

## Digital Resources for New Parents

East Dunbartonshire has produced a useful guide providing information and support from credible sources during these unprecedented times for new parents.

For more information please contact the Public Health Improvement Team at:

[ED.Healthimprovementteam@ggc.scot.nhs.uk](mailto:ED.Healthimprovementteam@ggc.scot.nhs.uk)

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### Medical advice and guidelines:

**NHS Inform** - [www.nhsinform.scot](http://www.nhsinform.scot)

Scotland's dedicated resource offering up-to-date facts on health, services and campaigns. It also has a wealth of information available online on illness, treatments and conditions including latest information on coronavirus, symptoms checker and guidelines.

[www.nhsinform.scot/ready-steady-baby](http://www.nhsinform.scot/ready-steady-baby) – Your NHS guide to pregnancy, labour and birth and early parenthood up to 8 weeks.

[www.nhsinform.scot/healthy-living/immunisation](http://www.nhsinform.scot/healthy-living/immunisation) - All you need to know about immunisations and vaccines in Scotland. Includes information on how they protect against serious diseases, when you should get immunised, what vaccines are available and what they protect against.

**Please note: It is extremely important during the COVID-19 outbreak that all children attend for their immunisations to help prevent the outbreak of a preventable illness.**

**The pre5 immunisation programme in East Dunbartonshire is still running and our healthcare staff are on hand to support families to attend. For more information and advice you can contact us on 0141 304 7417**

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### Advice and support for parents

**The Parent Club** - [www.parentclub.scot/coronavirus](http://www.parentclub.scot/coronavirus)

A great place to find family friendly information covering tips for home learning, talking to your child about the Coronavirus, keeping active with children, healthy and delicious recipes, breastfeeding during the pandemic and nursery and school closures.

**Children 1st** - [www.children1st.org.uk/help-for-families/parentline-scotland/guidance-advice/coming-home-with-a-new-baby](http://www.children1st.org.uk/help-for-families/parentline-scotland/guidance-advice/coming-home-with-a-new-baby)

Organisation who offer practical advice and with support in difficult times. They have useful information on a number of topics and have a free confidential **Parentline** that you can call if you need to talk to someone on **08000 28 22 33**

**Parenting Across Scotland** - [www.parentingacrossscotland.org](http://www.parentingacrossscotland.org)

Parenting across Scotland have various on line resources that can be downloaded. They contain top tips and practical advice for families.

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## Health and wellbeing

**Financial Support: Best Start Grant** - [www.mygov.scot/benefits/best-start/](http://www.mygov.scot/benefits/best-start/)

If you are under 18, or on a low income, or receiving benefits you may also be eligible for a Best Start Grant and/or Best Start Foods.

**Financial Support: Healthier Wealthier Children:** - 0141 775 3220

Income Maximisation programme run by East Dunbartonshire Citizens Advice Bureau. Available to pregnant women, parents & carers of children up to age 5, and parents & carers of children up to 19 who are on a low income or need help with money worries and/or benefit applications. Phone the number above to request a telephone appointment.

**Children Accident Prevention Trust** - [www.capt.org.uk](http://www.capt.org.uk)

Practical guides to support parents in providing a safe environment for their child at each stage of their development. You can also download activity sheets which can help children to learn how to keep themselves safe.

**Childsmile** - [www.child-smile.org.uk](http://www.child-smile.org.uk)

Provides parents with all the information they need to help take care of their child's teeth in the very earliest days all the way up to 12 years old.

**Fun First Food** – [www.healthscotland.com/documents/303.aspx](http://www.healthscotland.com/documents/303.aspx)

An easy guide to introducing solid foods, giving information on the different stages of weaning with tips, advice and recipes.

**Formula Feeding** - [www.healthscotland.com/documents/5523.aspx](http://www.healthscotland.com/documents/5523.aspx)

The latest guidance on how to safely make up infant formula and feed your baby safely.

**Play@home** – [www.healthscotland.com/documents/20735.aspx](http://www.healthscotland.com/documents/20735.aspx)

Activity ideas for parents, carers and children and encourage everyone to have fun using items found easily around the home.

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## Breastfeeding support, helplines and virtual support groups

Although your health visitor may not be able to provide face to face support at this time they are still available to speak with if you require breastfeeding support. There are also a number of organisations who are providing on line or telephone support.

**The National Breastfeeding Helpline** - 0300 100 0212 (9.30am – 9.30pm)

Helpline run in collaboration with the Breastfeeding Network and the Association of Breastfeeding Mothers. Support is also available in Welsh and Polish via the National Breastfeeding Helpline – call 0300 100 0212 and press 1 for Welsh and 2 for Polish. *naszej ofercie nowy serwis z informacjami dotyczącymi karmienia piersią i emocjonalnym wsparciem mam w języku polskim. Zadzwoń pod numer 0300 100 0212 po czym wybierz 2*

**Association of Breastfeeding Mothers** –

<https://courses.abm.support/courses/team-baby-getting-ready-to-breastfeed>

An online course designed to support and prepare expectant parents for early days of breastfeeding. Split into 5 sections with interactive quizzes and links for further information.

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**Glasgow Breastfeeding Buddies** – Mondays & Thursdays 1.30-2.30 pm

<https://forms.gle/GVfbPSFhLkP59Mr18>

Running a virtual baby café via Zoom where you can meet and chat with other breastfeeding mums and access breastfeeding support.

**La Leche League** - 0345 120 2918 (8am – 11pm)

**The National Childbirth Trust** - 0300 330 0700 (8am – midnight)

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### Social support available online, including local groups

**Bookbug at home** - [www.eastdunbarton.gov.uk/news/it's-all-going-online-edlc-libraries](http://www.eastdunbarton.gov.uk/news/it's-all-going-online-edlc-libraries)

A fun mix of songs, rhymes and a story for children aged 0-5 years and their mums, dads and carers. Library staff are holding virtual bookbug online throughout the week. It's a great way to introduce your whole family to the activity and connect with local staff. Find out more on EDLC Culture website or by visiting their twitter or facebook pages.

**Daisy Foundation (New Dawn Hub, Bishopbriggs)** -

[www.facebook.com/daisyfoundationbishopbriggsskilllearnsurroundingarea](http://www.facebook.com/daisyfoundationbishopbriggsskilllearnsurroundingarea)

Pregnancy and antenatal classes run by local wellbeing hub in Bishopbriggs – classes currently being held online. They also have a closed facebook group which you can apply to join and chat to local expectant ladies and mums of young babies.

**The National Childbirth Trust** – Wednesdays 2 - 3.30pm

[www.nct.org.uk/local-activities-meet-ups/region-scotland/glasgow](http://www.nct.org.uk/local-activities-meet-ups/region-scotland/glasgow)

Bumps and Babies Group is meeting weekly online via Zoom. You can meet and chat with other mums and get breastfeeding support also.

**Babycentre** - [www.babycentre.co.uk/baby](http://www.babycentre.co.uk/baby)

A popular parenting website with a specific focus on pregnancy and early years of parenting. The chat forum is known as Babycentre Community and has many options for parents to meet others who share commonalities such as birth month or local area -

<https://community.babycentre.co.uk/groups/a3892935/scotland>

**Netmums** - [www.netmums.com/coffeehouse](http://www.netmums.com/coffeehouse)

Another popular parenting website, UK based with a network of local sites. The Coffee House chat forum launched in 2004 for mums and dads to chat, make friends and exchange advice online. As of 2012 the site included over 150 local websites, 500 national meet-up groups for mothers and 1,500 bloggers in its network.

**DISCLAIMER:** East Dunbartonshire HSCP is not responsible for any incorrect or inaccurate content posted on the websites listed here or in connection with any non-clinical services.

We urge you not to share any personal information and are not responsible for any type of harm caused due to sharing things such as, personal e-mail, telephone number and street address. Although most people on the site are here for help and support, there may be untrustworthy people out there who may not have the best intentions so please proceed with caution.

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