

**EDITION 10**

**April 2019**



# Highland's Information Trail

## Delivering Integrated Children's Services in Highland

### Introduction

This *Highland Information Trail* guides professionals to resources available to support and improve maternal and child health across Highland. It covers information from both a national and local perspective from pre pregnancy through to the age of five. A number of useful websites are also listed to further support families.

This resource combines the NHS Health Scotland Early Years Pathway [www.healthscotland.com/documents/3708.aspx](http://www.healthscotland.com/documents/3708.aspx) and is structured to complement the core programme of contacts as detailed in *Pathways for Maternity Care, Keeping Childbirth Natural and Dynamic* (KCND) and *The National Health Visiting Pathway for Scotland* ensuring integrated services and seamless transitions. It also supports *The Best Start: A Five-Year Forward Plan for Maternity and Neonatal Care in Scotland* by empowering parents to make choices based on high quality information. Additional support and contact is given if necessary following assessment.

### Health Literacy

One in five adults in Scotland has difficulty with reading/numeracy and learning acquisition, therefore it is important to ensure that any information leaflets given out are complimented with a full explanation and discussion of their contents. Check directly with the person how best to communicate information which may be better in DVD or picture formats, a number of materials are available in easy read versions. As an alternate to *Ready Steady Baby!* and *Ready Steady Toddler!*, CHANGE resources are available to order from the HIRS library for parents with learning disabilities. These include: ***My Pregnancy, My Choice; You and Your Baby 0 – 1***; and *You and Your Little Child 1 – 5* (order one per client). The following e learning module from NHS Education for Scotland (NES) provides useful tools and techniques around health literacy - <https://learn.nes.nhs.scot/1449/elearning-digital/health-literacy-tools-and-techniques>.

### Health Promotion/Health Behaviour Change

Taking a motivational interviewing (MI) approach in supporting health behaviour change is more effective than simply giving advice, how we present information is of great importance. Local health behaviour change and MI training is provided by NHS Highland health improvement team, their prospectus, training calendar and booking forms can be accessed here <http://bit.ly/2DqHEle>

### Health Information and Resources Service (HIRS)

The Health Information and Resources Service (HIRS) has a Library which offers a wide range of health related materials for loan, free of charge to those working or living within the Highlands. Materials consist of: Leaflets, Posters, DVDs, Training Packs, Games, Models & Equipment. Most Leaflets can be viewed online and downloaded from the website where clients need to register with HIRS at <http://healthyhighlanders.co.uk/HPAC>.

**NHS Highland, Southside Lodge, 45 Southside Road, Inverness IV2 4XA.**

**Telephone:** 01463 704 647,

**Email:** [hirs.mailbox@nhs.net](mailto:hirs.mailbox@nhs.net)

**Website:** <http://healthyhighlanders.co.uk/HPAC>

## Information for Health Professionals

Health professionals should be familiar with the three key resources: *Ready, Steady Baby!*, *Ready Steady Toddler!* and *Off to a Good Start* and refer to them when discussing health information with parents. This information trail suggests other leaflets which may be given to supplement these key resources.

***Ready Steady Baby!*** is a substantial key resource for parents and provides most of the information that they will need before, during and after pregnancy. The different professionals who have contact with women throughout this time should make a point of referring to this resource. The redesigned version due published in early 2019 will cover pregnancy and 6-8 weeks post birth and has been designed to reduce the need for many different leaflets.

***Ready Steady Toddler!*** is a hands on guide for parents as they experience the changes their child goes through when they leave the baby stage behind and become an inquisitive and demanding toddler. With a practical problem solving approach, this invaluable resource has sections on understanding toddler behaviour and ways for parents to tackle new challenges. Due to be redesigned in 2019 and will be renamed, covering 6/8 weeks – 2.5 years

***Off to a Good Start*** is a key resource for supporting breastfeeding. Like *Ready Steady Baby!* and *Ready Steady Toddler!* Professionals who have contact with women at all stages should refer back to it and work through it with women.

***Pre-pregnancy Care*** - All professionals who have contact with women and partners who may be contemplating pregnancy should advise them about safe medications, healthy diet and lifestyle, e.g. physical activity, healthy weight, smoking, alcohol and substance misuse. This discussion should also include the importance of folic acid and vitamin D supplements.

Optimum recommendations are that women take folic acid for 3 months before conception and until 12 weeks pregnant and a daily supplement of Vitamin D 10 micrograms throughout pregnancy.

***Nutrition*** - Maternal and Child Nutrition - Best Practice Guidance' provides practitioners with a practical and evidence-based framework for delivering nutritional information by all agencies engaging with women of childbearing age. It offers advice to be given throughout pregnancy and the early years. The 'Maternal and Child Nutrition - Best Practice Guidance' has now been broken down in to 4 separate parts

### ***Healthy Weight in Pregnancy***

[http://www.forhighlandschildren.org/4-icspublication/index\\_148\\_3464266229.pdf](http://www.forhighlandschildren.org/4-icspublication/index_148_3464266229.pdf)

### ***Infant Feeding Policy - Maternity -***

[http://www.forhighlandschildren.org/4-icspublication/index\\_127\\_2322302023.pdf](http://www.forhighlandschildren.org/4-icspublication/index_127_2322302023.pdf)

### ***Infant Feeding Policy - Health visiting -***

[http://www.forhighlandschildren.org/4-icspublication/index\\_127\\_553499461.pdf](http://www.forhighlandschildren.org/4-icspublication/index_127_553499461.pdf)

### ***Toddler and Young Children: food, mood and health guidance -***

[http://www.forhighlandschildren.org/4-icspublication/index\\_160\\_2533496786.pdf](http://www.forhighlandschildren.org/4-icspublication/index_160_2533496786.pdf)

***Healthy Start*** (To be replaced by Best Start Foods Summer 2019) provides eligible pregnant women (those on low-income, under 18 or in receipt of benefits) with vouchers to exchange for milk, fresh and frozen fruit and veg, infant formula. Vouchers are sent every 4 weeks and will be doubled up after birth.

***Healthy Start Maternal Vitamins*** are provided free for all women in Highland for the duration of pregnancy, through the Midwife Antenatal contacts; 2 bottles at booking and 2 bottles at the 22 week clinic, supported by a Midwife conversation. All women should be offered the Healthy Start application form at booking which can be signed by their midwife to state they have been consulted about their pregnancy. Throughout pregnancy and the early years, all staff across agencies that have contact with new parents should opportunistically remind them about Healthy Start, especially where circumstances have changed to affect eligibility. One example of this is at birth; it is important that women are reminded to contact the helpline after birth or the vouchers will stop. This can be done by calling 0345 607 6823 or visiting the website - [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk) Healthy Start vitamins may be available to purchase from some community pharmacies at a low cost by non-beneficiaries of the scheme and women should be signposted to their local community pharmacy for advice.

### ***North Highland***

***Healthy Start Children's drops*** are distributed free to families who are eligible for Healthy Start by their Health visitors;

### ***For Breastfed babies-from birth***

### ***For bottle fed babies-from 6 months***

***(Children taking more 500ml or more of formula daily do not need Healthy Start vitamins)***

**Best Start Grant**-Is a package of three payments to give money to lower income families during the key early years of a child's life. These payments will not affect other benefits and are eligible to the mother of the child, her partner or someone who has a young mother dependent on them if they are on the following benefits. Universal Credit, Income support, income-based jobseekers' allowance, income-related employment and support allowance, pension credit, housing benefit, child tax credit and working tax credit. Under 18's or 18 & 19 year olds who are still in full time education do not need to be on a qualifying benefit.

**Pregnancy and Baby Payment** of £600 for a first child and £300 for other children with an extra £300 for a multiple birth. It's paid to help cover some of the costs of having children. These costs could be things like needing a pram or buying clothes for your baby but, because it's a cash payment, parents can choose how best to spend the money. It can be claimed from 24 weeks of pregnancy until the baby is 6 months old. Evidence to confirm pregnancy/Birth is taken from Baby Box claim data, Mat B1 or Birth certificate.

**Early Learning Payment** of £250 is available for low income eligible families when a child reaches the age of 2 or 3 years.

**School age Payment** (Available from summer 2019) of £250 around the time a child would usually start school. Further information and how to apply here: <https://www.mygov.scot/best-start-grant/>

**Oral Health Care** - Pregnancy offers an opportunity to remind women to register with a dentist. NHS dental treatment is free during pregnancy and until the baby is 1 year old.

Remind women: to continue a good oral hygiene routine, including brushing at least twice a day with 1500 ppm fluoride toothpaste, and flossing to avoid gums swelling or bleeding & that baby teeth calcification begins at 5 months in utero; adult teeth calcification begins just before or shortly after birth.

If women experience any problems registering with a dentist then the NHS Dental Help Line number should be given:  
North Highland - 0845 644 2271 or  
Argyll & Bute CHP - 0845 833 2310.

For further information to help care for your child's teeth, see [www.child-smile.org.uk](http://www.child-smile.org.uk)

**Flu and pertussis** - vaccinations must be discussed with women and relevant information leaflets provided. In September, a letter should be sent to all women on the midwife's caseload encouraging uptake of flu vaccine.

**Words Up Baby** is a resource being used in Highland Council area which highlights the importance of communication, promoting positive attachment with babies even before birth. The key messages are discussed with parents at appointments during pregnancy and after birth. *From the beginning* booklet is given at the dating scan and the *Before Words* handout is given at 4-8 weeks after birth.

**Words Up Early Stages** highlights 6 key messages essential to promoting early language development. Where there is a concern about a child's language development, this series of leaflets (available

in A4 or A5 size) will help to support a discussion of ways to promote early language. Although they are aimed at parents of children from the toddler to P1 stage, no ages are specified on the leaflets, allowing them to be given at the right time for the child depending on their stage of development. The 4 leaflets are titled: 'First Words'; 'Words Together'; 'Talking Together' and 'Chatting Now' and are available from HIRS.

**Play@home** - baby, toddler and pre-school books are provided to families in Scotland with a child 0-5 years old. Activities in the books promote child development, attachment and family communication. Professionals should refer to the activities when discussing children's physical, social and emotional growth and the acquisition of speech and language skills - a series of 3 leaflets linking specific play activities to key language development messages is also available through HIRS. It can also be used by professionals as a resource to discuss baby massage.

**Bookbug** provides free bags of books and goodies for parents to share with their children. Each child will receive four bags in total: Baby Bag, Toddler Bag, Explorer Bag and the P1 Family Bag. There are Gaelic versions of each available. The bags are provided through health visitors and early years settings and also available via the local library. All families are welcome to attend free Bookbug sessions offered by trained library staff which takes place in a variety of locations including libraries. Bookbug Sessions are free, fun and friendly events for babies, toddlers, preschoolers and their families to enjoy rhymes, songs and stories together. Staff should refer to the packs and sessions when discussing positive attachments and the acquisition of speech and language skills.

**Family Nurse Partnership (FNP)** deliver intensive home visiting to young women having their first baby. The main aims of the programme are to improve maternal health, child health and development and increase the family's economic self-sufficiency. FNP is offered in some areas of Highland and other areas that do not have access to FNP should consider additional support available to young women through Community Early Years Practitioners or other Third Sector Partners who offer support to young people. Further Information [here](#)

**Scottish Antenatal Parent Education pack core syllabus** provides practitioners with many resources that can be used with women and families, all midwifery bases have been issued with these. Resources for providing antenatal education and support to fathers include the Dads2b resource and DVD.

**Scotland's Baby Box** - Every baby in Scotland is entitled to a free baby box provided through the Scottish government. The box is full of baby essentials from birth to 6 months and can provide a comfortable place for the baby to sleep. At around 22 weeks midwives should fill in a Baby Box registration card at the regular antenatal appointment. The midwife will send this card away to register for the Baby Box which will be delivered at least four weeks prior to the estimated due date to a preferred address provided on the registration card by the mother. In unfortunate circumstances such as still birth delivery of a box may be cancelled via [scotlandsbabybox@theapsgroup.com](mailto:scotlandsbabybox@theapsgroup.com) or **0800 030 8003** quoting the registration number on the leaflet. Additional registration

cards are requested from the same above email address. More information (contents, etc) is available at <http://www.parentclub.scot/baby-box>

**Translating and interpreting** - Women and families who do not speak English as a first language may require interpretation or translation services to enable communication. It is the responsibility of staff to book the service if required. Face to face interpretation is available for spoken languages through Global Languages and telephone interpretation is available through Language Line. British Sign Language interpretation is also available for service users who are Deaf or hard of hearing as well as other communication support such as lip reading or note taking. For interpretation and translation guidance see **NHS staff:** [here](#)  
**Highland Council Staff:** [here](#)

**Benefits Entitlements and work** - All households in Highland can access a financial health check and advice about money and debt management. Pregnant women can self-refer to their local Citizens Advice Bureaux for independent advice and support around debt management, housing and employment rights and more. Staff can support vulnerable families by referring on their behalf with appropriate consent. The Highland Council Welfare Support Team also provides advice about benefits and other entitlements that are available. The Welfare Support Team can be contacted on 0800 090 1004. [welfare.support@highland.gov.uk](mailto:welfare.support@highland.gov.uk)

Staff working in Argyll & Bute can access locality information from: <http://www.argyll-bute.gov.uk/social-care-and-health/welfare-rights>

**Family Information Services** provide details on registered Early Learning and Childcare (ELC) services across Scotland. Information can be found on registered child minders, registered after school clubs, registered day care nurseries, registered ELC settings and non-registered parent and toddler groups.

The offices in Highland and Argyll & Bute are open Monday – Friday 9am – 5pm.

Highland Tel: 01463 702 871  
[familyinformationservice@highland.gov.uk](mailto:familyinformationservice@highland.gov.uk)

Argyll & Bute Tel: 01369 70851  
Families can access the link and click on their regional area for local information:  
[www.families.scot](http://www.families.scot)

### **Highland Third Sector Interface**

The Highland Third Sector Interface was formed in 2012 and officially launched on the 4th of March 2013. Their Mission is to ensure that the Third Sector in Highlands is strong, developing and a valued community and regional asset. As a Third Sector Interface they work together with eight partners to deliver, among other services, four specific themes of work as agreed with the Scottish Government:

- Volunteering development
- Social Enterprise development
- Supporting and developing a strong third sector
- Building the third sector relationship with community planning

They co-ordinate the regional work, specifically strategic involvement with the public and private sectors, while supporting the locally delivered work of our Partners.

### **For more Information**

info@highlandtsi.org.uk

01349 864289

Thorfin House, Bridgend Business Park,  
Dingwall, IV15 9SL

See their useful community directory [here](#)

### **600 hours of funded early learning and childcare is available for 2 year olds who:**

- Are looked after or subject to a kinship care order or with parent appointed guardian
- Are eligible for free school meals
- Are living in households where their parents or carers are receiving any qualifying benefits

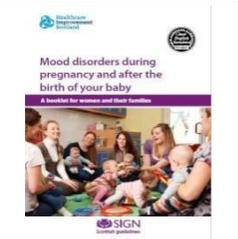
### **Qualifying benefits:**

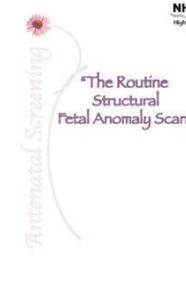
- Income support
- Income based Job Seekers Allowance
- Any income related element of Employment and Support Allowance
- Child Tax Credit, but not in receipt of Working Tax Credit, and an income below £16,105
- Child Tax Credit and Working Tax Credit, and an income below £6,420
- Support under Part VI of the immigration and Asylum Act 1999
- Universal Credits with an earned income below £610 per month
- Incapacity Benefit or Severe Disablement Allowance
- Pension Credit

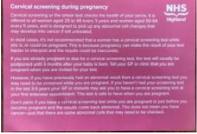
For further information

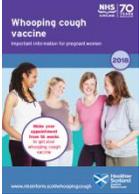
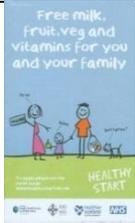
[https://www.highland.gov.uk/info/899/schools\\_-\\_grants\\_and\\_benefits/21/early\\_learning\\_and\\_childcare/2](https://www.highland.gov.uk/info/899/schools_-_grants_and_benefits/21/early_learning_and_childcare/2)

**Violence Against Women (VAW)** - VAW is widespread and affects many of the women and children we are working with. The Highland Violence Against Women Partnership has developed resources to support staff in their work. This includes guides on Responding to VAW; specific protocols for sexual violence, Female Genital Mutilation (FGM) and Forced Marriage; documentation to support MARAC risk identification and referral; information on support services; and Learn Pro e-learning (NHS staff) and face to face multi-agency training programme. For the most up to date resources, please visit the Highland Violence Against Women Partnership [website](#), some resources are also available through HIRS (search under subject 1GBV gender-based violence).

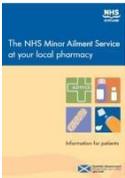
Stage	Information resource	Image	Given by	Produced by	Alternative languages and formats available
			Universal and/or Targeted	Available From	
Preconception stage/Given at booking	<b>Ready Steady Baby! Online</b> The online version has been revised March 2019.		Midwife/GP	NHS Health Scotland	Online <a href="https://www.nhsinform.scot/readysteadybaby">https://www.nhsinform.scot/readysteadybaby</a>
			Universal	Weblink only	
	<b>Folic Acid: Before and during pregnancy</b> Updated Feb 2019 for preconception only as now covered in RSB book.		Midwife/GP	NHS Health Scotland	Available to download via <a href="http://www.healthscotland.com/documents/5101.aspx">www.healthscotland.com/documents/5101.aspx</a>
			Targeted	HIRS L1CPB/001/L	
	<b>Healthy weight in pregnancy:</b> for women concerned about their weight, can also be useful at other stages in pregnancy.		Midwife/GP	NHS Highland	
			Targeted	HIRS L1CPB/007/L	
	<b>Mood disorders during Pregnancy and after the birth of your baby:</b> Aimed at women who are planning pregnancy or pregnant and are concerned about mood disorders. <b>2017 Revised edition</b>		Midwife or Family Nurse	Health Improvement Scotland/SIGN	Also available to download <a href="http://www.sign.ac.uk/assets/pat127.pdf">www.sign.ac.uk/assets/pat127.pdf</a>
			Targeted	HIRS L1CPB/010/L	
To be given at booking appointment	<b>Plastic expanding wallet</b> to hold <i>Ready Steady Baby</i> and any other antenatal information/leaflets expectant mothers receive. <i>To be issued with Ready Steady Baby.</i>		Midwife or Family Nurse	NHS Highland	
			Universal	HIRS L1CPB/008/L	

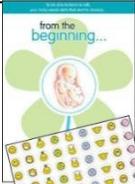
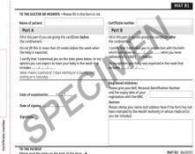
	<p><b>1st Trimester screening leaflet:</b> Information about the 1st trimester screening test for Down's syndrome, sometimes called CUB screening</p>	 <p>The Early Screening Test for Down's Syndrome</p> <p>This leaflet gives information about the 1<sup>st</sup> trimester screening test for Down's syndrome, sometimes called CUB screening</p> <p>CUB screening is Combined Ultrasound and Biochemical screening and can be carried out between 11+2 – 14+1 weeks of pregnancy.</p>	<p>Midwife or family nurse</p>	<p>NHS Highland</p>	<p>PDF available from Antenatal screening midwife <a href="mailto:Fiona.mundell@nhs.net">Fiona.mundell@nhs.net</a> to be printed locally</p>
	<p><b>The routine structural fetal anomaly scan leaflet:</b> Gives in depth information about what to expect from this routine fetal anomaly screening scan.</p>	 <p>NHS Highland</p> <p>"The Routine Structural Fetal Anomaly Scan"</p>	<p>Midwife or family nurse</p>	<p>NHS Highland</p>	<p>PDF available from Antenatal screening midwife <a href="mailto:Fiona.mundell@nhs.net">Fiona.mundell@nhs.net</a> to be printed locally</p>
	<p><b>Highland Information Trail Magazine bag:</b> This bag is designed to hold the information resources given out throughout the pregnancy; the logo supports early communication and attachment.</p>		<p>Midwife or Family Nurse</p>	<p>NHS Highland/ Highland Council</p>	
	<p><b>Ready Steady Baby!</b> New for 2019, revised RSB encompasses pre-birth until baby is 8weeks old.</p>		<p>Midwife or Family Nurse</p>	<p>NHS Health Scotland</p>	<p>Ready Steady Baby! Is available in Polish, Arabic, simplified Chinese <a href="#">HERE</a> Easy Read version under development available by end of 201 Online version <a href="#">HERE</a></p>
<p><b>New for 2019!</b></p>	<p><b>CHANGE: My Pregnancy, My Choice</b> Targeted resource: should be given to parents with learning disabilities in addition to <i>Ready Steady Baby!</i> or as an alternative order 1 per client</p>		<p>Midwife, Family Nurse, third sector organisations</p>	<p>NHS Health Scotland</p>	<p>This is currently the Easy Read version of Ready Steady Baby!</p> <p>A new easy read version of Ready Steady Baby is under development by the ReHip (Redesign of Health Information for Parents) team at NHS Health Scotland and is expected by the end of 2019.</p>
			<p><b>Universal</b></p>	<p><b>Download only</b></p>	
			<p><b>Universal</b></p>	<p><b>Download only</b></p>	
			<p><b>Universal</b></p>	<p><b>HIRS BAG1BAB/029/BAG</b></p>	
			<p><b>Universal</b></p>	<p><b>HIRS L1CPB/003/L</b></p>	
			<p><b>Targeted</b></p>	<p><b>HIRS B1DIS/001/B</b></p>	

	<p><b>My Pregnancy and post – birth wellbeing plan.</b> A helpful tool to assist women to plan how to manage their emotions and keep mentally well during pregnancy and following the birth of their baby.</p>		Midwives or family nurse	Tommy's	<a href="http://www.tommys.org/sites/default/files/wellbeing%20plan%202016.pdf">www.tommys.org/sites/default/files/wellbeing%20plan%202016.pdf</a>  To download and print locally
	<p><b>Group B Streptococcus (GBS) In pregnancy and newborn babies</b> This new leaflet can be given to pregnant women who request more information about GBS than is given in the RSB. 2017</p>		Midwife or family Nurse	RCOG & Group B Strep Support Group (GBSS)	<p>Can also be downloaded along with other useful leaflets from <a href="https://gbss.org.uk/health-professionals-2/posters-and-leaflets/">https://gbss.org.uk/health-professionals-2/posters-and-leaflets/</a></p> <p>Sheets of GBS yellow Alert stickers and other resources can be ordered free from <a href="https://gbss.org.uk/online-shop/">https://gbss.org.uk/online-shop/</a></p>
	<p><b>Young People's Pregnancy and Parenthood</b> a resource created by young parents and supported by young scot with real life information and advice including relationships, wellbeing, parenthood and housing</p>		Midwife or Family Nurse	Young Scot	<a href="https://young.scot/ping">https://young.scot/ping</a>  This website replaces the Young Parents Survival guide booklet.
<b>New for 2019!</b>	<p><b>Cervical Screening during Pregnancy</b> a leaflet clarifying cervical screening recommendations during pregnancy</p>		Midwife or Family Nurse	NHS Highland	
	<p><b>You're pregnant! Scans and Tests</b> 2017 edition</p>		Midwife or Family Nurse	NHS Health Scotland	<p>Available to download in simplified Chinese (Mandarin), Polish, Latvian, Arabic, Urdu, Easy Read and Audio (English) from NHS Health Scotland</p> <p><a href="http://www.healthscotland.com/documents/3985.aspx">www.healthscotland.com/documents/3985.aspx</a></p>
			<b>Universal</b>	<b>Download only</b>	
			<b>Targeted</b>	<b>HIRS L1CPB/023/L</b>	
			<b>Targeted</b>	<b>Website Resource</b>	
			<b>Universal</b>	<b>HIRS L1BAB/052/L</b>	
			<b>Universal</b>	<b>HIRS L1CPB/002/L</b>	

	<p><b>Whooping cough: help protect your baby</b> 2018 edition</p>		<p>Midwife or Family Nurse</p>	<p>NHS Health Scotland</p>	<p>Available in traditional Chinese (Cantonese), Polish, Urdu, Audio (English) and in Easy Read format via <a href="http://www.healthscotland.com/documents/22551.aspx">www.healthscotland.com/documents/22551.aspx</a></p>
			<p><b>Universal</b></p>	<p><b>HIRS L1MM/016/L</b></p>	
	<p><b>FW8 prescription exemption form</b></p>		<p>GP/Midwife or Family Nurse</p>	<p>Banner Business</p>	<p>An exemption certificate will be posted to women once this form is processed by practitioner services.</p>
			<p><b>Universal</b></p>		
<p><b>Healthy Start will be replaced by Best Start Foods around Summer 2019</b></p>	<p><b>Healthy Start application leaflet</b> Should be offered to all pregnant women and will be taken up by those who are eligible.</p>		<p>Midwife or Family Nurse</p>	<p>Department of Health</p>	<p>Clients can also apply online at <a href="http://www.healthystart.nhs.uk/healthy-start-vouchers/how-to-apply/">www.healthystart.nhs.uk/healthy-start-vouchers/how-to-apply/</a></p>
			<p><b>Targeted</b></p>	<p><b>HIRS L1FOO/007/L</b></p>	
	<p><b>I Quit: stopping smoking when you're pregnant</b></p> <p>Please note: This publication replaces <i>Fresh Start</i> booklet which should be sent for recycling.</p>		<p>Midwife or Family Nurse</p>	<p>NHS Health Scotland</p>	<p>This booklet is designed to help pregnant smokers and their midwives work with local stop smoking services. If you have any questions or want more information, call Smokeline free on <b>0800 84 84 84</b> to speak to an expert, or visit <a href="http://www.quityourway.scot">www.quityourway.scot</a></p>
			<p><b>Targeted</b></p>	<p><b>HIRS L1DRS/050/L</b></p>	

	<p><b>Carbon Monoxide, smoking and your baby</b> To be given to <b>all</b> women who are smoking, recent quitters or with a CO reading of 4ppm or above</p>		<p>Midwife, Family Nurse or SC Advisor</p>	<p>NHS Highland</p>	
			<p><b>Targeted</b></p>	<p><b>HIRS L1DRS/047/L</b></p>	
Also in Red book pack given by HV at primary visit	<p><b>Smoke free Homes and cars</b> Gives information to families on the benefits of smoke-free homes and cars</p>		<p>Midwife, Family Nurse or Smoking Cessation Advisor</p>	<p>NHS Highland</p>	<p>Contains tear-off form to complete and return to sign up to the 'Smoke-Free Homes and Cars Challenge' includes a FREEPOST pre-paid addressed envelope.</p> <p>A pack will then be posted to the home address and offers referral to smoking cessation services for all smokers within the household.</p>
			<p><b>Targeted</b></p>	<p><b>HIRS L1DRS/001/L</b></p>	
	<p><b>Help keep your baby safe and healthy</b> Describes the risk of harm to a baby from drinking alcohol when pregnant.</p>		<p>Midwife, Family Nurse</p>	<p>HADP/NHS Highland</p>	<p>Promotes the message of 'No Alcohol When Pregnant, No Risk'. Describes Fetal Alcohol Spectrum Disorder (FASD).</p>
			<p><b>Targeted</b></p>	<p><b>HIRS L1CPB/021/L</b></p>	
	<p><b>Information for adult haemoglobinopathy carriers, sickle cell, beta thalassaemia</b> For parent who are found to be carriers following booking bloods.</p>		<p>Midwife, Family Nurse</p>	<p>NHS Health Scotland</p>	<p>Download only from <a href="http://www.healthscotland.com/documents/30471.aspx">http://www.healthscotland.com/documents/30471.aspx</a></p>
			<p><b>Targeted</b></p>	<p><b>Download only</b></p>	
	<p><b>Financial Health Check</b> All women should be asked if they have any money worries and referred to their local CAB office for a financial health check for specialist advice on benefits, debt, housing etc</p>		<p>Midwife or Family Nurse</p>	<p>Local Citizens Advice Bureau</p>	<p>Contact details of local CAB offices can be found here <a href="https://www.highland.gov.uk/info/335/community_advice/405/welfare_support">https://www.highland.gov.uk/info/335/community_advice/405/welfare_support</a> Alternatively, the Council's Welfare Support Team can be contacted on Tel: 0800 090 1004 or email <a href="mailto:welfare.support@highland.gov.uk">welfare.support@highland.gov.uk</a> SMP and MA pay guides can be accessed <a href="https://www.gov.uk/government/publications/maternity-benefits-technical-guidance">https://www.gov.uk/government/publications/maternity-benefits-technical-guidance</a></p>
			<p><b>Universal</b></p>		

	<p><b>Information on money advice</b> Provides printed leaflets and downloads on a range of money advice topics.</p>	<p>Can be contacted free on 0800 138 7777 * Monday to Friday, 8am to 8pm</p>	<p>Midwife or Family Nurse</p> <p><b>Targeted</b></p>	<p>Money Advice Service (impartial organisation set up by government) Download/Order via website</p>	<p>A new printed leaflet re financial advice for parents experiencing late miscarriage, stillbirth or neonatal death is available as pdf or hard copy Download/Order via website <a href="http://www.moneyadvice.service.org.uk/en/articles/order-forms">www.moneyadvice.service.org.uk/en/articles/order-forms</a></p>
	<p><b>Pregnant? Flu. I'm ready for you.</b> Flu immunisation information for pregnant women should be issued to all women in Flu season (October- March) and uptake of flu vaccine promoted.</p>		<p>Midwife or Family Nurse</p> <p><b>Universal</b></p>	<p>NHS Health Scotland</p> <p><b>HIRS L1IMM/003/L</b></p>	<p>Available in traditional Chinese (Cantonese), Polish, Urdu, Audio (English) and in Easy Read format to download via  <a href="http://www.healthscotland.com/documents/5487.aspx">www.healthscotland.com/documents/5487.aspx</a></p>
	<p><b>Steps to deal with stress</b> A booklet that gives some practical advice on how to manage stress</p>		<p>Midwife or Family Nurse</p> <p><b>Targeted</b></p>	<p>NHS Health Scotland</p> <p><b>HIRS L1MEN/018/L</b></p>	<p>Available in Polish, traditional Chinese (Cantonese), Urdu, Audio (English) and in Easy Read format  <a href="http://www.healthscotland.com/documents/5828.aspx">www.healthscotland.com/documents/5828.aspx</a> A relaxation CD is also available to order from <b>HIRS L1MEN/032/L</b></p>
	<p><b>The NHS Minor Ailment Service</b> 8 pg leaflet explaining this service, available to pregnant women and under 16 (under 19 in full time education)</p>		<p>Pharmacist, Midwife or Family Nurse</p> <p><b>Universal</b></p>	<p>Scottish Government</p> <p><b>Download only</b></p>	<p>Available to download only <a href="https://beta.gov.scot/publications/nhs-minor-ailment-service-local-pharmacy/">https://beta.gov.scot/publications/nhs-minor-ailment-service-local-pharmacy/</a></p>
	<p><b>BCG and your baby: protecting babies against TB</b> For non-routine immunisation – offered to babies who are more likely to come into contact with tuberculosis</p>		<p>Midwife or Family Nurse</p> <p><b>Targeted</b></p>	<p>NHS Health Scotland</p> <p><b>HIRS L1IMM/015/L</b></p>	<p>Available in traditional Chinese (Cantonese), Polish, Audio (English) and in Easy Read format <a href="http://www.healthscotland.com/documents/22166.aspx">http://www.healthscotland.com/documents/22166.aspx</a></p>
	<p><b>Hepatitis B: how to protect your baby</b> For non-routine immunisation – offered to babies who are more likely to come into contact with hepatitis 2017 version</p>		<p>Midwife or Family Nurse</p> <p><b>Targeted</b></p>	<p>NHS Health Scotland</p> <p><b>HIRS L1IMM/011/L</b></p>	<p>Available in traditional Chinese (Cantonese), Polish, Urdu and Audio (English) <a href="http://www.healthscotland.com/documents/20537.aspx">www.healthscotland.com/documents/20537.aspx</a></p>

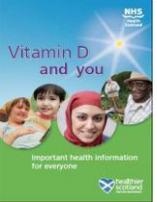
	<p><b>Farming leaflet</b> This leaflet advises women on the risks of contact with farm animals in pregnancy and how to avoid contracting chlamydia, toxoplasmosis, listeriosis and Q fever.</p>		<p>Midwife or Family Nurse</p>	<p>NHS Highland</p>	<p>Available as pdf download only to print locally from <a href="mailto:Francis.arrowsmith@nhs.net">Francis.arrowsmith@nhs.net</a></p>
			<p><b>Targeted</b></p>	<p><b>Download Only</b></p>	
	<p><b>Tommy's When to call the midwife Infographic</b> This useful info graphic provides simple guidance on when to call the midwife particularly useful for primis, those with literacy or language barriers.</p>		<p>Midwife or Family nurse</p>	<p>Tommy's</p>	<p>Available to download only vial link <a href="https://www.tommys.org/sites/default/files/When-to-call-the-midwife_web2.pdf">https://www.tommys.org/sites/default/files/When-to-call-the-midwife_web2.pdf</a> can be printed and given or forwarded for women to download to their phones or other devices</p>
			<p><b>Targeted</b></p>		
<p><b>Dating Scan</b></p>	<p><b>From the beginning booklet</b> Supports early communication, helps parents build a relationship with their unborn child - first steps in positive bonding and attachment.</p>		<p>Sonographers MCA</p>	<p>Highland Council</p>	
			<p><b>Universal</b></p>	<p><b>HIRS L1BAB/035/L</b></p>	
<p><b>22-25 weeks pregnant</b></p>	<p><b>MATB1 maternity certificate</b> Allows women to claim SMP and MA can be issued to all women from 20 Weeks pregnant</p>		<p>Midwife or Family Nurse</p>	<p>Department for Work and Pensions</p>	<p>Order MatB1 forms</p> <p><a href="https://www.gov.uk/government/publications/maternity-certificate-mat-b1-guidance-for-health-professionals">https://www.gov.uk/government/publications/maternity-certificate-mat-b1-guidance-for-health-professionals</a></p>
			<p><b>Universal</b></p>		
	<p><b>Your Guide to Contraception</b></p> <p>Reprinted January 2016 version.</p>		<p>Midwife or Family Nurse</p>	<p>Family planning association</p>	<p><a href="http://www.fpa.org.uk/sites/default/files/your-guide-to-contraception.pdf">http://www.fpa.org.uk/sites/default/files/your-guide-to-contraception.pdf</a></p>
			<p><b>Universal</b></p>	<p><b>HIRS L1CON/011/L</b></p>	

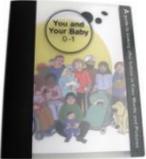
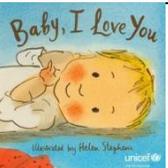
	<p><b>Your guide to longer-lasting contraception</b></p> <p>To be issued to all women to allow time to make informed choices.</p>		<p>Midwife or Family Nurse</p>	<p>NHS Health Scotland</p>	<p>Available in Polish, Simplified Chinese (Mandarin), Urdu, Arabic, Bengali and Romanian</p> <p><a href="http://www.healthscotland.com/documents/3521.aspx">http://www.healthscotland.com/documents/3521.aspx</a></p> <p>A guide to aid discussion is available</p> <p><a href="http://www.healthscotland.com/uploads/documents/10136-LLC%20professional%20briefing.pdf">http://www.healthscotland.com/uploads/documents/10136-LLC%20professional%20briefing.pdf</a></p>
			<p><b>Universal</b></p>	<p><b>HIRS L1CON/019/L</b></p>	
<p><b>New for 2019!</b></p>	<p><b>A guide to Best Start Grant:</b></p> <p>This 4-page leaflet answers commonly asked questions regarding the new Best Start Grant which replaced the Sure start maternity from December 2018</p>		<p>Midwife or Family Nurse</p>	<p>Social Security Scotland</p>	<p>For further information on eligibility</p> <p><a href="https://www.mygov.scot/pregnancy-and-baby-payment/">https://www.mygov.scot/pregnancy-and-baby-payment/</a></p> <p>Parents can apply electronically via the link</p> <p><a href="https://www.mygov.scot/best-start-grant/">https://www.mygov.scot/best-start-grant/</a></p> <p>Or printable form for posting</p> <p><a href="https://dgxmvz0tqkndr.cloudfront.net/production/images/general/BSG-Pregnancy-and-Baby-Payment-Application-December-2018.pdf">https://dgxmvz0tqkndr.cloudfront.net/production/images/general/BSG-Pregnancy-and-Baby-Payment-Application-December-2018.pdf</a></p>
			<p><b>Targeted</b></p>	<p><b>HIRS L1BAB/051/L</b></p>	
<p><b>New for 2019!</b></p>	<p><b>Pregnancy and baby payment wheel</b></p> <p>An interactive flyer allowing clients to spin the wheel to find out if they are eligible for the Pregnancy and Baby Payment. given parents of children under 5 years old who are unsure if they are eligible for the Best Start Grant</p>		<p>Midwife or Family Nurse</p>	<p>Social Security Scotland</p>	
			<p><b>Targeted</b></p>	<p><b>HIRS L1BAB/054/L</b></p>	
	<p><b>Scotland's Baby Box</b></p> <p>Form to be completed by midwife at around 22 weeks and will be delivered to women around 36 wks. More information (contents, etc) is available at <a href="http://www.parentclub.scot/baby-box">http://www.parentclub.scot/baby-box</a></p>		<p>Midwife or Family Nurse</p>	<p>Scottish Government</p>	<p>In unfortunate circumstances such as still birth delivery of a box may be cancelled via 0800 030 8003 or by emailing the above address quoting the registration number on the leaflet.</p>
			<p><b>Universal</b></p>	<p>Registration cards can be ordered via email <a href="mailto:scotlandsbabybox@theapsgroup.com">scotlandsbabybox@theapsgroup.com</a></p>	

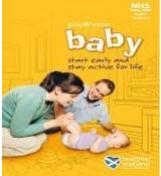
	<b>Before Birth</b> Words up Baby leaflet - 4 key messages to develop good communication and relationships before baby is born.		Midwife or Family Nurse	The Highland Council	Available in Polish and Gaelic  Also available in poster A4 format under code via <b>HIRSP1/BAB/010/P</b>
			<b>Universal</b>	<b>HIRS L1/BAB/047/L</b>	
	<b>Feeling your Baby move is a sign they are well/Reporting reduced fetal movements. What should I expect?</b> 2 sided leaflet consistent with national guidelines aiming to tackle misinformation, the flip side explains what care women should receive when they report RFM's. Replaces NHS Highlands leaflet A guide to feeling your baby's movements.		Midwife or Family Nurse	Tommy's	Available to download from Tommy's <a href="https://www.tommys.org/pregnancy-information/health-professionals/free-pregnancy-resources/leaflet-reporting-reduced-fetal-movements">https://www.tommys.org/pregnancy-information/health-professionals/free-pregnancy-resources/leaflet-reporting-reduced-fetal-movements</a>  First page available in multiple languages via link <a href="https://www.tommys.org/pregnancy-information/health-professionals/free-pregnancy-resources/leaflet-feeling-your-baby-move-sign-they-are-well">https://www.tommys.org/pregnancy-information/health-professionals/free-pregnancy-resources/leaflet-feeling-your-baby-move-sign-they-are-well</a>
			<b>Universal</b>	<b>HIRS 1CPB/024/L</b>	
<b>28 weeks</b>	<b>Off to a Good Start: all you need to know about breastfeeding</b>  2018 edition		Midwife or Family Nurse	NHS Health Scotland	Available to download in Polish, Arabic along with other useful posters at <a href="http://www.healthscotland.com/documents/120.aspx">http://www.healthscotland.com/documents/120.aspx</a>
			<b>Universal</b>	<b>HIRS L1BAB/004/L</b>	
	<b>Antenatal Conversation Tool</b> A4-sized sheet to replace antenatal checklist in swmmr. <i>The conversation tool ensures a holistic approach to providing antenatal education.</i>		Midwife or Family Nurse	NHS Highland	<b>Put in hand held notes at booking</b>
			<b>Universal</b>	<b>HIRS/BAB/004/L</b>	
	<b>From Bump to Breastfeeding</b> The DVD should be distributed to pregnant		Midwife or Family Nurse	Produced by Best Beginnings and distributed by NHS Health Scotland	The full set of DVD video clips are available online at the Best Beginnings website: <a href="http://www.bestbeginnings.org.uk/from-bump-to-breastfeeding">www.bestbeginnings.org.uk/from-bump-to-breastfeeding</a>

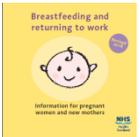
	women considered to have literacy issues, or would benefit from an audio/visual format, alternative language, or have limited digital access.		<b>DVD-Targeted</b> <b>Video Clips-Universal</b>	<b>HIRS L1BAB/020/L</b>	
	<b>Living Life</b> CBT Service from NHS 24 Leaflet		Midwife or Family Nurse	NHS 24	Provides information on the offered FREE confidential telephone service based on CBT and/or Guided Self-help for people aged 16 and over who are feeling low, depressed or anxious. Provides contact details of organisations that can help. <a href="http://breathingspace.scot/living-life/">http://breathingspace.scot/living-life/</a>
	<b>Pregnancy Related Pelvic Girdle Pain</b> A leaflet for women experiencing pelvic girdle pain giving self care advice		Midwife	POGPH	Information helping pregnant women to manage symptoms of Pelvic Girdle Pain
	<b>ERAS Leaflet</b> A leaflet for women who are having a planned Caesarean Section at Raigmore Hospital outlining the care to expect before, during and after the birth.		ANC Staff	NHS Highland	Available at consultant ANC's when surgery is booked.
	<b>Your baby! Tests offered</b>		Midwife or Family Nurse	NHS Health Scotland	Available in simplified Chinese (Mandarin), Polish, Urdu, Arabic, Easy Read and Audio (English) <a href="http://www.healthscotland.com/documents/4258.aspx">http://www.healthscotland.com/documents/4258.aspx</a>
<b>HV</b> <b>32-34 weeks</b>	Pre-birth contact letter or phone call		Health Visitor or Family Nurse		Outline Role of HV and give any local service leaflet or Information re appointments re arranging home visit by Health Visitor

Post-birth given at discharge from hospital or home birth	<b>Formula feeding: how to feed your baby safely</b> To make an informed decision around infant feeding and information on how to formula feed safely. Endorsed by Unicef baby friendly initiative.		Midwife or Family Nurse	NHS Health Scotland	Available in Polish and Audio (English) <a href="http://www.healthscotland.com/documents/5523.aspx">http://www.healthscotland.com/documents/5523.aspx</a> Now available to order form HIRS in an easy read 2018 version L1BAB/049/L
			<b>Universal</b>	<b>HIRS L1BAB/018/L</b>	
	<b>Child Benefit Form</b>		Midwife or Family Nurse	HMRC	Child Benefit Claim Form Pack (Form CH2) is aimed at anyone responsible for a child. You can claim child benefit no matter how much you earn or have in savings. Available to download: <a href="http://www.hmrc.gov.uk/forms/ch2-online.pdf">http://www.hmrc.gov.uk/forms/ch2-online.pdf</a>
			<b>Universal</b>	<b>HIRS L1BAB/028/L</b>	
	<b>Joint Birth Registration – Involving both parents</b> A leaflet outlining the legal implications of joint birth registration and signposting to further help		Midwife or Family nurse	Scottish Government	For further Information <a href="http://www.gov.scot/Topics/Justice/law/17867/InvolveBothParents">http://www.gov.scot/Topics/Justice/law/17867/InvolveBothParents</a>
			<b>Targeted</b>	<b>HIRS L3LEG/001/L</b>	
	<b>Reduce the risk of cot death</b> This leaflet coproduced by SG is to be given out to all parents		Midwife or Family Nurse	Scottish Government	
			<b>Universal</b>	<b>HIRS L1BAB/003/L</b>	
<b>New for 2019!</b>	This easy read double sided leaflet can be used as a supplement to the above leaflet		Midwife of Family Nurse	Scottish cot Death Trust	For further information <a href="https://www.scottishcotdeathtrust.org/post.php?s=2018-03-12-safe-sleep---easy-read-leaflet">https://www.scottishcotdeathtrust.org/post.php?s=2018-03-12-safe-sleep---easy-read-leaflet</a>
			<b>Targeted</b>	<b>HIRS L1BAB/ /L</b>	
	<b>Newborn Hearing consent form</b>		Audiologist	NHS Highland	
				<b>Audiology Dept Raigmore</b>	
	<b>Protect your baby's natural headshape: tummy time to play, back to sleep</b>		Midwife or Family Nurse	Scottish Government	
			<b>Universal</b>	<b>HIRS L1BAB/013/L</b>	

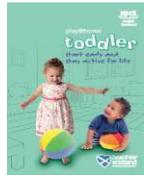
	<b>Your guide to contraceptive choices – after you’ve had a baby</b>		Midwife or Family Nurse	FPA	Can also be accessed here <a href="http://www.fpa.org.uk/sites/default/files/contraception-after-having-baby-your-guide.pdf">http://www.fpa.org.uk/sites/default/files/contraception-after-having-baby-your-guide.pdf</a>
			<b>Universal</b>	<b>HIRS L1CON/010/L</b>	
	<b>Postnatal Conversation tool</b> a feeding checklist that also supports early bonding and attachment		Midwife or Family Nurse	NHS Highland	<b>Should be affixed to the hand held maternity notes to prompt discussion around feeding</b>
			<b>Universal</b>	<b>HIRS LBAB/033/L</b>	
	<b>NHS Highland Postnatal Breastfeeding Leaflet</b> A5 booklet with tips on good B/F practice, local and national contacts, peer support and overcoming common problems. Includes info for dads.		Midwife or Family Nurse	NHS Highland	
			<b>Targeted</b>	<b>HIRS 1BAB/008/L</b>	
	<b>Breast feeding and antidepressant medication 2017 edition</b>		Midwife or Family Nurse	NHS Highland	
			<b>Targeted</b>	<b>HIRS L1BAB/005/L</b>	
<b>HV Primary visit 10–14 days</b>	<b>Red Book</b> (Personal Child Health Record)		Health Visitor or Family Nurse	Local NHS Board	
			<b>Universal</b>		
	<b>Vitamin D and You</b> 2018 Edition		Health visitor or Family Nurse	NHS Health Scotland	Available in traditional Chinese (Cantonese), Polish, Urdu and Audio (English). <a href="http://www.healthscotland.com/documents/5274.aspx">www.healthscotland.com/documents/5274.aspx</a> Information for professionals re new doses etc available <a href="#">here</a> :
			<b>Universal</b>	<b>HIRS L1FOO/002/L</b>	

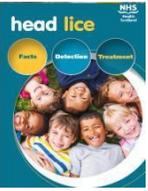
	<p><b>What to expect after immunisation: babies and children up to 5 years</b> (to be issued to parents and carers after each immunisation) November 2018 update</p>		Health Visitor or Family Nurse	NHS Health Scotland	<p>Available in traditional Chinese (Cantonese), Polish, Urdu, Hungarian, Arabic, Lithuanian, Pashto, Easy Read and Audio (English) <a href="http://www.healthscotland.com/documents/6122.aspx">www.healthscotland.com/documents/6122.aspx</a></p>
			<b>Universal</b>	<b>HIRS L1IMM/001/L</b>	
<p><b>In red book pack</b>  New for 2019!</p>	<p><b>Protect your Child against serious diseases: Baby and child Vaccines</b> Provides information on the routine immunisations offered Feb 2019 version.</p>		Health Visitor or Family Nurse	NHS Health Scotland	<p>Available in simplified Chinese, Polish, Urdu, Lithuanian, Arabic, Romanian, Audio (English) and in Easy Read format.  <a href="http://www.healthscotland.com/documents/6016.aspx">www.healthscotland.com/documents/6016.aspx</a></p>
			<b>Universal</b>	<b>HIRS L1IMM/006/L</b>	
	<p><b>Tips for New Parents</b> Gives new parents tips on keeping a healthy relationship whilst adjusting to life with a new baby and contact numbers for support or counselling.</p>		Health visitor or Family Nurse	The Spark, NHS Health Scotland & Scottish Government	<p>The Spark also offers a free relationship helpline number <b>0808 802 2088 which is open 11-2 Tuesday-Thursday</b>, counselling and support by phone, online, or face-to-face</p>
			<b>Targeted</b>	<b>HIRS 1PAR/011/L</b>	
	<p><b>Handle with Care: How to keep your baby safe</b> This A5 leaflet is aimed at parents and explains why you should never shake a baby, how babies like to be held, how to cope with crying and places to go for help.</p>		Health Visitor or Family Nurse	NSPCC	
			<b>Targeted</b>	<b>HIRS L1PAR/012/L</b>	
	<p><b>CHANGE: You and Your Baby</b> (0–1 years) Targeted resource: should be given as an alternative to or offered in addition to Ready Steady Baby! to parents with learning disabilities.</p>		Health Visitor or Social Worker, and third sector organisations	NHS Health Scotland / CHANGE	<p>This resource is in Easy Read format.</p>
			<b>Targeted</b>	<b>HIRS L1BAB/041/L</b>	
<p><b>In red book pack</b></p>	<p><b>Baby, I Love You</b></p>		Health Visitor or Family Nurse	UNICEF	<p>Available to download in Polish, simplified Chinese (Mandarin), Urdu and audio <a href="http://www.unicef.org.uk/what-we-do/our-uk-work/baby-i-love-you/">www.unicef.org.uk/what-we-do/our-uk-work/baby-i-love-you/</a></p>
			<b>Universal</b>	<b>HIRS L1BAB/032/L</b>	

	<p><b>Caring for your baby at night</b> A professionals guide to introducing this leaflet is available via <a href="http://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2011/11/Caring-for-your-Baby-at-Night-A-Health-Professionals-Guide.pdf">www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2011/11/Caring-for-your-Baby-at-Night-A-Health-Professionals-Guide.pdf</a></p>		Health Visitor or Family Nurse	UNICEF UK Baby Friendly Initiative	Parents leaflet can be downloaded as pdf <a href="https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2018/08/Caring-for-your-baby-at-night-web.pdf">https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2018/08/Caring-for-your-baby-at-night-web.pdf</a> Professional infographic <a href="https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2016/07/Co-sleeping-and-SIDS-A-Guide-for-Health-Professionals.pdf">https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2016/07/Co-sleeping-and-SIDS-A-Guide-for-Health-Professionals.pdf</a>
	<p><b>Physical Activity for the Early Years (Birth to 5)</b> This Infographic outlines activity recommendations for 0-5 from the CMO's report Start active, Stay active</p>		Health Visitor or Family Nurse	Scottish Government	Available to download only <a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/541228/Children_0-5_infographic.pdf">https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/541228/Children_0-5_infographic.pdf</a>
	<p><b>Baby Talk</b> Words up Baby leaflet - 4 key messages to develop good communication and relationships once baby is born.</p>		Health Visitor or Family Nurse	The Highland Council	Available in Polish and Gaelic  Also available in poster A4 format under code via HIRS <b>HIRS P1BAB/011/P</b>
	<p><b>Meningitis Baby Watch</b> Postcard giving information on Meningitis and Septicaemia symptoms 2017 version</p>		Health visitor or Family Nurse	Meningitis Research Foundation	Download via <a href="http://www.meningitis.org/getmedia/f14a583a-f137-48a5-8321-d007db5ffa5/Babywatch-Poster-Dec-2017">www.meningitis.org/getmedia/f14a583a-f137-48a5-8321-d007db5ffa5/Babywatch-Poster-Dec-2017</a>
<b>3-5 weeks</b>	<b>Bookbug Baby Bag</b>		Health Visitor or Family Nurse	Scottish Book Trust  Order from book bug coordinator	Available in Gaelic.
	<b>play@home baby book</b>		Health Visitor or Family Nurse	NHS Health Scotland	Available in Polish Email: <a href="mailto:nhs.HealthScotlandPlayAtHome@nhs.net">nhs.HealthScotlandPlayAtHome@nhs.net</a> for more information
			<b>Universal</b>	<b>Library Stores</b>	

	<p><b>Breastfeeding and returning to work</b> Breastfeeding information for pregnant women and new mothers 2018 edition</p>		Health Visitor or Family Nurse	NHS Health Scotland	Also available to download via <a href="http://www.healthscotland.com/uploads/documents/21774-Breastfeeding%20and%20returning%20to%20work-Feb18-English.pdf">http://www.healthscotland.com/uploads/documents/21774-Breastfeeding%20and%20returning%20to%20work-Feb18-English.pdf</a>
			<b>Universal</b>	<b>HIRS L1BAB/010/L</b>	
<b>6–8 weeks</b>	<b>Childsmile Practice</b>		Health Visitor or Family Nurse COHT	NHS Health Scotland	Available in traditional Chinese (Cantonese), Polish, and Urdu.  <a href="http://www.healthscotland.com/documents/4795.aspx">www.healthscotland.com/documents/4795.aspx</a>
			<b>Universal</b>	<b>Childsmile oral health teams (COHT) 3762</b>	
	<p><b>First Teeth, Healthy Teeth</b> This resource is for Health Visitors, Family Nurses or dental health professionals to use as a reference. It is not available for distribution to parents</p>		Health Visitor or Family Nurse	NHS Health Scotland <b>Childsmile oral health teams (COHT) 2537</b>	Can be downloaded <a href="http://www.healthscotland.com/documents/25374.aspx">www.healthscotland.com/documents/25374.aspx</a>
	<p><b>Before Words – So much happens before words</b> A4 handout describing the baby's developing communication at each stage, so parents know what to anticipate and offers simple practical ways to support the baby's essential listening and 'baby-talk' skills, leading to first words.</p>		Health Visitor or Family nurse	Highland Council	Accompanying leaflet available linking Before Words to appropriate play at home activities via HIRS under code <b>L/1BAB/038/L</b>
			<b>Universal</b>	<b>HIRS L1BAB/036/L</b>	
	<p><b>Drinks for babies and young children</b> Also option to give at 3-4 months</p>		Health Visitor, Family Nurse or COHT	NHS Health Scotland	Available in traditional Chinese (Cantonese), Polish, and Urdu to download as a pdf  <a href="http://www.healthscotland.com/documents/5064.aspx">www.healthscotland.com/documents/5064.aspx</a>
			<b>Universal</b>	<b>Child Smile Oral Health Teams (COHT) 3684</b>	

	<b>Snack ideas for children</b>		Health Visitor, Family Nurse or COHT	NHS Health Scotland	Available to download in traditional Chinese (Cantonese), Romanian, Slovakian, Polish and Urdu <a href="http://www.healthscotland.com/documents/22388.aspx">www.healthscotland.com/documents/22388.aspx</a>
			<b>Universal</b>	<b>Child Smile Oral Health Teams (COHT)</b>	<a href="http://www.healthscotland.com/documents/22388.aspx">www.healthscotland.com/documents/22388.aspx</a>
<b>3/4 months</b>	<b>How to protect your children's teeth (DVD)</b>		Health Visitor, Family Nurse or COHT	NHS Health Scotland	Electronic clips are available for viewing on <a href="http://www.child-smile.org">www.child-smile.org</a>
			<b>Targeted</b>	<b>Childsmile oral health teams (COHT) 3411</b>	
	<b>RoSPA Height Charts</b> Height chart depicting safety messages replacing <i>The good egg guide</i> ..may have been issued by health visiting staff on earlier visits		Health Visitor or Family Nurse	NHS Health Scotland	
			<b>Universal</b>	<b>HIRS L1SAF/028/L</b>	
	<b>Oral Hygiene Pack &amp; Training Cup</b> Can also be issued as an addition at 12 to 18 months		Health Visitor or Family Nurse or COHT	NHS Health Scotland & Childsmile	
			<b>Universal/Targeted (12-18 mths)</b>	<b>Childsmile oral health teams (COHT)</b>	
	<b>Fun First Foods</b> (discuss delaying until around 6 months)		Health Visitor or Family Nurse	NHS Health Scotland	Available in Polish, traditional Chinese(Cantonese), simplified Chinese, Urdu, Arabic, Russian,Portuguese, farsi and Audio (English) to download <a href="http://www.healthscotland.com/documents/303.aspx">www.healthscotland.com/documents/303.aspx</a>
			<b>Universal</b>	<b>HIRS L1BAB/015/L</b>	

13–15 months	<b>Ready Steady Toddler!</b> Website also includes short practical films on everyday routines (e.g. shopping, reading, playing) 2018 update		Health Visitor or Family Nurse	NHS Health Scotland	Available to download in traditional Chinese (Cantonese), and Polish. <a href="http://www.healthscotland.com/documents/25852.aspx">www.healthscotland.com/documents/25852.aspx</a>
			<b>Universal</b>	<b>HIRS L1BAB/001/L</b>	
	<b>Is your Child Eligible for free childcare</b> This leaflet explains who may be eligible for 600 hrs of free childcare and how to apply		Health Visitor or Family Nurse	Highland Council	Available to download <a href="http://www.highland.gov.uk/info/899/schools_-_grants_and_benefits/21/early_learning_and_childcare/2">www.highland.gov.uk/info/899/schools_-_grants_and_benefits/21/early_learning_and_childcare/2</a>
			<b>Targeted</b>	<b>HIRS L1BAB/045/L</b>	
	<b>CHANGE: You and Your Little Child</b> (1–5 years) Targeted resource: should be given to parents with learning disabilities in addition to <i>Ready Steady Toddler!</i> or offered as an alternative order 1 per client		Health Visitor or Family Nurse	NHS Health Scotland / CHANGE	This resource is in Easy Read format
			<b>Targeted</b>	<b>HIRS T1DIS/048/T</b>	
	<b>Bookbug Toddler Bag (for age 1 – 2)</b>		Library or Local Bookbug coordinator	Scottish Book Trust	Available in Gaelic
			<b>Universal</b>	<a href="http://www.scottishbooktrust.com/bookbug/bookbug-bags">www.scottishbooktrust.com/bookbug/bookbug-bags</a>	
	<b>Play@home toddler book</b>		Health Visitor or Family Nurse	NHS Health Scotland	Available in simplified Chinese (Mandarin), and Polish  Email <a href="mailto:nhs.HealthScotland-PlayAtHome@nhs.net">nhs.HealthScotland-PlayAtHome@nhs.net</a> for more information
			<b>Universal</b>		

	<b>First Words – now I'm saying words too.</b> Key messages to encourage language development simply stated		Health Visitor or Family nurse	Highland Council	Available also in Polish and Gaelic via HIRS
			Targeted	<b>HIRS 1BAB/048/L</b>	
	<b>First Words Handout</b> A4-sized leaflet giving illustrated examples of simple ways to support the child's developing listening, understanding and vocabulary. Acknowledges the importance of parents as the first and best teachers of their child.		Health Visitor or Family Nurse	Highland Council	 <p>Accompanying leaflet available linking First Words to appropriate Play at Pome activities via HIRS under code <b>L/1BAB/039/L</b></p>
			Targeted	<b>HIRS L1BAB/037/L</b>	
<b>27-30 Months</b> <b>New for 2019!</b>	<b>Best Start Grant early Years Payment</b> Posters, factsheet, and interactive wheel explaining who is entitled and how to apply for the £250 payment		Health Visitor or Family Nurse	Scottish Government	<p>Link to fact sheet for Best Start Grant Early Years Payment for printing locally  <a href="https://dgmvmz0tqkndr.cloudfront.net/production/images/general/BSG-Early-learning-Payment-Factsheet.pdf">https://dgmvmz0tqkndr.cloudfront.net/production/images/general/BSG-Early-learning-Payment-Factsheet.pdf</a></p>
			Targeted	<b>Poster -HIRS Code P1BAB/012/P</b>  <b>Interactive wheel - HIRS L1BAB/054/L</b>	
	<b>Head lice: Facts. Detection. Treatment</b> gives helpful advice about head lice, treatment and prevention. Includes details of wet combing, bug busting, and 'alert' letters from schools 2018 version		Health Visitor or Family Nurse	NHS Health Scotland	
			Targeted	<b>HIRS L1HYG/005/L</b>	
	<b>Words Together Handout – now we're talking.</b> A useful resource where a child has some single words but there are concerns that their language skills may be delayed.		Health Visitor	Highland Council	 <p>Accompanying leaflet available linking First Words to appropriate Play at Pome activities via HIRS under code <b>L/1CHI/004/L</b></p>
			Targeted	<b>HIRS L1CHI/003/L</b>	
	<b>Words together – let's keep talking.</b> Key messages to encourage language development simply stated		Health Visitor	Highland Council	Available in polish and Gaelic via hirs
			Targeted	<b>HIRS 1CHI/005/L</b>	

	<p><b>Help protect your child against flu</b> For age 2 – 5 and not yet in school</p>		<p>May be posted or given via EL&amp;CC or GP's</p>	<p>NHS Health Scotland</p>	<p>Available in Arabic, simplified Chinese (Mandarin), traditional Chinese (Cantonese), Gaelic, Hungarian, Latvian, Lithuanian, Polish, Portuguese, Punjabi, Romanian, Russian, Slovakian, Urdu, Easy read and Audio (English) <a href="http://www.healthscotland.com/documents/23683.aspx">http://www.healthscotland.com/documents/23683.aspx</a></p>
			<p><b>Universal</b></p>	<p><b>HIRS L1IMM/017/L</b></p>	
30 months – 3 years	<p><b>Bookbug Explorer Bag</b></p>		<p>Usually given via from Nursery, Library or <i>local Bookbug</i> Co-ordinator</p>	<p>Scottish Book Trust</p>	
			<p><b>Universal</b></p>	<p>Order from book bug coordinator</p>	
	<p><b>Play@Home pre-school book</b></p>		<p>EL&amp;CC &amp; Library Services</p>	<p>NHS Health Scotland</p>	<p>NHS Health Scotland Email <a href="mailto:nhs.HealthScotland-PlayAtHome@nhs.net">nhs.HealthScotland-PlayAtHome@nhs.net</a> for more information Play@Home available from your Local Area contact <a href="https://elearning.healthscotland.com/course/view.php?id=231">https://elearning.healthscotland.com/course/view.php?id=231</a></p>
			<p><b>Universal</b></p>		
4.5 – 5 years <sup>1</sup>	<p><b>Bookbug P1 Family bag</b></p>		<p>Usually given via from Nursery,</p>	<p>Scottish Book Trust</p>	<p>Available in Gaelic <a href="http://www.scottishbooktrust.com/bookbug/about-bookbug/local-bookbug-contacts">http://www.scottishbooktrust.com/bookbug/about-bookbug/local-bookbug-contacts</a></p>
			<p><b>Universal</b></p>	<p>Library or <i>local Bookbug</i> Co-ordinator or schools</p>	

<sup>1</sup> Remind parents and carers that all children are entitled to free eye tests from optician

## Useful websites for parents

### Feeding/Nutrition/Activity/Dental

The Breastfeeding Network (Helpline: 0300 100 0210)  
[www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk)

Unicef – Baby Friendly Initiative  
[www.babyfriendly.org.uk](http://www.babyfriendly.org.uk)

La Leche League - Breastfeeding support (Helpline: 0845 120 2918)  
[www.laleche.org.uk](http://www.laleche.org.uk)

In depth information on breastfeeding and medicines  
<https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>

Child Smile  
[www.child-smile.org.uk](http://www.child-smile.org.uk)

Vegetarian Society  
[www.vegsoc.org](http://www.vegsoc.org)

Scottish Governments website for maternal and infant nutrition  
[www.feedgood.scot](http://www.feedgood.scot)

### Safety

Scottish Cot Death Trust  
[www.scottishcotdeathtrust.org](http://www.scottishcotdeathtrust.org)

Road Safety Scotland – Go Safe with Ziggy  
[www.gosafewithziggy.com](http://www.gosafewithziggy.com)

Child Safety Scotland  
[www.childsafetyscotland.org.uk](http://www.childsafetyscotland.org.uk)

Child Accident Prevention Trust  
[www.capt.org.uk](http://www.capt.org.uk)

Scotlands Service Directory - NHS Scotland directory of services  
<https://www.nhsinform.scot/scotlands-service-directory>

### Child Protection

Highland Child Protection Committee one stop shop web page, includes training calendar, resources, best practice guidance etc.  
[www.hcpc.scot](http://www.hcpc.scot)

Centre for excellence for looked after children in Scotland  
[www.celcis.org/](http://www.celcis.org/)

### Parenting

Young people pregnancy and parenthood  
<https://young.scot/ping>

Care and Learning Alliance (CALA) E-Learning Zone  
[www.calaelearning.co.uk/our-courses](http://www.calaelearning.co.uk/our-courses)

One Parent Families Scotland  
[www.opfs.org.uk](http://www.opfs.org.uk)

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

Scottish Family Information Service  
[www.scottishfamilies.gov.uk](http://www.scottishfamilies.gov.uk)

Sleep Scotland  
[www.sleepscotland.org](http://www.sleepscotland.org)

Ready Steady Toddler  
[www.readysteadytoddler.org.uk](http://www.readysteadytoddler.org.uk)

Bumps To Bairns  
<https://bumps2bairns.com/>

### Substance Misuse

Smoking - Quit Your Way Scotland (Tel: 0800 84 84 84)  
[www.quityourway.scot](http://www.quityourway.scot)

Smoke Free Highland  
[www.smokefreehighland.co.uk](http://www.smokefreehighland.co.uk)

Scottish Families Affected by Alcohol & Drugs (Helpline: 08080 10 10 11)  
[www.sfad.org.uk](http://www.sfad.org.uk)

The Highland Substance Awareness Toolkit - an online library that provides information in relation to drugs and alcohol in Highland.  
[www.h-sat.co.uk](http://www.h-sat.co.uk)

### Money/work

Jobcentre Plus Advisor website  
[www.jobcentreplusadvisor.co.uk](http://www.jobcentreplusadvisor.co.uk)

Money Advice Service: Having a baby – interactive money timeline  
[www.moneyadvice.service.org.uk/en/tools/baby-money-timeline](http://www.moneyadvice.service.org.uk/en/tools/baby-money-timeline)

Healthy Start  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

Maternity rights  
<https://www.maternityaction.org.uk/>

Best Start Grants  
<https://www.mygov.scot/best-start-grant/>

<b>Relationships/dads</b>
The Spark – Counselling & Relationship support (Helpline: 0808 802 2088) <a href="http://www.thespark.org.uk">www.thespark.org.uk</a>
Counselling mediation and relationship support <a href="http://www.relationships-scotland.org.uk">www.relationships-scotland.org.uk</a>
Fathers Network Scotland <a href="http://www.fathersnetwork.org.uk">www.fathersnetwork.org.uk</a>
Highland violence against women partnership website <a href="http://www.hvawp.scot.nhs.uk">www.hvawp.scot.nhs.uk</a>
<b>Immunisations</b>
Immunisation Scotland <a href="http://www.immunisationscotland.org.uk">www.immunisationscotland.org.uk</a>
<b>Mental Health</b>
Steps for Stress <a href="http://www.stepsforstress.org">www.stepsforstress.org</a>
Healthier Scotland - Take Life On, One Step at a Time <a href="http://www.takelifeon.co.uk">www.takelifeon.co.uk</a>
Mind – Depression Alliance <a href="http://www.mind.org.uk/about-us/what-we-do/depression-alliance/">www.mind.org.uk/about-us/what-we-do/depression-alliance/</a>
Self help resources for Mums living with depression <a href="http://www.thesmilegroup.org/">www.thesmilegroup.org/</a>
Association for post natal illness <a href="https://apni.org/">https://apni.org/</a>
Birth Trauma Association <a href="http://www.birthtraumaassociation.org.uk/">www.birthtraumaassociation.org.uk/</a>
Information on pregnancy planning for women who have bipolar affective disorder and post partum psychosis <a href="http://www.bipolaruk.org/information-on-postpartum-psychosis">www.bipolaruk.org/information-on-postpartum-psychosis</a>
Information on OCD during the perinatal period <a href="http://www.ocduk.org/prenatal-postnatal-ocd">www.ocduk.org/prenatal-postnatal-ocd</a>
Info on anxiety and depression includes info for dads <a href="http://www.bluebellcare.org/">www.bluebellcare.org/</a>
Information on specific medications during pregnancy and associated risks, Includes patient friendly portal <a href="http://www.medicinesinpregnancy.org/">www.medicinesinpregnancy.org/</a>

<b>Play/Literacy</b>
Scottish Book Trust – Bookbug <a href="http://www.scottishbooktrust.com/bookbug">www.scottishbooktrust.com/bookbug</a>
Play Talk Read <a href="http://www.playtalkread.org">www.playtalkread.org</a>
Speech/Language/Communication website 'Through the Eyes of a Child' videos <a href="http://www.thecommunicationtrust.org.uk/resources/resources/resources-for-parents">www.thecommunicationtrust.org.uk/resources/resources/resources-for-parents</a>
Highland SLT Facebook link <a href="https://www.facebook.com/Highland-Children-and-Young-Peoples-Speech-and-Language-Therapy-Service-1522727477806808/">www.facebook.com/Highland-Children-and-Young-Peoples-Speech-and-Language-Therapy-Service-1522727477806808/</a>
<b>Pregnancy and onwards</b>
Ready Steady Baby <a href="http://www.nhsinform.scot/readysteadybaby">www.nhsinform.scot/readysteadybaby</a>
Best Beginnings <a href="http://www.bestbeginnings.org.uk">www.bestbeginnings.org.uk</a>
Resources for families and professionals <a href="https://www.tommys.org">https://www.tommys.org</a>
The Royal College of Obstetricians and Gynaecologists (RCOG) - produces patient information leaflets <a href="http://www.rcog.org.uk">www.rcog.org.uk</a>
NCT (National Childbirth Trust) <a href="http://www.nct.org.uk/pregnancy">www.nct.org.uk/pregnancy</a>
Health Scotland <a href="http://www.healthscotland.com">www.healthscotland.com</a>
Scottish Governments website covering pregnancy to 4+ Years <a href="http://www.parentclub.scot">www.parentclub.scot</a>

## Screening

Antenatal Results Choices (ARC)  
[www.arc-uk.org](http://www.arc-uk.org)

Child Bereavement Charity  
[www.childbereavement.org.uk](http://www.childbereavement.org.uk)

Contact A Family  
[www.cafamily.org.uk](http://www.cafamily.org.uk)

Down's Syndrome Association  
[www.downs-syndrome.org.uk](http://www.downs-syndrome.org.uk)

Down's Syndrome Scotland  
[www.dsscotland.org.uk](http://www.dsscotland.org.uk)

## Violence against women

Scottish Women's Aid  
<http://womensaid.scot/>

Rape Crisis Scotland  
[www.rapecrisisscotland.org.uk/](http://www.rapecrisisscotland.org.uk/)

Women's Support Project  
[www.womenssupportproject.co.uk/](http://www.womenssupportproject.co.uk/)

Highland Violence Against Women Partnership  
[www.hvawp.scot.nhs.uk/](http://www.hvawp.scot.nhs.uk/)

RASASH Rape and Sexual Abuse Service Highland  
<http://www.rasash.org.uk/>

## Commercial websites

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

Baby Centre  
[www.babycentre.co.uk](http://www.babycentre.co.uk)

The Nappy Network  
[www.nappynetwork.org.uk](http://www.nappynetwork.org.uk)

## Bereavement

Crocus group non-denominational support group for bereaved children, includes portal for referrals  
<https://crocusgroup.org.uk/about-us/>

Sands a UK charity supporting anyone affected by the death of a baby  
[www.sands.org.uk/](http://www.sands.org.uk/)

SiMBA (Simpson's Memorial Box Charity)  
[www.simbacharity.org.uk](http://www.simbacharity.org.uk)

Scottish Cot Death Trust offers services for bereaved parents  
[www.scottishcotdeathtrust.org](http://www.scottishcotdeathtrust.org)

## Additional Needs support

CHIP+ - Children in the Highlands Information Point  
[www.chipplus.org.uk](http://www.chipplus.org.uk)

Contact - for families with disabled children  
[www.contact.org.uk](http://www.contact.org.uk)

Parentline Scotland (Helpline: 08000 28 22 33)  
[www.children1st.org.uk/what-we-do/how-we-help/parentline-scotland](http://www.children1st.org.uk/what-we-do/how-we-help/parentline-scotland)

National charity for those affected by childhood lower limb conditions  
[www.steps-charity.org.uk/](http://www.steps-charity.org.uk/)

Claire MacPhee 2019  
Contact: 01463 702808  
Mobile: 07824104279  
Email: [claire.macphee@highland.gov.uk](mailto:claire.macphee@highland.gov.uk)

Issue	Date of issue:	Review date:
No 1	April 2010	April 2020