your pets treated.



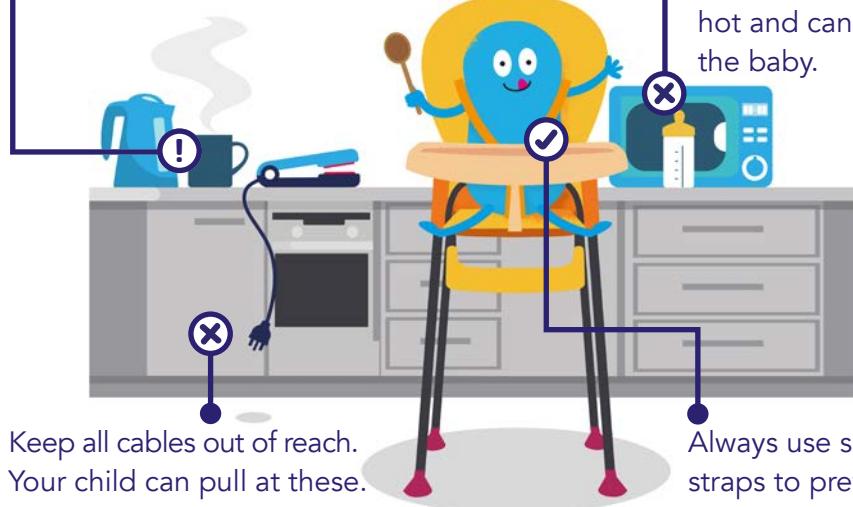
Teach your child not to disturb your pet when they are in their bed or eating.



Do not let your pet sleep or sit on your baby's things (to avoid infections).

Pet waste can be harmful to babies and pregnant women - make sure it is cleaned up straight away.

Pop hot drinks and other hot appliances such as hair straighteners out of reach.



Never warm bottles in the microwave! They become very hot and can burn the baby.

Keep all cables out of reach. Your child can pull at these.

Always use safety straps to prevent falls.



Always supervise your little ones whilst in the bath, pool or near ponds and the sea.

Gather all the things you need before you put your baby into the bath.

Cleaning products are extremely harmful! Keep them stored away safely.

Top tip! Start with cold water whilst running the bath then add hot checking the temp with your elbow (safe temp is 37°C-38°C).

You should keep your baby out of direct sunlight.



On hot days, cover your baby's skin with a single loose light layer of clothing and make sure they remain in the shade (for example using parasols).



Small round batteries commonly found in toys are harmful if ingested and often surgery is needed to remove them. Make sure toys are kept in good condition with batteries secured correctly.

Laundry and dishwasher tablets are brightly coloured and attractive to babies but they are very harmful if swallowed or burst onto the skin and eyes. Keep them in high cupboards out of reach.



Useful websites

- Safety in and outside of the home:
www.rospa.com and www.capt.org.uk
- Safer-sleeping:
www.lullabytrust.org.uk
- Health advice:
www.nhs.uk

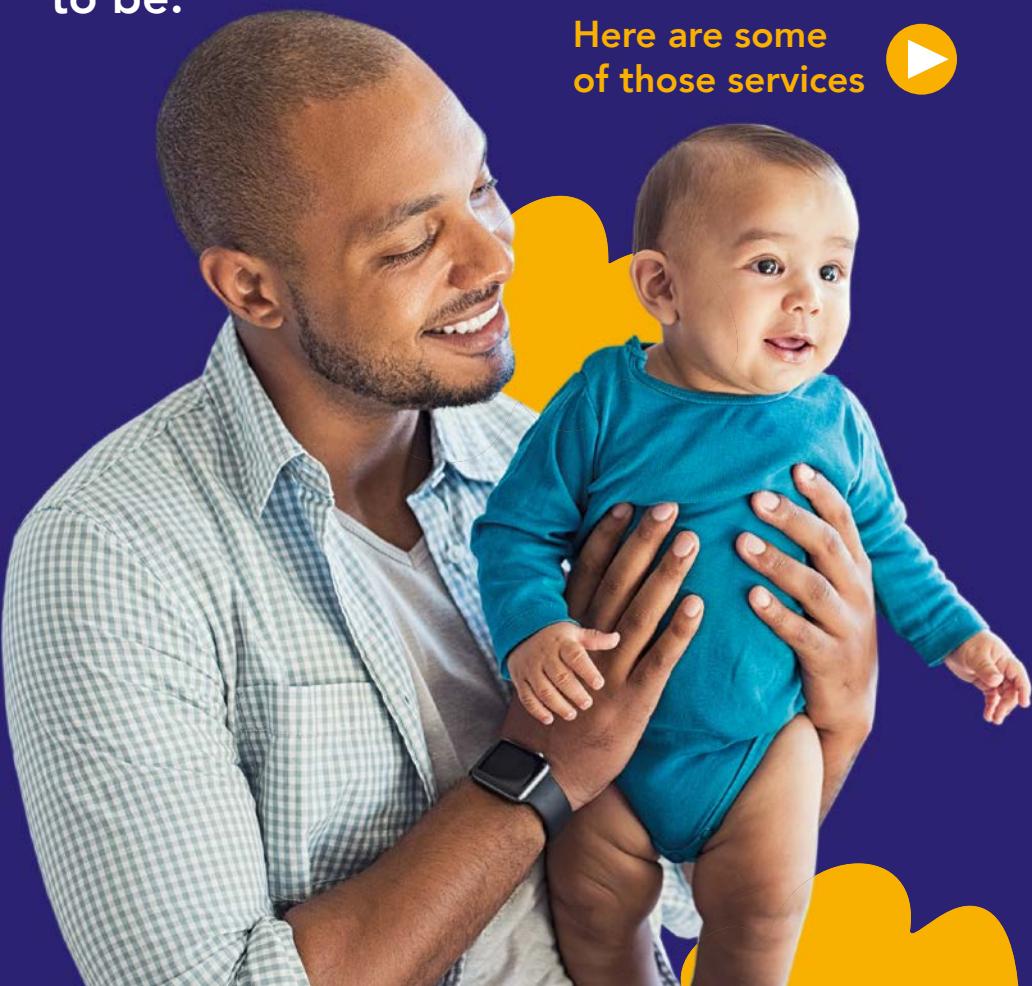


For first aid guidance including CPR: visit St John's Ambulance website: www.sja.org.uk and click '**'Paediatric first aid'**

Glossary of Practitioners

There are lots of practitioners available to support you as a parent and parent to be.

Here are some of those services



Maternity

Nottingham University Hospitals NHS Trust

Maternity Midwife:

Midwives provide most of the care for women during their pregnancy and birth. Student Midwives work alongside Midwives under supervision.

Senior Midwife:

Senior Midwives are Midwives with more responsibilities such as leading their team. Some specialise in extra roles such as prescribing medication and performing ultrasounds.

Maternity Support Worker:

Maternity Support Workers (MSWs) help the Midwives and Obstetric Doctors in the community and hospital. Their roles include:

- performing observations
- blood tests
- assisting with feeding and bathing your baby

Obstetric Doctor:

These doctors specialise in pregnancy and childbirth.

Anaesthetic Doctor:

These doctors specialise in pain relief and preparing patients for surgery.



www.nuh.nhs.uk/maternity

Children's Public Health 0-19 Nursing Service

Nottingham CityCare Partnership CIC

.....

Health Visitor:

(also known as a Specialist Community Public Health Nurse):
Community Public Health Nurses are registered nurses or midwives who can support with health, growth or development issues in children. They:

- work with parents who have new babies
- offer support and advice from pregnancy until the child starts school at age 5

Family Nurse:

Family Nurses deliver a programme called the Family Nurse Partnership (FNP). FNP is for parents and parents-to-be aged 24 and under. A Family Nurse visits parents from early pregnancy until their child is 2 years old. Eligible families are contacted during pregnancy about the service.

Nutrition Peer Support Worker:

Nutrition Peer Support Workers promote and support breastfeeding. They help mothers and families from pregnancy and during the first 6 weeks after birth to achieve their breastfeeding goals.

Children and Young People's Practitioner:

(formally Nursery Nurse):

Work alongside Health Visitors and School Nurses to:

- give advice
- assess child development
- support parents

Children and Young People Support Workers and Children and Young People Practitioners have qualifications relevant to children's health and development.

www.nottinghamcitycare.nhs.uk/our-services/childrens-public-health-0-19-nursing-service



Health Practitioners locally chosen by you

General Practitioner (GP):

GPs treat all common medical conditions. They refer patients to hospitals or other medical services if needed.

Practice Nurse:

General Practice Nurses work in GP surgeries as part of the healthcare team. Their role includes:

- administering immunisations
- running clinics
- taking blood samples
- performing tests on patients

All practitioners involved in supporting you as a family have a responsibility to ensure all children are protected and safe from harm. Practitioners may refer you for additional help and support from local authority colleagues. Where possible, this will be discussed with you first.

Pharmacist:

Pharmacists use their expert knowledge of medicines and health to give advice and guidance to patients. They're a great source of information and support for parents. Many are open 24 hours a day.

Area-specific and targeted services

Family Mentor:

Family Mentors give advice and support on lots of different topics for parents. They support the whole family to adapt to life with a new baby. Their advice is based on the latest evidence in child development.

Family Mentors also run free groups and activities.

Available in SSBC wards visit

www.smallstepsbigchanges.org.uk

Family Support Worker (FSW):

Family Support Workers are employed by Nottingham City Council. Their role is to provide practical and emotional support to families experiencing short or long-term difficulties.

Early Help FSWs can be accessed through your local Children's Centre.

Children's Social Worker:

Social Workers are employed by Nottingham City Council. Children's Social Workers work to help children, young people and their families when they are going through difficult times.

<https://www.nottinghamcity.gov.uk/childrenandfamilies>



Nottinghamshire Services ☈

- **www.nottshelpyourself.org.uk**

Comprehensive directory of services, local activities, and childcare providers for Nottinghamshire residents. Try navigating the parent/carer zone.

- **www.nottinghamshirehealthcare.nhs.uk**

Search for 'Healthy Family Teams' for local health visiting and school nursing team information

- **www.nottinghamshire.gov.uk**

County Council website, search for information regarding registering your baby's birth.



To find your nearest A&E, urgent care centre, GP, dentist or other health service please visit **www.nhs.uk** and type '**find xx**' in the search bar.

Additional specialist support organisations and national helplines

Opening times and availability may vary, visit the websites for up to date information

■ The Birth Trauma Association:

Helping individuals traumatised by childbirth

www.birthtraumaassociation.org.uk

■ Bliss:

For families affected by a baby born sick and / or premature

Book a video call by visiting the website

www.bliss.org.uk

■ Cry-sis:

Support for parents with crying and sleepless babies

Helpline number: **0845 122 8669**

(2p/min plus the standard network charge)

Helpline hours: 09:00am – 10:00pm

www.cry-sis.org.uk

■ Family Lives:

Support for all aspects of family life including same-sex parenting, young parenting and single parenting

Helpline number: **0808 800 2222** (standard network charge)

Helpline hours: 9am-9pm Mon-Fri | 10am-3pm Sat & Sun

Online Chat: Mon-Fri 1:30pm-9pm

www.familylives.org.uk

■ **Gingerbread:**

Support for single parents

Helpline number: **0808 802 0925**

Helpline hours: Vary, see website

www.gingerbread.org.uk

■ **Hub of Hope:**

Find local support for a variety of concerns such as mental health struggles by entering your postcode

www.hubofhope.co.uk

■ **Kicks Count:**

Supporting parental knowledge of pregnancy particularly baby movements

www.kickscount.org.uk

■ **ManKind Initiative:**

Domestic abuse support for male victims

Helpline number: **0182 333 4244** (standard network charge)

Helpline hours: 10am-4pm Mon-Fri

www.mankind.org.uk

■ **Mind:**

Mental Health Support

Helpline number: **0300 123 3393** (Freephone)

Helpline hours: 9am-6pm Mon-Fri (except bank holidays)

www.mind.org.uk

■ **Miscarriage Association:**

Support for families affected by miscarriage

Helpline number: **0192 420 0799** (standard network charge)

Helpline hours: 9am-4pm Mon-Fri

www.miscarriageassociation.org.uk

■ **Sands:**

Support for families affected by baby loss

Helpline number: **0808 164 3332** (standard network charge)

Helpline hours: 10am-3pm Mon-Fri / 6pm-9pm Tuesday and Thursday evenings

www.sands.org.uk

■ **Shelter:**

Housing advice

Helpline number: **0808 800 4444** (Freephone)

Helpline hours: 8am-8pm Mon-Fri / 8am-5pm Sat & Sun

www.shelter.org.uk

■ **Shout 85258:**

Free, anonymous and confidential mental health support through text

Text: **SHOUT** to **85258** (free and will not appear on phone bill)

Text helpline hours: 24/7

www.giveusashout.org

■ **Start4Life:**

NHS information for parents regarding feeding and much more

www.nhs.uk/start4life

■ **Twins Trust:**

Support for multiple birth families

Helpline number: **0800 138 0509**

Helpline hours: 10am-1pm / 7pm-10pm Mon-Fri

www.twinstust.org

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Congratulations, and enjoy fatherhood

from all at Small Steps Big Changes



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