

# 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 Public 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

Is about people having enough knowledge, understanding, skills and confidence to use health information, to be active partners in their care, and to navigate health and social care systems. 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, several materials are available in easy read versions. As an alternate to *Ready Steady Toddler!*, CHANGE resources are available to order from the HIRS library for parents with learning disabilities. These include: ***You and Your Baby 0 – 1***; and ***You and Your Little Child 1 – 5*** (order one per client). [The health literacy place](#) is a useful resource for developing your health literacy skills with useful tools and techniques such as Teach back, chunk and check, using simple language and pictures it including a link to an e-learning module from NHS Education for Scotland (NES) - <https://learn.nes.nhs.scot/26672/health-literacy> on the Turas platform.

### 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>

### Badgernet – Maternity

The Badgernet Maternity system is an electronic maternity record (EMR) replacing the paper Hospital record and the SWHMR. In place of the SWHMR, women are offered the option to consent to a Maternity app (Matnotes) available on IOS/Android and Desktop to view their pregnancy record and access leaflets. Please note: women who do not opt into this service, have no access to a personal smartphone/device or limited English should continue to be provided with the hard copies. Resources available on women's portal are annotated with the Badgernet icon,  Universal resources will be automatically assigned to the recommended reading list at the relevant gestation and targeted resources should be assigned by the midwife as appropriate. **All women should be offered the hard copy version of 'Ready Steady Baby'.**

### Health Improvement Resource Service (HIRS) [hirs.mailbox@nhs.scot](mailto:hirs.mailbox@nhs.scot) Website: <http://healthyhighlanders.co.uk/HPAC> Telephone: 01463 704 647,

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, 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>. **NHSH, Rowans Flat 3, Room 38, New Craigs, Leachkin Road, Inverness, IV38NP.**

## **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*.

***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 published in early 2019 covers pregnancy and 6-8 weeks post birth and has been designed to reduce the need for many different leaflets. ***A hard copy should be offered to all pregnant women.*** An easy read version of RSB has been developed by Public Health Scotland. The book has been split into 19 booklets. 1-7 are a guide through pregnancy, 8-12 cover labour and birth, and 12-19 the baby's first 8 weeks.

***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. Print versions on Hold so currently unavailable from Health Scotland direct parents to website.

***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 use. This discussion should also include the importance of folic acid and vitamin D supplements.

Optimum recommendations are that women take 400 micrograms supplement of 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-icpublication/index\\_148\\_3464266229.pdf](http://www.forhighlandschildren.org/4-icpublication/index_148_3464266229.pdf)

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

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

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

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

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

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

***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 appt, supported by a Midwife conversation. All pregnant women should be offered these.

### ***Healthy Start Vitamins Breastfeeding mothers***

Are provided free to all breastfeeding mothers up to 1 year. Thereafter breastfeeding women are encouraged to take a Vitamin D supplementation.

### ***Healthy Start Children's drops***

Are provided free to all children under 12 months old and free to infants that are eligible for Best Start Foods/Grants from age 1 – 3

***Please note that vitamin drops are only for breastfed children and formula feeding children that are taking less than 500ml of formula daily***

***Midwives and Health Visitors can order these via Hirs***

**Best Start Grant** Is a package of four 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.

**Best Start Foods** replaced the healthy start voucher scheme in Scotland in 2019. It provides eligible women with a pre paid card that can be used to buy healthy foods for children under 3. The card can be used in shops and online. The payments are: •£17 every 4 weeks during pregnancy  
•£34 every 4 weeks from your child being born up until they're a 1 year old  
•£17 every 4 weeks between the ages of 1 and 3

**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** 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 - 08001412362 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 universally in Highland Council 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.

**Before Birth** leaflet is given at the dating scan and the **Baby talks** 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 - It can also be used by professionals as a resource to discuss baby massage. The A5 First Words etc leaflets to accompany the Play@home books are now discontinued

**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](#)

**Digital Inclusion** A discussion should be had with all women and their families to check their ability to access digital resources and offer supporting health information accordingly either digitally or in paper format. Not being able to access resources digitally whether it be through lack of confidence, skills or poverty puts families at a huge disadvantage. The Scottish Government Website [Connecting Scotland](#) provides information and practical help for individuals and organisations supporting families to get digitally connected.

**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)  
Also see short clip on how to ask about money worries [https://www.youtube.com/watch?v=ge2XedoG\\_T8&feature=youtu.be](https://www.youtube.com/watch?v=ge2XedoG_T8&feature=youtu.be)

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](mailto:info@highlandtsi.org.uk)

01349 864289

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

See their useful community directory [here](#)

**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).

### **1140 hours of funded early learning and childcare is available for 2 year olds who:**

- 2-year olds who are, or have been at any time since turning 2, looked after by the local authority, subject of a kinship care order or subject of a guardianship order. (LAC).
- Have a care experienced parent who has been in care under a UK Local Authority and is able to supply evidence of this or if

not gives permission for Officers to verify their status. (Care Experienced)








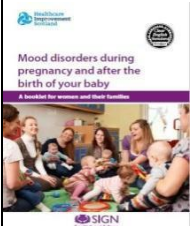
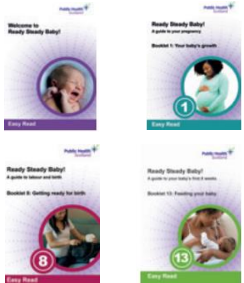

- 2-year olds living in households where their parent(s) meet the qualifying benefit criteria below - out of work benefits or income-related benefits with income below a certain threshold. (Benefit related)
- 2-year-old discretionary places- must be requested by named person or other professional and be submitted with a comprehensive, clear and concise child's plan. If the plan does not highlight the anticipated outcomes and benefits for the child, the application may be refused. (Discretionary).




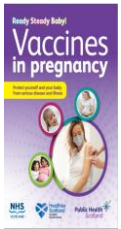





### **Qualifying benefits:**


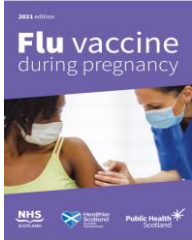







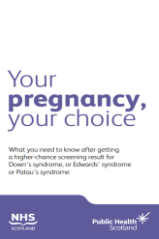
- Income support
- Income based Job Seekers Allowance
- Any income related element of Employment and Support Allowance
- Child Tax Credit, but not in receipt of Working Tax Credit, and an income below £16,480
- Child Tax Credit and Working Tax Credit, and an income below £7,500
- Support under Part VI of the immigration and Asylum Act 1999
- Universal Credits with an earned income below £625 per month
- Incapacity Benefit or Severe Disablement Allowance
- Pension Credit
- Care experienced parent who has been in care under a UK local authority

For further information







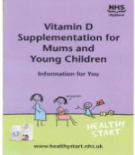


[Early learning and childcare \(ELC\) | Back to school | The Highland Council](#)










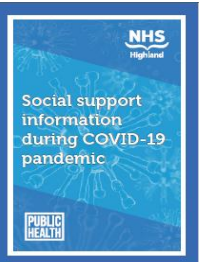
Gestation/Age resource should be issued/assigned to Badgernet Recommended Reading list	Information resource	Image	Given by	Produced by	Alternative languages/formats available
			Universal and/or Targeted	Available From	
Preconception & 1 <sup>st</sup> Booking visit (Assigned to BN @ 8+12 weeks) 	<b>Ready Steady Baby! Online</b> The online version has been revised March 2019.		Midwife/GP	Public Health Scotland	Online <a href="https://www.nhsinform.scot/readysteadybaby">https://www.nhsinform.scot/readysteadybaby</a>
			Universal	Weblink only	
Preconception & 1 <sup>st</sup> Booking visit (Will be assigned to BN @ 8+12 weeks) 	<b>Folic Acid: Before and during pregnancy</b> Updated Feb 2019 Will be available as a download when stocks run out		Midwife/GP	Public Health Scotland	Available to download via <a href="http://www.healthscotland.com/documents/5101.aspx">www.healthscotland.com/documents/5101.aspx</a>
			Universal	HIRS L1CPB/001/L	
Preconception & 1 <sup>st</sup> Booking visit (Can be assigned to BN @ 8+12 weeks) 	<b>Healthy weight in pregnancy:</b> for women concerned about their weight, can also be useful at other stages in pregnancy.2019		Midwife/GP or Family Nurse	NHS Highland	
			Targeted	HIRS L1CPB/007/L	
Preconception & 1 <sup>st</sup> Booking visit (can be assigned to BN @ 8+12 weeks) 	<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/GP 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	
1 <sup>st</sup> Booking Visit <b>New for 2022</b>	<b>Ready Steady Baby Easy Read Booklets</b> The booklets are split into 3 different sections. Booklets 1-7 are a guide to pregnancy, 8-12 cover labour and birth and 12-19 baby's first 8 weeks		Midwife/GP or Family Nurse	Public Health Scotland	PDFs can be downloaded here <a href="http://www.healthscotland.com/documents/74081.aspx">http://www.healthscotland.com/documents/74081.aspx</a>  These replace my pregnancy my choice resource. 
			Targeted	HIRS L1BAB/069/L	







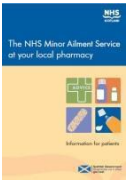




<p><b>1st Booking visit (Also assigned to BN @ 8+12 weeks)</b></p> 	<p><b>Ready Steady Baby!</b> March 2021 version, revised RSB encompasses pre-birth until baby is 8weeks old.</p> <p><i>All women should be offered a hard copy of this resource</i></p>		<p>Midwife or Family Nurse</p>	<p>Public Health Scotland</p>	<p>Ready Steady Baby! Is available in Polish, Arabic, simplified Chinese</p> <p><a href="http://www.healthscotland.com/documents/31227.aspx">http://www.healthscotland.com/documents/31227.aspx</a></p> <p>Easy Read version under development</p> <p>Online version</p> <p><a href="http://www.healthscotland.com/documents/74081.aspx">http://www.healthscotland.com/documents/74081.aspx</a></p>
<p><b>1st Booking Visit</b></p> <p><b>New for 2022 Should be ordered and issued alongside the RSB</b></p> 	<p><b>Ready steady baby Vaccines in pregnancy</b></p> <p>Explains why vaccines are offered during pregnancy covers covid-19, flu and whooping cough</p>		<p>Midwife, Family Nurse,</p>	<p>Public Health Scotland</p>	<p>Available in Arabic, polish and simplified Chinese</p> <p><a href="http://www.healthscotland.com/documents/65507.aspx">http://www.healthscotland.com/documents/65507.aspx</a></p>
<p><b>1st Booking Visit</b></p> <p><b>New for 2022</b></p>	<p><b>Cannabis use during pregnancy</b></p> <p>A double sided leaflet explaining the risks of cannabis use during pregnancy and where to get helps</p>		<p>Midwife, Family Nurse,</p>	<p>NHS Highland</p>	<p>Available to download only printed copies by special request only</p>
<p><b>Preconception &amp;1st Booking visit (Can be assigned to BN @ 8+12 weeks)</b></p> 	<p><b>Group B Streptococcus (GBS) In pregnancy and newborn babies</b></p> <p>This new leaflet can be given to pregnant women who request more information about GBS than is given in the RSB. 2017</p>		<p>Midwife or family Nurse</p>	<p>RCOG &amp; Group B Strep Support Group (GBSS)</p>	<p>Can also be downloaded along with other useful leaflets from</p> <p><a href="https://gbss.org.uk/wp-content/uploads/2018/01/2017-Joint-RCOG-GBSS-PIL_final.pdf">https://gbss.org.uk/wp-content/uploads/2018/01/2017-Joint-RCOG-GBSS-PIL_final.pdf</a></p> <p>Sheets of GBS yellow Alert stickers and other resources can be ordered free from</p> <p><a href="https://gbss.org.uk/online-shop/">https://gbss.org.uk/online-shop/</a></p>
<p><b>1st Booking visit (Will be assigned to BN @ 8+12 weeks)</b></p> 	<p><b>My Pregnancy and post – birth wellbeing plan.</b></p> <p>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>		<p>Midwives or family nurse</p>	<p>Tommy's</p>	<p><a href="http://www.tommys.org/sites/default/files/wellbeing%20plan%202016.pdf">www.tommys.org/sites/default/files/wellbeing%20plan%202016.pdf</a></p> <p>To download and print locally</p>











<p><b>1st Booking visit (Will be assigned to BN @ 8+12 weeks) URL link to nhs inform also on BN 2021 edition</b></p> 	<p><b><a href="#">Pregnant Flu is Serious</a></b> Flu immunisation information for pregnant women should be issued to all women in Flu season (<b>October- March</b>) and uptake of flu vaccine promoted.</p>		<p>Midwife or Family Nurse</p>	<p>Public Health Scotland</p>	<p>Available in traditional Chinese (Cantonese), simplified Chinese, Polish, Arabic, Audio (English) and in Easy Read format to download via</p>
<p><b>Universal</b></p>				<p><b>HIRS L1IMM/003/L</b></p>	<p><a href="http://www.healthscotland.com/documents/5487.aspx">www.healthscotland.com/documents/5487.aspx</a></p>
<p><b>1st Booking visit (Can be assigned to BN @ 8+12 weeks)</b></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>		<p>Midwife or Family Nurse</p>	<p>Young Scot</p>	<p><a href="https://young.scot/ping">https://young.scot/ping</a></p>
<p><b>Targeted</b></p>				<p><b>Website Resource</b></p>	<p>This website replaces the Young Parents Survival guide booklet.</p>
<p><b>1st Booking visit (Will be assigned to BN @ 8+12 weeks)</b></p> 	<p><b>Cervical Screening during Pregnancy</b> a leaflet clarifying cervical screening recommendations during pregnancy</p>		<p>Midwife or Family Nurse</p>	<p>NHS Highland</p>	
<p><b>Universal</b></p>				<p><b>HIRS L1BAB/052/L</b></p>	
<p><b>1st Booking visit (Will be assigned to BN @ 8+12 weeks) New for 2021!</b></p> 	<p><b>You're pregnant! Scans and Tests</b></p> <p>Dec 2021 edition (version 9)</p>		<p>Midwife or Family Nurse</p>	<p>Public Health Scotland</p>	<p>Available in Arabic, Latvian, polish, Romanian, Russian, Urdu and simplified Chinese</p>
<p><b>Universal</b></p>				<p><b>HIRS L1CPB/002/L</b></p>	<p><a href="http://www.healthscotland.com/documents/30532.aspx">http://www.healthscotland.com/documents/30532.aspx</a></p> <p>Email <a href="mailto:phs.phs-otherformats@nhs.net">phs.phs-otherformats@nhs.net</a> for alternative format requests</p>
<p><b>1st Booking visit (Can be assigned to BN @ following blood results) Updated April 2021</b></p> 	<p><b>Your Pregnancy, your choice</b> given to women who receive a higher-chance screening result for Down's syndrome, or Edwards' or Patau's syndrome</p>		<p>Screening midwife</p>	<p>Public Health Scotland</p>	<p>Available to download in Arabic, polish and simplified chinese via <a href="http://www.healthscotland.com/documents/37158.aspx">http://www.healthscotland.com/documents/37158.aspx</a></p>
<p><b>Targeted</b></p>				<p><b>HIRS L1BAB/060/L</b></p>	<p>For alternative formats email <a href="mailto:nhs.healthscotland-alternativeformats@nhs.net">nhs.healthscotland-alternativeformats@nhs.net</a>.</p>


















<p><b>1st Booking visit (Will be assigned to BN @ 8+12 weeks) New for 2022!</b></p> 	<p><b>Whooping cough: help protect your baby</b> January 2022 edition</p>		<p>Midwife or Family Nurse</p>	<p>Public Health Scotland</p>	<p>Available in Easy Read Arabic, polish, simplified Chinese, traditional Chinese format via <a href="http://www.healthscotland.com/documents/22551.aspx">www.healthscotland.com/documents/22551.aspx</a></p>
<p><b>1st Booking Visit</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>1st Booking visit (Will be assigned to BN @ 8+12 weeks)</b></p> 	<p><b>Best Start foods</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>Scottish Government</p>	<p>Clients can apply online, on the telephone or by filling out a paper form <a href="https://www.mygov.scot/best-start-grant-best-start-foods/">https://www.mygov.scot/best-start-grant-best-start-foods/</a>  The application for BS foods and the BS pregnancy grant is the same and should only need filling in once.</p>
<p><b>1st Booking visit (Will be assigned to BN @ 8+12 weeks)</b></p> 	<p><b>Vitamin D supplementation for Mums and young children</b> Resource for Health visiting and Maternity Services to support discussion about Vitamin D for pregnant women, breastfeeding mums and babies/children</p>		<p>Midwife or Family Nurse</p>	<p>NHS Highland public Health</p>	
<p><b>1st Booking visit (Can be assigned to BN @ 8+12 weeks)</b></p> 	<p><b>I Quit: stopping smoking when you're pregnant</b>  Please note: This publication replaces <i>Fresh Start</i> booklet which should be sent for recycling.</p>		<p>Midwife or Family Nurse</p>	<p>Public 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>	




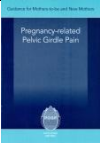

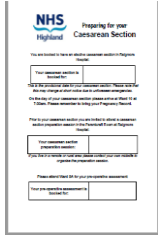



<p><b>1st Booking visit (Can be assigned to BN @ 8+12 weeks)</b></p> 	<p><b>Carbon Monoxide, smoking and your baby</b> To be given to <b>all</b> women who are smoking, recent quitters or with a CO reading of 4ppm or above</p>		<p>Midwife, Family Nurse or SC Advisor</p>	<p>NHS Highland</p>	
<p><b>1st Booking Visit</b> Also in Red book pack given by HV at primary visit</p>	<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>1st Booking visit (Can be assigned to BN @ 8+12 weeks)</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). A4 Poster also available to order via <b>HIRS P1/CPB/002/P</b></p> 
<p><b>1st Booking visit (Can be assigned to BN @ 8+12 weeks)</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>Public Health Scotland</p>	<p>Download only from <a href="http://www.healthscotland.com/documents/30471.aspx">http://www.healthscotland.com/documents/30471.aspx</a> Available in Easy read, Polish, Arabic, Simplified Chinese, and Urdu</p>
<p><b>1st Booking visit (Will be assigned to BN @ 8+12 weeks) New for 2020!</b> This handy leaflet contains contact details of local CAB offices and highland council helpline</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>NHS Highland Public Health Department</p>	<p>Contact details of local CAB offices can also be found <a href="#">here</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/ma-ternity-benefits-technical-guidance">https://www.gov.uk/government/publications/ma-ternity-benefits-technical-guidance</a> see asking about money worries short clip <a href="https://www.youtube.com/watch?v=ge2XedoG_T8&amp;feature=youtu.be">https://www.youtube.com/watch?v=ge2XedoG_T8&amp;feature=youtu.be</a></p>




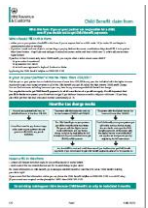








<p><b>1st Booking visit (Will be assigned to BN @ 8+12 weeks) New for 2020!</b></p> 	<p><b>Worrying about money</b> A trifold leaflet aimed at service users who might be struggling financially to guide them where to find help in the Highland area.</p>		<p>Midwife or Family Nurse</p>	<p>Joint Publication NHS HighInD/HighInD Council</p>	<p>An A5 crib sheet is also available to download from HIRS detailing where to best signpost service users. <a href="#">HERE</a></p>  <p>Polish version available to download only <a href="#">HERE</a></p>
<p><b>1st Booking visit (Can be assigned to BN @ 8+12 weeks)</b></p> 	<p><b>Steps to deal with stress</b> A booklet that gives some practical advice on how to manage stress, will be discontinued when stocks run out. CD will still be available</p>		<p>Midwife or Family Nurse</p>	<p>Public Health Scotland</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>1st Booking visit (Will be assigned to BN @ 8+12 weeks)</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>Scottish Government</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>1st Booking visit (Can be assigned to BN @ 8+12 weeks)</b></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 March 2021 version</p>		<p>Midwife or Family Nurse</p>	<p>Public Health Scotland</p>	<p>Available in simplified Chinese, Arabic, Urdu 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>1st Booking visit (Can be assigned to BN @ 8+12 weeks)</b></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>Public Health Scotland</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>

<b>1st Booking visit (Can be assigned to BN @ 8+12 weeks)</b> 	<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.		Midwife or Family Nurse	NHS Highland	Available as pdf download only
			<b>Targeted</b>	<b>Download Only</b>	
<b>1st Booking visit (Will be assigned to BN @ 8+12 weeks)</b> 	<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 prims, those with literacy or language barriers.		Midwife or Family nurse	Tommy's	Available to download only vial link <a href="https://www.tommys.org/pregnancy-information/health-professionals/free-pregnancy-resources/poster-when-call-midwife">https://www.tommys.org/pregnancy-information/health-professionals/free-pregnancy-resources/poster-when-call-midwife</a> can be printed and given or forwarded for women to download to their phones or other devices
			<b>Universal</b>	<b>Download Only</b>	
<b>1st Booking visit</b>	<b>Healthy Start Vitamins</b> are offered free to all pregnant women throughout pregnancy, Midwives should issue two bottles at first contact and 2 at the 22 wk contact		Midwife or Family Nurse	Healthy Start	Contain vitamins D & C and folic acid, 56 tablets per pot should last approximately 2 months
			<b>Universal</b>	<b>HIRS VT1BAB/003/VT</b>	
<b>Prior to Dating Scan (will be assigned to BN at 8 + 12 weeks)</b> 	<b>Leaflet explaining what to expect at the first booking scan</b>		Midwife	NHS Highland	
			<b>Universal</b>	<b>Download only</b>	
<b>Following Dating Scan (will be assigned to BN following Dating scan)</b> 	<b>Before Birth – You can make a difference</b> Words up Baby leaflet - 4 key messages to develop good communication and relationships before baby is born.		Sonographers MCA	Highland Council	This resource was updated and is now double sided, it replaces the original “From the beginning leaflet”
			<b>Universal</b>	<b>HIRS L1BAB/035/L</b>	
<b>22–25 weeks pregnant</b>	<b>Baby buddy APP</b> from best beginnings full of useful advice and tips with video clips around mental health and breast feeding, great sections for fathers too.		Midwife or Family Nurse	Department for Work and Pensions	Available to download as an app or fil clips can be viewed on the you tube channel below <a href="https://www.youtube.com/user/bestbeginnings">https://www.youtube.com/user/bestbeginnings</a>
			<b>Universal</b>		











<p><b>22-25 Week visit (Will be assigned to BN @ 22 weeks)</b></p> 	<p><b>Your guide to longer-lasting contraception</b> To be issued to all women to allow time to make informed choices. October 2019 version</p>		<p>Midwife or Family Nurse</p> <p><b>Universal</b></p>	<p>Public Health Scotland</p> <p><b>HIRS L1CON/019/L</b></p>	<p>Available in Polish, Simplified Chinese (Mandarin), Urdu, Arabic, Bengali and Romanian <a href="http://www.healthscotland.com/uploads/documents/3521-LARC%20leaflet-October2019-English.pdf">http://www.healthscotland.com/uploads/documents/3521-LARC%20leaflet-October2019-English.pdf</a> A guide to aid discussion is available <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>22-25 Week visit (can be assigned to BN @ 22 weeks)</b></p> 	<p><b>Find Help to balance your budget:</b> This 2-page leaflet details the 5 Best Start payments available to eligible women including Best Start Foods</p>		<p>Midwife or Family Nurse</p> <p><b>Targeted</b></p>	<p>Social Security Scotland</p> <p><b>HIRS L1CHI/009/L</b></p>	<p>For further information on eligibility <a href="https://www.mygov.scot/pregnancy-and-baby-payment/">https://www.mygov.scot/pregnancy-and-baby-payment/</a> Parents can apply electronically via the link <a href="https://www.mygov.scot/best-start-grant/">https://www.mygov.scot/best-start-grant/</a> Or printable form for posting <a href="https://dgmvmz0tqkndr.cloudfront.net/production/images/general/BSG-Pregnancy-and-Baby-Payment-Application-December-2018.pdf">https://dgmvmz0tqkndr.cloudfront.net/production/images/general/BSG-Pregnancy-and-Baby-Payment-Application-December-2018.pdf</a></p>
<p><b>22–25 weeks pregnant</b></p>	<p><b>Pregnancy and baby payment wheel</b> 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><b>Targeted</b></p>	<p>Social Security Scotland</p> <p><b>HIRS L1BAB/054/L</b></p>	
<p><b>22-25 Week visit (information leaflet will be assigned to BN @ 22 weeks but hard copy form will still need completed in hard copy)</b></p> 	<p><b>Scotland's Baby Box Form</b> 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><b>Universal</b></p>	<p>Scottish Government</p> <p>Registration cards can be ordered via email <a href="mailto:scotlandsbabybox@theaps.gov.p.com">scotlandsbabybox@theaps.gov.p.com</a></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>22-25 Week visit (Will be assigned to BN @ 22 weeks)</b></p> 	<p><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.</p>		<p>Midwife or Family Nurse</p>	<p>Tommy's</p>	<p>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></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 <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>22-25 Week visit (Will be assigned to BN @ 22 weeks)</b></p> 	<p><b>Your Guide to Contraception</b>  Reprinted 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>28 Week visit (Will be assigned to BN @ 28 weeks)</b></p> 	<p><b>Off to a Good Start: all you need to know about breastfeeding</b>  March 2020 edition</p>		<p>Midwife or Family Nurse</p>	<p>Public Health Scotland</p>	<p>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></p>
<p><b>28 weeks pregnant</b></p>	<p><b>From Bump to Breastfeeding</b> The DVD should be distributed to pregnant women considered to have literacy issues, or would benefit from an audio/visual format, alternative language, or have limited digital access.</p>		<p>Midwife or Family Nurse</p>	<p>Produced by Best Beginnings and distributed by Public Health Scotland</p>	<p>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></p>
			<p><b>Video Clips- Universal</b></p>	<p><b>downloadable only</b></p>	


<p><b>28 Week visit (can be assigned to BN @ 28 weeks as URL link paper copy available via hirs)</b></p> 	<p><b>Living Life</b> CBT Service from NHS 24 Leaflet</p>		Midwife or Family Nurse	NHS 24	<p>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.</p> <p><a href="http://breathingspace.scot/living-life/">http://breathingspace.scot/living-life/</a></p>
			Targeted	Available via download from Hirs only	
<p><b>28 Week visit (Can be assigned to BN @ 28 weeks)</b></p> 	<p><b>Pregnancy Related Pelvic Girdle Pain</b> A leaflet for women experiencing pelvic girdle pain giving self care advice</p>		Midwife	POGPH	<p>Information helping pregnant women to manage symptoms of Pelvic Girdle Pain</p>
			Targeted		
<p><b>28 Week visit (Can be assigned to BN @ 28 weeks)</b></p> 	<p><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.</p>		ANC Staff	NHS Highland	<p>Available at consultant ANC's when elective surgery is booked.</p>
			Targeted		
<p><b>28 Week visit (Will be assigned to BN @ 28 weeks)</b></p> 	<p><b>Your baby! Tests offered</b> April 2020 version</p>		Midwife or Family Nurse	Public Health Scotland	<p>Available in simplified Chinese (Mandarin), Polish, Urdu, Arabic, Easy Read and Audio (English)</p> <p><a href="http://www.healthscotland.com/documents/4258.aspx">http://www.healthscotland.com/documents/4258.aspx</a></p>
			Universal		
<p><b>HV 32–34 weeks</b></p>	<p>Money worries Leaflet Pre-birth contact from HV</p>		Health Visitor or Family Nurse	Joint Publication NHS Highland/Highland Council	<p>This leaflet is also offered at booking but served as a reminder that financial circumstances may have changed and should be discussed.</p>
			Universal		

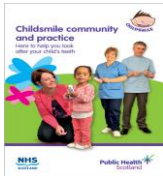




<p><b>Post-birth prior to discharge from hospital or home birth (Will be assigned to BN @ 1day post birth)</b></p> 	<p><b>Formula feeding: how to feed your baby safely</b> To make an informed decision around infant feeding and information on how to formula feed safely. Endorsed by Unicef baby friendly initiative. Dec 2021 version</p>		<p>Midwife or Family Nurse</p>	<p>Public Health Scotland</p>	<p>Available in Polish, Arabic, Romanian, Slovak, urdu and easy read (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 2020 version L1BAB/049/L</p>
<p><b>Post-birth prior to discharge from hospital or home birth (Will be assigned to BN @ 1day post birth)</b></p> 	<p><b>Child Benefit Form</b></p>		<p>Midwife or Family Nurse</p>	<p>HMRC</p>	<p>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></p>
<p><b>Post-birth prior to discharge from hospital or home birth (can be assigned to BN @ 1day post birth)</b></p> 	<p><b>Joint Birth Registration – Involving both parents</b>          A leaflet outlining the legal implications of joint birth registration and signposting to further help</p>		<p>Midwife or Family nurse</p>	<p>Scottish Government</p>	<p>For further Information  <a href="https://www.mygov.scot/register-a-birth/joint-birth-registration/">https://www.mygov.scot/register-a-birth/joint-birth-registration/</a></p>
<p><b>Post-birth prior to discharge from hospital or home birth (Will be assigned to BN @ 1day post birth)</b></p> 	<p><b>Caring for your baby at night</b> A5-sized colour booklet giving information on one of the biggest challenges for new parents - getting used to the changes that a baby will bring to their night-time routine</p>		<p>Midwife or Family Nurse</p>	<p>Unicef</p>	<p>Parents leaflet can also 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></p>
<p><b>Post-birth prior to discharge from hospital or home birth (can be assigned to BN @ 1day post birth)</b></p> 	<p><b>Reduce the risk of Cot Death</b> This easy read double sided leaflet can be used as a supplement to the above leaflet</p>		<p>Midwife or Family Nurse</p>	<p>Scottish cot Death Trust</p>	<p>For further information  <a href="https://safesleepscotland.org/wp-content/uploads/2019/03/535-SCDT-Reduce-the-Risk-Leaflet-R4.pdf">https://safesleepscotland.org/wp-content/uploads/2019/03/535-SCDT-Reduce-the-Risk-Leaflet-R4.pdf</a>  <a href="https://safesleepscotland.org/resources/">https://safesleepscotland.org/resources/</a></p>
<p><b>Post-birth prior to discharge from hospital or home birth (can be assigned to BN @ 1day post birth)</b></p> 	<p><b>Postnatal Breastfeeding Leaflet</b>          Gives local information or support available</p>		<p>Midwife or Family Nurse</p>	<p>NHS Highland</p>	












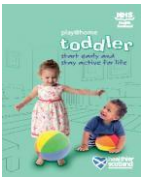
<b>Post-birth prior to discharge from hospital or home birth (will be assigned to BN @ 1day post birth)</b> 	<b>Your guide to contraceptive choices – after you've had a baby</b>		Midwife or Family Nurse	FPA	Can also be accessed here <a href="http://www.fpa.org.uk/sites/default/files/contraception-after-having-baby-your-guide.pdf">http://www.fpa.org.uk/sites/default/files/contraception-after-having-baby-your-guide.pdf</a>
			<b>Universal</b>	<b>HIRS L1CON/010/L</b>	
<b>Post-birth prior to discharge from hospital or home birth (can be assigned to BN @ 1day post birth)</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>Post-birth prior to discharge from hospital or home birth (assigned to BN @ 1day post birth)</b> 	<b>Information for Hep C positive mums who are intending to Breast Feed</b>		Midwife or Family Nurse	NHS Highland	This is only available to download from Badgernet
			<b>Targeted</b>	Download only	
<b>Post-birth prior to discharge from hospital or home birth (assigned to BN @ 1day post birth)</b> 	<b>Some women start smoking after the birth of their baby. This leaflet helps new mothers stay away from cigarettes</b>		Midwife or Family Nurse	GASP	
			<b>Targeted</b>	<b>HIRS L1DRS/053/L</b>	
<b>Post Birth Prior to discharge from hospital</b>	<b>Breastfeeding mums vitamin D only product</b> 1 tub to be given out by midwives prior to discharge from hospital		Midwives	Pro Health Solutions	This tub contains 120 tablets and will last for approximately 4 months, HV will distribute thereafter if mum continues to breast feed
			<b>Targeted</b>	<b>HIRS VT1BAB/002/VT</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>	Initiated when birth notified	

<p><b>HV Primary visit 10–14 days</b></p>	<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) 2021 version</p>		<p>Health Visitor or Family Nurse</p>	<p>Public Health Scotland</p>	<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>
<p><b>HV Primary visit 10–14 days</b> <b>In red book pack</b></p> <p><b>New for 2022!</b></p>	<p><b>Protect your Child against serious diseases: Baby and child Vaccines</b> Provides information on the routine immunisations offered December 2021 version.</p>		<p>Health Visitor or Family Nurse</p>	<p>Public Health Scotland</p>	<p>Available in simplified Chinese, Bengali, Bulgarian, Czech, Farsi, Hindi, Hungarian, Latvian, Lithuanian, Pashto, Russian, Slovak, Dari, 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>
<p><b>HV Primary visit 10–14 days</b></p>	<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>		<p>Health visitor or Family Nurse</p>	<p>The Spark, Public Health Scotland &amp; Scottish Government</p>	<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>
<p><b>HV Primary visit 10–14 days</b></p>	<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>		<p>Health Visitor or Family Nurse</p>	<p>NSPCC</p>	
<p><b>HV Primary visit 10–14 days</b></p>	<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>		<p>Health Visitor or Social Worker, and third sector organisations</p>	<p>Public Health Scotland / CHANGE</p>	<p>This resource is in Easy Read format.</p>
<p><b>HV Primary visit 10–14 days</b></p>	<p><b>Caring for your baby at night</b> A professionals guide to introducing this leaflet is available via <a href="https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2011/11/Caring-for-your-Baby-at-Night-A-Health-Professionals-Guide.pdf">https://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>		<p>Health Visitor or Family Nurse</p>	<p>UNICEF UK Baby Friendly Initiative</p>	
			<p><b>Universal</b></p>	<p><b>HIRS</b></p>	



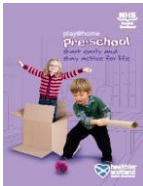


HV Primary visit 10–14 days	<b>Physical Activity for the Early Years (Birth to 5)</b> This Infographic outlines activity recommendations for 0-5 from the CMO's report Start active, Stay active		Health Visitor or Family Nurse	Scottish Government	Available to download only <a href="https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_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>
			<b>Universal</b>	<b>Download only</b>	
HV Primary visit 10–14 days	<b>Baby Talk – I learn when I'm playing.</b> Words up Baby leaflet - 4 key messages to develop good communication and relationships once baby is born.		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>
			<b>Universal</b>	<b>L1/BAB/046/L</b>	
HV Primary visit 10–14 days	<b>Meningitis Baby Watch</b> Postcard giving information on Meningitis and Septicaemia symptoms 2017 version		Health visitor or Family Nurse	Meningitis Research Foundation	Download via <a href="https://www.meningitis.org/getmedia/f14a583a-f137-48a5-8321-d007db5ffaf5/Babywatch-Poster-Dec-2017">https://www.meningitis.org/getmedia/f14a583a-f137-48a5-8321-d007db5ffaf5/Babywatch-Poster-Dec-2017</a> also available in Romanian <a href="https://www.meningitis.org/healthcare-professionals/resources">https://www.meningitis.org/healthcare-professionals/resources</a>
			<b>Universal</b>	<b>HIRS PC1BAB/014/PC</b>	
HV Primary visit 10–14 days <b>New for 2020!</b>	<b>Vitamin D and You</b> 2020 Edition		Health visitor or Family Nurse	Public 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> :
			Universal	<b>HIRS L1FOO/002/L</b>	
HV 3–5 weeks	<b>Bookbug Baby Bag</b>		Health Visitor or Family Nurse	Scottish Book Trust	Available in Gaelic.  Order from book bug coordinator
HV 3–5 weeks	<b>play@home baby book</b>		Health Visitor or Family Nurse	Public 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>HIRS L1/BAB/058/L</b>	

HV 6–8 weeks	<b>Childsmile Practice</b> This leaflet is targeted at parents/carers and aims to introduce Childsmile Practice and the wider Childsmile team and their roles. 2020 version		Health Visitor or Family Nurse COHT	Public 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>
			Universal	<b>Childsmile oral health teams (COHT) 3762</b>	
HV 6–8 weeks	<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		Health Visitor or Family Nurse	Public 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>
HV 6–8 weeks	<b>Drinks for babies and young children</b> Also option to give at 3-4 months Jan 2020 version		Health Visitor, Family Nurse or COHT	Public Health Scotland	Available in traditional Chinese (Cantonese), Polish, Romanian Arabic and Urdu to download as a pdf  <a href="http://www.healthscotland.com/documents/5064.aspx">www.healthscotland.com/documents/5064.aspx</a>
			Universal	Child Smile Oral Health Teams (COHT) 3684	
HV 3/4 months	<b>Snack ideas for children</b> Ideas to help you provide a variety of healthy safe snacks for both you and your children to enjoy at home and at school or play		Health Visitor, Family Nurse or COHT	Public 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>
			Universal	Child Smile Oral Health Teams (COHT)	
HV 3/4 months <b>Updated 2022</b>	<b>Fun First Foods</b> (discuss delaying until around 6 months) January 2022 version		Health Visitor or Family Nurse	Public 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>
			Universal	<b>HIRS L1BAB/015/L</b>	

HV 3/4 months	Vitamin D3 tablets for Breast feeding mums All Mums to be offered these free vit d3 tablets throughout their breast feeding journey		Health Visitor or Family Nurse	Pro health solutions	This tub contains 120 tablets and will last for approximately 4 months , midwives will issue the first pot prior to discharge from hospital
			Targeted	HIRS VT1BAB/001/VT	
HV 3/4 months	Vitamin drops per guidance: 1 bottle at 4 mnths – HV/FN 2 bottles at 8 mnths – HV/FN 3 bottles at 13/15mnthsHV/FN 2 bottles at 27/30 mnths – HV			Pro health solutions	Every child under 3 is now entitled to free vitamin D drops Each bottle contains 120 doses which will last for 4 months
			Universal	HIRS VT1BAB/002/VT	
HV 3/4 months	How to protect your children's teeth (DVD)		Health Visitor, Family Nurse or COHT	Public Health Scotland	Electronic clips are available for viewing on <a href="http://www.child-smile.org">www.child-smile.org</a>
			Targeted	Childsmile oral health teams (COHT) 3411	
HV 3/4 months	RoSPA Height Charts 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	Public Health Scotland	NB...these will be discontinued when current stock runs out
			Universal	HIRS L1SAF/028/L	
HV 3/4 months New for 2022	Oral Hygiene Pack & Training Cup Also to be Universally to all children issued as an addition at the 8 month, 13-15 month and 27-30 month contact visits.		Health Visitor or Family Nurse or COHT	Public Health Scotland & Childsmile	Contact child oral Health information teams to order packs based on geography: <ul style="list-style-type: none"> <li><a href="mailto:nhsh.midandwesthighlandohiteam@nhs.scot">nhsh.midandwesthighlandohiteam@nhs.scot</a> Mid &amp; West</li> <li><a href="mailto:nhsh.northhighlandohiteam@nhs.scot">nhsh.northhighlandohiteam@nhs.scot</a> North Highland</li> <li><a href="mailto:nhsh.southhighlandohiteam@nhs.scot">nhsh.southhighlandohiteam@nhs.scot</a> South Highland</li> </ul>
			Universal	Childsmile oral health teams (COHT)	
			Universal	HIRS L1BAB/015/L	

HV 13–15 months	<b>Ready Steady Toddler!</b> Website also includes short practical films on everyday routines (e.g. shopping, reading, playing) 2019 update  <b>Print version currently unavailable to order</b>		Health Visitor or Family Nurse	Public 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>  <a href="http://www.readysteadytoddler.org.uk/">http://www.readysteadytoddler.org.uk/</a>
			Universal	HIRS L1BAB/001/L	
HV 13–15 months	<b>Is your Child Eligible for free childcare</b> This leaflet explains who may be eligible for 1140 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>
			Targeted	HIRS L1BAB/045/L	
HV 13–15 months	<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	Public Health Scotland / CHANGE	This resource is in Easy Read format
			Targeted	HIRS T1DIS/048/T	
	<b>Bookbug Toddler Bag (for age 1 – 2)</b>		Library or Local Bookbug coordinator	Scottish Book Trust	Available in Gaelic  <a href="http://www.scottishbooktrust.com/bookbug/bookbug-bags">www.scottishbooktrust.com/bookbug/bookbug-bags</a>
			Universal		
HV 13–15 months	<b>Play@home toddler book</b>		Health Visitor or Family Nurse	Public 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
			Universal	1BAB/061/L	






HV 13–15 months	<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	HIRS 1BAB/048/L	
HV 27-30 Months	<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	Link to fact sheet for Best Start Grant Early Years Payment for printing locally in Arabic, Cantonese, Farsi, Gaelic, Mandarin, Polish, Urdu and Easy Read <a href="https://www.socialsecurity.gov.scot/what-we-do/stakeholder-resources/best-start-grant-early-learning-payment-1">https://www.socialsecurity.gov.scot/what-we-do/stakeholder-resources/best-start-grant-early-learning-payment-1</a>
			Targeted	Poster -HIRS Code P1BAB/012/P  Interactive wheel - HIRS L1BAB/054/L	
HV 27-30 Months	<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 2019 version		Health Visitor or Family Nurse	Public Health Scotland	Available to down load and other languages can be requested  <a href="http://www.healthscotland.com/documents/25.aspx">http://www.healthscotland.com/documents/25.aspx</a> NB will be discontinued when current stock runs out
			Targeted	HIRS L1HYG/005/L	
HV 27-30 Months	<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	HIRS 1CHI/005/L	

HV 27-30 Months	<b>Flu. Is your child aged 2-5?</b> 2020 version For age 2 – 5 and not yet in school		May be posted or given via EL&CC or GP's	Public Health Scotland	Available in Arabic, Bengali simplified Chinese (Mandarin), traditional Chinese (Cantonese), Farsi, Gaelic, Hindi 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>
			<b>Universal</b>	<b>HIRS L1IMM/017/L</b>	
HV 30 months – 3 years	<b>Bookbug Explorer Bag</b>		Usually given via from Nursery, Library or <i>local Bookbug</i> Co-ordinator	Scottish Book Trust	
			<b>Universal</b>	Order from book bug coordinator	
HV 30 months – 3 years	<b>Play@Home pre-school book</b>		EL&CC & Library Services	Public Health Scotland	Public 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>
			<b>Universal</b>	<b>1CHI/008/L</b>	
4.5-5years	<b>Scottish child payment and best start grant</b> This leaflet contains information on a new payment of £40 paid every four weeks for each eligible child under six.		<b>Health Visitor or FNP</b>	<b>Social Security Scotland</b>	
			<b>Universal</b>	<b>HIRS L1CHI/009/L</b>	
4.5 – 5 years <sup>1</sup>	<b>Bookbug P1 Family bag</b>		Usually given via from Nursery,	Scottish Book Trust	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>
			<b>Universal</b>	Library or <i>local Bookbug</i> Co-ordinator or schools	

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



## Bereavement Resources

	<p><b>General HIOH's Leaflet</b> This leaflet explains the support and services offered by HIOH's (befriending, counselling and support groups etc..) and how families can access them. Can be given to families in the memory bag but we always send separately so they don't get crushed in the bags</p>		<p>Midwife/FNP</p>	<p>Held in our Heart's</p>	<p>Digital versions under development</p>
	<p><b>ARC</b> Written in conjunction with ARC and Held In Our Hearts. Families who have been in this position also contributed as they wished someone had told them some of the points listed.</p>		<p>Screening Midwives</p>	<p>Held in our Hearts &amp; ARC</p>	<p>Digital versions under development</p>
	<p><b>Here for you</b> For those families who know their baby has died in utero and are sent home with pessaries. Families can contact a peer supporter during this time to help prepare for what lies ahead and speak to someone with lived experience of baby loss.</p>		<p>Screening Midwives/ Hospital consultant</p>	<p>Held in our Hearts</p>	<p>Digital versions under development</p>
	<p><b>Memory bags</b> These bags, contain: ceramic candle, Heart in their Hand keyring, photograph album and birth recognition card, forget me not seeds and leaflet with information on support.</p>		<p>Midwife/FNP</p>	<p>Held In Our Hearts</p>	
	<p><b>Post Mortem Video.</b> Produced in conjunction with pathologist Dr Evans and Held In Our Hearts bereaved parents. To be shown before discussion on Post Mortem.</p>		<p>Targeted</p>	<p>Available onHeld In Our Hearts website. Also installed on tablets provided for bereavement support.</p>	<p><a href="#">Parent to Parent Post Mortem Film - Held In Our Hearts</a> All voices and discussions are from bereaved families who have lived experience of loss and having to decide whether to have a PM. Supports informed choice.</p>

## 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>

### Parenting cont.

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 use

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)

### Child Protection

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/>

### Relationships/dads

The Spark – Counselling & Relationship support (Helpline: 0808 802 2088)  
[www.thespark.org.uk](http://www.thespark.org.uk)

Counselling mediation and relationship support  
[www.relationships-scotland.org.uk](http://www.relationships-scotland.org.uk)

Fathers Network Scotland  
[www.fathersnetwork.org.uk](http://www.fathersnetwork.org.uk)

Highland violence against women partnership website  
[www.hvawp.scot.nhs.uk](http://www.hvawp.scot.nhs.uk)

### Immunisations

Immunisation Scotland [www.immunisationscotland.org.uk](http://www.immunisationscotland.org.uk)

### Mental Health

Steps for Stress  
[www.stepsforstress.org](http://www.stepsforstress.org)

Healthier Scotland - Take Life On, One Step at a Time  
[www.takelifeon.co.uk](http://www.takelifeon.co.uk)

Mind – Depression Alliance  
[www.mind.org.uk/about-us/what-we-do/depression-alliance/](http://www.mind.org.uk/about-us/what-we-do/depression-alliance/)

Self help resources for Mums living with depression  
[www.themilegroup.org/](http://www.themilegroup.org/)

Association for post natal illness  
<https://apni.org/>

Birth Trauma Association  
[www.birthtraumaassociation.org.uk/](http://www.birthtraumaassociation.org.uk/)

Information on pregnancy planning for women who have bipolar affective disorder and post partum psychosis  
[www.bipolaruk.org/information-on-postpartum-psychosis](http://www.bipolaruk.org/information-on-postpartum-psychosis)

Information on OCD during the perinatal period  
[www.ocduk.org/prenatal-postnatal-ocd](http://www.ocduk.org/prenatal-postnatal-ocd)

Info on anxiety and depression includes info for dads  
[www.bluebellcare.org/](http://www.bluebellcare.org/)

Information on specific medications during pregnancy and associated risks, Includes patient friendly portal [www.medicinesinpregnancy.org/](http://www.medicinesinpregnancy.org/)

### Play/Literacy

Scottish Book Trust – Bookbug  
[www.scottishbooktrust.com/bookbug](http://www.scottishbooktrust.com/bookbug)

Play Talk Read  
[www.playtalkread.org](http://www.playtalkread.org)

Speech/Language/Communication website 'Through the Eyes of a Child' videos  
[www.thecommunicationtrust.org.uk/resources/resources/resources-for-parents](http://www.thecommunicationtrust.org.uk/resources/resources/resources-for-parents)

Highland SLT Facebook link  
[www.facebook.com/Highland-Children-and-Young-Peoples-Speech-and-Language-Therapy-Service-1522727477806808/](http://www.facebook.com/Highland-Children-and-Young-Peoples-Speech-and-Language-Therapy-Service-1522727477806808/)

### Bereavement

Held in our hearts provides memory making resources, peer support and counselling for bereaved parents and family who have lost a baby at any stage in the Highlands. 1:1 and group support offered.  
<https://heldinourhearts.org.uk/>

MISS are a miscarriage support service offering peer support based in Aberdeen but cover the highlands also  
<https://miss-support.org.uk/>

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 and trees of tranquility 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)

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

Financial support for bereaved parents from social security Scotland [HERE](#)

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

## Screening

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

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)

Bliss offer support for families & training/resources  
for professionals for premature or sick babies  
<https://www.bliss.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/>

Financial support for bereaved parents from social  
security Scotland [HERE](#)

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

## Pregnancy and beyond

Ready Steady Baby  
[www.nhsinform.scot/readysteadybaby](http://www.nhsinform.scot/readysteadybaby)

Best Beginnings  
[www.bestbeginnings.org.uk](http://www.bestbeginnings.org.uk)

Resources for families and professionals  
<https://www.tommys.org>

The Royal College of Obstetricians and Gynaecologists (RCOG) - produces  
patient information leaflets  
[www.rcog.org.uk](http://www.rcog.org.uk)

NCT (National Childbirth Trust)  
[www.nct.org.uk/pregnancy](http://www.nct.org.uk/pregnancy)

Health Scotland  
[www.healthscotland.com](http://www.healthscotland.com)

Scottish Governments website covering pregnancy to 4+ Years  
[www.parentclub.scot](http://www.parentclub.scot)

## Additional 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/)

## Commercial websites

Highland Sexual Health 01463 888300 information,  
advice on sexual health and contraception including live  
chat and clinic times across highland.  
<https://www.highlandsexualhealth.co.uk/>  
<https://www.sexualhealthscotland.co.uk/>

Claire MacPhee 2020 Mobile: 07824104279

Email: [claire.macphee@highland.gov.uk](mailto:claire.macphee@highland.gov.uk)

Issue No 12

Date of issue: June  
2022

Review date: June  
2023