

Welcoming your new baby

For more information about feeding your baby please see the section 'Feeding your baby, toddler and all the family'.

[Meeting baby for the first time](#)

The importance of skin to skin contact, how responsive parenting helps your baby's brain to develop and why love matters.

[Global Health Media](#)

Films of real mothers and babies including breastfeeding in the first hours, how to hold and attach your baby to breastfeed, breast and nipple pain and your increasing milk supply.

[Building a happy baby](#)

Leaflet about the importance of keeping babies close and responsive parenting. Close loving relationships between parents and their babies' supports baby's well-being and baby's brain development.

[Getting to know your baby](#)

Getting to Know Your Baby is a website and an app. It uses video to help you understand and respond to your own baby's individual patterns and to support you to bond with your baby – before and after birth.

[Click here to watch bonding before birth](#)

[Caring for your baby at night](#)

This leaflet provides information to support parents with getting some rest, night feeding, safe sleeping environments and helping baby to settle. Endorsed by the Lullaby Trust, the Royal College of Midwives (RCM), the Institute of Health Visiting (iHV) and the Community Practitioners and Health Visitors Association (CPHVA).

[Infant Sleep Information Source](#) – evidence based information about normal baby sleep, to support parents.

[Baby Buddy App](#)

The only pregnancy and baby care app endorsed by the Department of Health. Evidence based information and support through pregnancy, birth, babyhood.

[Child health & common illnesses](#) – East London NHS Foundation Trust

What to do when your child is ill; how to care for your child at home, when to seek advice from a health visitor/call a doctor and when to contact emergency services.

[Newham Baby Feeding Groups](#)

Newham baby feeding groups programme with information about breastfeeding out and about as well as telephone support for feeding your baby.

[Immunisations - NHS Guide to immunisations up to one year](#)

[Information about your baby's routine immunisations; how vaccines work, the vaccination programme.](#)

[Concerns about immunisations.](#)

[Your pregnancy and baby guide \(NHS choices\)](#)

From conception through pregnancy, to caring for your new baby, week-by-week guides, expert videos, parents' tips and interactive tools to explore.

[Give your baby a better start with Start4Life](#)

Getting your baby into healthy habits early on gives them the best start in life and reduces their risk of poor health later on. Information for mothers, partners, friends and family.

[What to expect, when? – Birth to 5](#)

Guidance on your child's learning and development in the early year's foundation stage.

[Help your baby move and play every day - British Heart Foundation](#)

Activity for the very young – for health and wellbeing.

[Your mental health matters](#)

The wellbeing plan can help you think about how you feel and what support you might need in your pregnancy and after the birth.

[My pregnancy & post-birth wellbeing plan](#)

[Newham perinatal – mental health team](#) – support for pregnant women and new mothers

[Newham Parents in Mind](#)

Support for pregnant women and new mothers who are having a tough time emotionally. Mother to mother, free, sensitive support.

[Postnatal depression in fathers](#) – NCT

[Postnatal Anxiety](#) - Anxiety UK

[Mental health problems when pregnant](#) - NHS Choices

Jaundice – Yellow Alert

If you have concerns about jaundice.

[Baby jaundice](#)

[Help and support with smoking \(NHS Start4Life\)](#)

[Baby on the way, quit today](#) – Newham Stop Smoking support

Help with stopping smoking, the most important decision you can make for your baby's health.

[Support for crying baby, screaming, sleepless and demanding babies](#)

Cry-sis helpline 09.00am to 10.00pm 08451 228 669

[All babies cry – some cry a lot](#) – NHS Choices

[Domestic violence](#)

We offer free and confidential help and advice.

Call the Newham One Stop Shop on 0845 451 2547. The line is available 24 hours a day, seven days a week.

[Contraceptive choices after you've had a baby \(FPA\)](#)

Many unplanned pregnancies happen in the first few months after childbirth, so even if you're not interested in sex at the moment, it's better to be prepared.

Options include exclusive, responsive breastfeeding as a method of contraception in the first six months.

[FGM – Newham](#)

Female genital mutilation (FGM) is a crime in this country. It is also a crime to take a British national or permanent resident abroad for FGM or to help someone trying to do this.

[Money and debt management – Citizens advice](#)

Information and support to help you to manage your finances; support with budgeting, debt solutions, mortgage problems.

[Free impartial money advice](#) – The Money Advice Service

[Alcohol or drug abuse – Newham](#)

Information and help with managing drug or alcohol use. Call the 24 hour drugs and alcohol helpline anytime on 0800 652 3879 to get help, advice and services from people who care.

Do you qualify for free childcare? Don't miss out!

Visit www.newham.gov.uk/twoyearold