

# Information for you and your baby

## 'Understanding your baby'

Postnatal group – based on the Solihull Approach.

This 6 week group is open to new mums to come along with their new baby, and led by the local health visiting team. It takes place for two hours a week for six weeks.

The weekly topics include:

- Yours and your baby's feelings
- Baby's communication and crying
- Developing healthy sleep patterns
- Feeding your baby
- Play and development
- Baby's childcare

This group is open to all new mums who live in Solihull, please note places are limited.

To book your place on your local postnatal parenting group detailed above please contact Lisa Baker from the Solihull Parenting Team either on telephone number 0121 301 2773 or via email [bsmhft.parenting@nhs.net](mailto:bsmhft.parenting@nhs.net)

## Online parenting courses

You can access online parenting support groups via the below link,  
[www.inourplace.co.uk](http://www.inourplace.co.uk) Access Code: **APPLEJACKS**

## General information

[www.nhs.uk/conditions/pregnancy-and-baby](http://www.nhs.uk/conditions/pregnancy-and-baby)

<http://www.mothersguide.co.uk/>

[www.aimh.org.uk/parent-resources](http://www.aimh.org.uk/parent-resources)

## Other sources of help:

### Health Visitors – what we do and who we are

[www.swft.nhs.uk/our-services/children-and-young-peoples-services](http://www.swft.nhs.uk/our-services/children-and-young-peoples-services)

### Sleeping- encouraging better sleep patterns

[www.lullabytrust.org.uk/safer-sleep](http://www.lullabytrust.org.uk/safer-sleep)

[www.understandingchildhood.net/our-leaflets](http://www.understandingchildhood.net/our-leaflets)

### www.basisonline.org.uk

[www.understandingchildhood.net/posts/crying-and-sleeping-in-the-first-months-of-life/](http://www.understandingchildhood.net/posts/crying-and-sleeping-in-the-first-months-of-life/)

### Infant Feeding – guide to early feeding and vitamins

[www.healthystart.co.uk](http://www.healthystart.co.uk)

[www.unicef.org.uk/babyfriendly/](http://www.unicef.org.uk/babyfriendly/)

### Starting Solid Food- healthy diet and lifestyle

[www.nhs.uk/Conditions/pregnancy-and-baby/Pages/solid-foods-weaning.aspx](http://www.nhs.uk/Conditions/pregnancy-and-baby/Pages/solid-foods-weaning.aspx)

[www.nhs.uk/start4life/first-foods](http://www.nhs.uk/start4life/first-foods)

<http://www.firststepsnutrition.org/>

### Parental Support and Information

[www.Solihull.gov.uk/familyinfo](http://www.Solihull.gov.uk/familyinfo)

[www.booktrust.org.uk](http://www.booktrust.org.uk)

### Womens Aid Birmingham and Solihull- information about Domestic Abuse

Helpline 0808 800 0028

### Early Help local authority support for parents

[www.socialsolihull.org.uk/earlyhelp](http://www.socialsolihull.org.uk/earlyhelp)

### Tummy Time- importance of play

[www.nichd.nih.gov/sts/about/pages/tummytime.aspx](http://www.nichd.nih.gov/sts/about/pages/tummytime.aspx)

### Pelvic Floor Exercises

[www.squeezyapp.co.uk](http://www.squeezyapp.co.uk) - Also available on App store

### Activities for Children

[www.hoop.co.uk](http://www.hoop.co.uk) Also available on App store

[www.solihull.gov.uk/parentsnetwork](http://www.solihull.gov.uk/parentsnetwork)

### Healthy Lifestyle

[www.nhs.uk/oneyou](http://www.nhs.uk/oneyou) Also available on App store

### Real Junk Food Project

[www.trjfpbrum.com/venues/hobs-moat](http://www.trjfpbrum.com/venues/hobs-moat)