



# Maternity Resource Booklet

Patient Information



**Ramsay**  
Health Care

Useful information and resources in the form of websites, fact sheets, brochures and PDF files.

April 2020

This resource booklet will be reviewed annually, to ensure that the most current evidence-based information is made available.

Information can be found on a range of topics, and may be useful to you during your pregnancy, in preparation for labour and birth, and throughout the postnatal period.

To access the listed information and resources, use the inbuilt QR scanner on your electronic device; or download a free QR Scanner from the App Store on your device. Alternatively: click on, or enter the listed URL into an internet search browser.

*PLEASE NOTE: This information has been compiled from a variety of resources. Please speak to your Obstetrician or Midwife if you have any questions regarding this information, and to make sure that the information that you read is suitable for you and your family. Not all information will be relevant or suitable to you, and in your situation. All information is generalised.*

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- Newborn Screening
- Red Nose Information (safe sleeping, safe wrapping, tummy time, safe infant and nursery products, sharing a sleep surface, using a dummy or pacifier, safe sleeping bags)
- Routine Newborn Examination

- Safety for Babies and Children
- Settling Your Baby
- Sleep and Settling of Newborn Babies
- Sling and Carrier Safety
- Tongue Tie
- Umbilical Cord Care
- Undescended Testes in Babies
- Vitamin K for Newborn Babies
- VIDEOS: Breastfeeding, Bottle and Formula Preparation, Bonding with Newborns, Nappy Changing, How to Hold a Baby, How to Dress a Newborn, How to Wrap a Baby, Baby Massage, Bathing a Newborn Safely, Feed and Sleep Patterns, Settle a Crying Baby, Settling Babies for Sleep, Baby Development Series

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- Looking After Yourself
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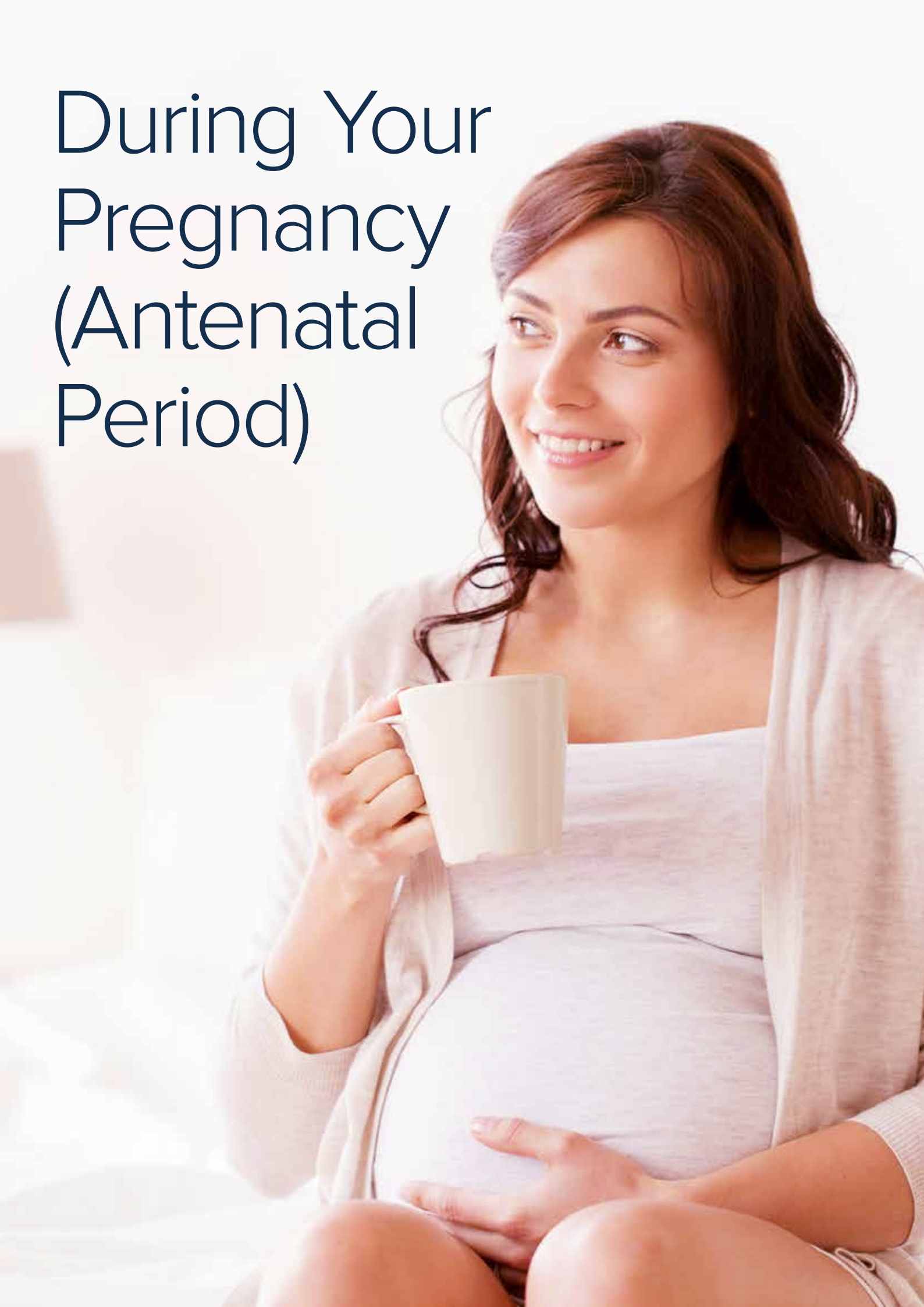


## Expecting More Than One Baby? (Twins, Triplets etc.)








TOPIC	QR CODE	RESOURCE	URL AND CONTENT
<b>Australian Multiple Birth Association</b>		<b>Australian Multiple Birth Association:</b> (2019)	<a href="https://www.amba.org.au">https://www.amba.org.au</a> - Information and support for parents expecting more than one baby (twins, triplets etc)











# During Your Pregnancy (Antenatal Period)



## During Your Pregnancy (Antenatal Period)

TOPIC	QR CODE	RESOURCE	URL AND CONTENT
<b>Alcohol and Pregnancy</b>		<b>Information you Might Not Know About Pregnancy &amp; Alcohol:</b> Australian Department of Health (2018)	<a href="https://www.health.gov.au/sites/default/files/information-you-might-not-know-about-pregnancy-and-alcohol.pdf">https://www.health.gov.au/sites/default/files/information-you-might-not-know-about-pregnancy-and-alcohol.pdf</a> - Why no alcohol amount is safe when pregnant - Who you can contact for support - What you can do to avoid alcohol - Risks of drinking alcohol while pregnant - Why it is important to talk to your doctor
		<b>Alcohol During Pregnancy and Breastfeeding:</b> Australian Department of Health (2019)	<a href="https://www.health.gov.au/health-topics/alcohol/alcohol-throughout-life/alcohol-during-pregnancy-and-breastfeeding">https://www.health.gov.au/health-topics/alcohol/alcohol-throughout-life/alcohol-during-pregnancy-and-breastfeeding</a> - Information about alcohol during pregnancy and whilst breastfeeding
<b>Amniocentesis</b>		<b>Amniocentesis</b> RANZCOG – The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (2019)	<a href="https://ranzco.org.au/womens-health/patient-information-resources/amniocentesis">https://ranzco.org.au/womens-health/patient-information-resources/amniocentesis</a> - Information about a medical procedure known as an “amniocentesis” that is sometimes performed during pregnancy
<b>Antenatal Care During Pregnancy</b>		<b>Antenatal Care During Pregnancy</b> RANZCOG – The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (2019)	<a href="https://ranzco.org.au/womens-health/patient-information-resources/antenatal-care-during-pregnancy">https://ranzco.org.au/womens-health/patient-information-resources/antenatal-care-during-pregnancy</a> - Information about what antenatal care is, and why it is important.
<b>Baby Movements</b>		<b>Your Baby’s Movements Matter:</b> Movements Matter (2019)	<a href="http://movementsmatter.org.au/">http://movementsmatter.org.au/</a> - The movements of your baby matter.
		<b>Getting to Know My Baby’s Movements:</b> PSANZ Stillbirth and Neonatal Death Alliance (SANDA) Brochure (2016)	<a href="https://custom.cvent.com/FE8ADE3646EB4896BCEA8239F12DC577/files/aabe77273af24ada8d60621863f71369.pdf">https://custom.cvent.com/FE8ADE3646EB4896BCEA8239F12DC577/files/aabe77273af24ada8d60621863f71369.pdf</a> - The importance of getting to know your baby’s movements
		<b>Your Baby’s Movements Matter:</b> Stillbirth Centre of Research Excellence (2019)	<a href="https://www.stillbirthcre.org.au/assets/Uploads/Your-Babys-Movements-Matter.pdf">https://www.stillbirthcre.org.au/assets/Uploads/Your-Babys-Movements-Matter.pdf</a> - The importance of getting to know your baby’s movements










TOPIC	QR CODE	RESOURCE	URL AND CONTENT
<b>Breech Presentation at the End of Your Pregnancy</b>		<b>Breech Presentation at the End of Your Pregnancy</b> RANZCOG – The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (2019)	<a href="https://ranzcog.edu.au/womens-health/patient-information-resources/breech-presentation-at-the-end-of-your-pregnancy">https://ranzcog.edu.au/womens-health/patient-information-resources/breech-presentation-at-the-end-of-your-pregnancy</a>  - Information sheet for those who have a breech baby towards the end of their pregnancy
		<b>Breech Pregnancy</b> Pregnancy, Birth & Baby (2018)	<a href="https://www.pregnancybirthbaby.org.au/breech-pregnancy">https://www.pregnancybirthbaby.org.au/breech-pregnancy</a>  - Information for those who have a breech baby towards the end of their pregnancy
		<b>External Cephalic Version (ECV)</b> Pregnancy, Birth & Baby (2018)	<a href="https://www.pregnancybirthbaby.org.au/external-cephalic-version-ecv">https://www.pregnancybirthbaby.org.au/external-cephalic-version-ecv</a>  - Information for those who have a breech baby towards the end of their pregnancy
<b>Call Your Obstetrician or Midwife</b>		<b>Call the midwife if you experience any of the following...</b> Tommy's Pregnancy Information (2019)	<a href="https://www.tommys.org/sites/default/files/When-to-call-the-midwife_web2_0.pdf">https://www.tommys.org/sites/default/files/When-to-call-the-midwife_web2_0.pdf</a>  - Reasons to contact your Obstetrician or Midwife. DO NOT delay contacting them. If you have any concerns that are not listed here, still contact your Obstetrician or Midwife – this is not an exhaustive or exclusive list of reasons to contact them.
<b>Chorionic Villus Sampling (CVS)</b>		<b>Chorionic Villus Sampling (CVS)</b> RANZCOG – The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (2019)	<a href="https://ranzcog.edu.au/womens-health/patient-information-resources/chorionic-villussampling-(cvs)">https://ranzcog.edu.au/womens-health/patient-information-resources/chorionic-villussampling-(cvs)</a>  - Information about a medical procedure known as “chorionic villus sampling” that is sometimes performed during pregnancy”
<b>Ectopic Pregnancy</b>		<b>Ectopic Pregnancy:</b> QLD Clinical Guidelines Consumer Information (2017)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0028/651583/c-epl-ectopic.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0028/651583/c-epl-ectopic.pdf</a>  - Information about an ectopic pregnancy.
		<b>Ectopic Pregnancy</b> Pregnancy, Birth & Baby (2018)	<a href="https://www.pregnancybirthbaby.org.au/ectopic-pregnancy">https://www.pregnancybirthbaby.org.au/ectopic-pregnancy</a>  - Information about an ectopic pregnancy.
		<b>Ectopic Pregnancy</b> Better Health Channel – State of Victoria (2018)	<a href="https://www.betterhealth.vic.gov.au/health/healthyliving/ectopic-pregnancy">https://www.betterhealth.vic.gov.au/health/healthyliving/ectopic-pregnancy</a>  - Information about an ectopic pregnancy.

TOPIC	QR CODE	RESOURCE	URL AND CONTENT
Exercise During Pregnancy		<b>Exercising During Pregnancy:</b> Pregnancy Birth & Baby (2018)	<a href="https://www.pregnancybirthbaby.org.au/exercising-during-pregnancy">https://www.pregnancybirthbaby.org.au/exercising-during-pregnancy</a> - Information about exercise during pregnancy
		<b>Pregnancy and Exercise:</b> Continence Foundation of Australia (2017)	<a href="http://www.pelvicfloorfirst.org.au/data/files/PFF_Resources/Pregnancy_and_exercise_FINAL_-_June_2017_.pdf">http://www.pelvicfloorfirst.org.au/data/files/PFF_Resources/Pregnancy_and_exercise_FINAL_-_June_2017_.pdf</a> - Information about exercise during pregnancy
		<b>Pregnancy and Exercise:</b> Better Health Channel – State of Victoria (2018)	<a href="https://www.betterhealth.vic.gov.au/health/HealthyLiving/pregnancy-and-exercise">https://www.betterhealth.vic.gov.au/health/HealthyLiving/pregnancy-and-exercise</a> - Information about exercise during pregnancy
		<b>Pregnancy and Exercise:</b> Physical Activity Australia (2019)	<a href="https://www.physicalactivityaustralia.org.au/pregnancy-and-exercise/">https://www.physicalactivityaustralia.org.au/pregnancy-and-exercise/</a> - Information about exercise during pregnancy
		<b>Exercise During Pregnancy</b> RANZCOG – The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (2019)	<a href="https://ranzcof.edu.au/womens-health/patient-information-resources/exercise-during-pregnancy">https://ranzcof.edu.au/womens-health/patient-information-resources/exercise-during-pregnancy</a> - Information about exercise during pregnancy
Gestational Diabetes		<b>What is...Gestational Diabetes Mellitus?</b> Queensland Health (2013)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0021/621615/sdcn-whatisbrochure.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0021/621615/sdcn-whatisbrochure.pdf</a> - Brief brochure about what gestational diabetes is
		<b>Gestational Diabetes Mellitus:</b> Queensland Health (2013)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0030/621588/sdcn-gdmbooklet.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0030/621588/sdcn-gdmbooklet.pdf</a> - Booklet for those who have been diagnosed with gestational diabetes
		<b>Diabetes- Gestational</b> Better Health Channel – State of Victoria (2018)	<a href="https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/diabetes-gestational">https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/diabetes-gestational</a> - Information about gestational diabetes
Gestational Trophoblastic Disease (GTD) or Molar Pregnancy		<b>Gestational Trophoblastic Disease (GTD) or Molar Pregnancy</b> RANZCOG – The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (2019)	<a href="https://ranzcof.edu.au/RANZCOG_SITE/media/RANZCOG-MEDIA/Women%27s%20Health/Patient%20information/Gestational-Trophoblastic-Disease.pdf?ext=.pdf">https://ranzcof.edu.au/RANZCOG_SITE/media/RANZCOG-MEDIA/Women%27s%20Health/Patient%20information/Gestational-Trophoblastic-Disease.pdf?ext=.pdf</a> - Information for those who experience a molar pregnancy.

TOPIC	QR CODE	RESOURCE	URL AND CONTENT
<b>Group B Streptococcus (GBS) in Pregnancy</b>		<b>Group B Streptococcus (GBS) in Pregnancy:</b> QLD Clinical Guidelines Consumer Information (2016)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0030/626736/c-gbs.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0030/626736/c-gbs.pdf</a> - Information sheet regarding GBS in pregnancy
		<b>Streptococcal Infection – Group B</b> Better Health Channel – State of Victoria (2018)	<a href="https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/streptococcal-infection-group-b">https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/streptococcal-infection-group-b</a> - Information regarding GBS in pregnancy
		<b>Group B Strep and Pregnancy</b> Kids Health from Nemours (2019)	<a href="https://kidshealth.org/en/parents/groupb.html?view=ptr&amp;WT.ac=p-ptr">https://kidshealth.org/en/parents/groupb.html?view=ptr&amp;WT.ac=p-ptr</a> - Information regarding GBS in pregnancy
		<b>Group B Streptococcus</b> RANZCOG – The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (2019)	<a href="https://ranzcof.edu.au/womens-health/patient-information-resources/group-b-streptococcus">https://ranzcof.edu.au/womens-health/patient-information-resources/group-b-streptococcus</a> - Information regarding GBS in pregnancy
<b>Healthy Eating During Your Pregnancy</b>		<b>Healthy Eating During Your Pregnancy: Advice on Eating for You and Your Baby</b> Australian Government Department of Health -eatforhealth.gov.au (2019)	<a href="https://www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/n55h_healthy_eating_during_pregnancy.pdf">https://www.eatforhealth.gov.au/sites/default/files/content/The%20Guidelines/n55h_healthy_eating_during_pregnancy.pdf</a> - Brochure about recommendations surrounding a healthy diet during pregnancy.
		<b>Pregnancy and Diet</b> Better Health Channel – State of Victoria (2018)	<a href="https://www.betterhealth.vic.gov.au/health/healthyliving/pregnancy-and-diet">https://www.betterhealth.vic.gov.au/health/healthyliving/pregnancy-and-diet</a> - Information regarding your diet during pregnancy
		<b>Healthy Diet During Pregnancy</b> Pregnancy, Birth & Baby (2018)	<a href="https://www.pregnancybirthbaby.org.au/healthy-diet-during-pregnancy">https://www.pregnancybirthbaby.org.au/healthy-diet-during-pregnancy</a> - Information about a healthy diet during your pregnancy

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High Blood Pressure (Hypertension) in Pregnancy		<b>High Blood Pressure (hypertension) in Pregnancy:</b> QLD Clinical Guidelines Consumer Information (2015)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0013/140080/c-hdp.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0013/140080/c-hdp.pdf</a> - Information about high blood pressure during pregnancy
		<b>Pre-eclampsia and High Blood Pressure During Pregnancy</b> QRANZCOG – The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (2019)	<a href="https://ranzcoq.edu.au/womens-health/patient-information-resources/pre-eclampsia-and-high-blood-pressure-during-pregn">https://ranzcoq.edu.au/womens-health/patient-information-resources/pre-eclampsia-and-high-blood-pressure-during-pregn</a> - Information about high blood pressure and preeclampsia during pregnancy
Immunisation in Pregnancy		<b>Protecting your Baby Against Influenza Starts When You're Pregnant:</b> Australian Government (2019)	<a href="https://www.health.gov.au/sites/default/files/protecting-your-baby-against-influenza-starts-when-you-re-pregnant-brochure.pdf">https://www.health.gov.au/sites/default/files/protecting-your-baby-against-influenza-starts-when-you-re-pregnant-brochure.pdf</a> - Brochure about the importance of having the Influenza immunisation during your pregnancy
		<b>Protect Your Baby From Whooping Cough – Vaccinate for Free When Pregnant:</b> Australian Government (2019)	<a href="https://www.health.gov.au/sites/default/files/protect-your-baby-from-whooping-cough-vaccinate-for-free-when-pregnant-brochure_0.pdf">https://www.health.gov.au/sites/default/files/protect-your-baby-from-whooping-cough-vaccinate-for-free-when-pregnant-brochure_0.pdf</a> - Brochure about the importance of having
Negative Blood Group Type in Pregnancy		<b>RhD Negative Blood Type in Pregnancy:</b> QLD Clinical Guidelines Consumer Information (2017)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0017/140804/c-epl-rhdnegative.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0017/140804/c-epl-rhdnegative.pdf</a> - Information for women who have a Rh Negative Blood Group
		<b>Rhesus D Negative in Pregnancy</b> Pregnancy, Birth & Baby (2018)	<a href="https://www.pregnancybirthbaby.org.au/rhesus-d-negative-in-pregnancy">https://www.pregnancybirthbaby.org.au/rhesus-d-negative-in-pregnancy</a> - Information for women who have a Rh Negative Blood Group
Pain and Bleeding in Pregnancy		<b>Pain and Bleeding in Early Pregnancy:</b> QLD Clinical Guidelines Consumer Information (2017)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0029/651584/c-epl-painbleeding.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0029/651584/c-epl-painbleeding.pdf</a> - Information for those who experience pain and bleeding during pregnancy.
		<b>Bleeding During Pregnancy</b> Pregnancy, Birth & Baby (2018))	<a href="https://www.pregnancybirthbaby.org.au/bleeding-during-pregnancy">https://www.pregnancybirthbaby.org.au/bleeding-during-pregnancy</a> - Information for those who experience bleeding during their pregnancy

TOPIC	QR CODE	RESOURCE	URL AND CONTENT
Seatbelts and Pregnancy		<b>Seatbelts and Pregnancy</b> QLD Clinical Guidelines Parent Information (2016)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0017/150506/c-seatbelts.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0017/150506/c-seatbelts.pdf</a> - Information about the safe use of seatbelts during pregnancy
		<b>Seat Belt Safety in Pregnancy – Belt Below the Bump</b> Queensland Government (2016)	<a href="https://www.qld.gov.au/health/children/pregnancy/belt-below-bump">https://www.qld.gov.au/health/children/pregnancy/belt-below-bump</a> - Information about the safe use of seatbelts during pregnancy
Smoking and Pregnancy		<b>Pregnancy and Smoking:</b> betterhealth – State of Victoria (2019)	<a href="https://www.betterhealth.vic.gov.au/health/healthyliving/pregnancy-and-smoking?viewAsPdf=true">https://www.betterhealth.vic.gov.au/health/healthyliving/pregnancy-and-smoking?viewAsPdf=true</a> - Information for pregnant women about smoking and pregnancy
		<b>Smoking and Pregnancy:</b> Queensland Health (2019)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0025/441484/smokingandpregnancy.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0025/441484/smokingandpregnancy.pdf</a> - Information for pregnant women about smoking and pregnancy
		<b>Important Information for Fathers Who Smoke:</b> Queensland Health (2019)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0023/441068/fatherswhosmoke.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0023/441068/fatherswhosmoke.pdf</a> - Information for fathers who smoke
Termination of Pregnancy		<b>Termination of Pregnancy:</b> QLD Clinical Guidelines Consumer Information (2018)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0018/735300/c-top.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0018/735300/c-top.pdf</a>
Travelling During Pregnancy		<b>Travelling During Pregnancy</b> RANZCOG – The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (2019)	<a href="https://ranzcog.edu.au/womens-health/patient-information-resources/travelling-during-pregnancy">https://ranzcog.edu.au/womens-health/patient-information-resources/travelling-during-pregnancy</a>































# Labour and Birth




















## Labour and Birth

TOPIC	QR CODE	RESOURCE	URL AND CONTENT
<b>Active Birth</b>		<b>Fact Sheet – Active Birth</b> Women's & Newborn Health Westmead Hospital (2016)	<a href="https://www.wslhd.health.nsw.gov.au/ArticleDocuments/1369/WSP-433%20Active%20birth%20V2%20.pdf.aspx">https://www.wslhd.health.nsw.gov.au/ArticleDocuments/1369/WSP-433%20Active%20birth%20V2%20.pdf.aspx</a> - Information sheet about being active during your labour and birth
<b>Breathing Through Labour</b>	 	<b>Patterned Breathing During Labour</b> American Pregnancy Association (2015)  <b>Lamaze Breathing</b> Health Line (2019)	<a href="https://americanpregnancy.org/labor-and-birth/patterned-breathing/">https://americanpregnancy.org/labor-and-birth/patterned-breathing/</a> - Information about breathing through the contractions during your labour.  <a href="https://www.healthline.com/health/lamaze-breathing#the-lamaze-method">https://www.healthline.com/health/lamaze-breathing#the-lamaze-method</a> - Information about the “Lameze” breathing techniques that you can use during labour
<b>Cesarean Section</b>	  	<b>Cesarean Section:</b> Better Health Channel – State of Victoria (2018)  <b>Cesarean Section:</b> RANZCOG – The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (2019)  <b>Cesarean</b> Pregnancy, Birth & Baby (2018)	<a href="https://www.betterhealth.vic.gov.au/health/HealthyLiving/caesarean-section">https://www.betterhealth.vic.gov.au/health/HealthyLiving/caesarean-section</a> - Information about a cesarean section  <a href="https://rancog.edu.au/womens-health/patient-information-resources/caesarean-section">https://rancog.edu.au/womens-health/patient-information-resources/caesarean-section</a> - Information about a cesarean section  <a href="https://www.pregnancybirthbaby.org.au/caesarean">https://www.pregnancybirthbaby.org.au/caesarean</a> - Information about a cesarean section
<b>Early Labour</b>		<b>Early Labour:</b> QLD Clinical Guidelines Consumer Information (2017)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0028/687403/c-earlylabour.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0028/687403/c-earlylabour.pdf</a> - Information sheet about early labour
<b>Fetal Monitoring in Labour</b>	 	<b>Fetal Monitoring in Labour:</b> QLD Clinical Guidelines Consumer Information (2015)  <b>Monitoring the Baby's Heart Rate in Labour</b> RANZCOG – The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (2019)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0017/140174/c-ifs.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0017/140174/c-ifs.pdf</a> - Information about fetal monitoring during your labour  <a href="https://rancog.edu.au/womens-health/patient-information-resources/monitoring-the-baby%E2%80%99s-heart-rate-in-labour">https://rancog.edu.au/womens-health/patient-information-resources/monitoring-the-baby%E2%80%99s-heart-rate-in-labour</a> - Information about fetal monitoring during your labour







TOPIC	QR CODE	RESOURCE	URL AND CONTENT
Induction of Labour		<b>Induction of Labour</b> RANZCOG – The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (2019)	<a href="https://ranzcof.edu.au/womens-health/patient-information-resources/induction-of-labour">https://ranzcof.edu.au/womens-health/patient-information-resources/induction-of-labour</a> - Information for those who may have their labour induced
		<b>Induction of Labour</b> QLD Clinical Guidelines Consumer Information (2017)	<a href="https://www.health.qld.gov.au/___data/assets/pdf_file/0018/641430/c-iol.pdf">https://www.health.qld.gov.au/___data/assets/pdf_file/0018/641430/c-iol.pdf</a> - Information for those who may have their labour induced
		<b>Induced Labour – What are the Options?</b> Pregnancy, Birth & Baby (2018)	<a href="https://www.pregnancybirthbaby.org.au/induced-labour-what-are-the-options">https://www.pregnancybirthbaby.org.au/induced-labour-what-are-the-options</a> - Information for those who may have their labour induced
Instrumental Vaginal Birth		<b>Instrumental Vaginal Birth:</b> QLD Clinical Guidelines Consumer Information (2018)	<a href="https://www.health.qld.gov.au/___data/assets/pdf_file/0027/736920/c-instrumental.pdf">https://www.health.qld.gov.au/___data/assets/pdf_file/0027/736920/c-instrumental.pdf</a> - Information about forceps, vacuum/ventouse assisted birth
		<b>Assisted Birth</b> RANZCOG – The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (2019)	<a href="https://ranzcof.edu.au/womens-health/patient-information-resources/assisted-birth">https://ranzcof.edu.au/womens-health/patient-information-resources/assisted-birth</a> - Information about forceps, vacuum/ventouse assisted birth
		<b>Assisted Delivery (Forceps or Ventouse)</b> Pregnancy, Birth & Baby (2018)	<a href="https://www.pregnancybirthbaby.org.au/assisted-delivery-forceps-or-ventouse">https://www.pregnancybirthbaby.org.au/assisted-delivery-forceps-or-ventouse</a> - Information about forceps, vacuum/ventouse assisted birth
Labour - Am I in Labour?		<b>Fact Sheet – How Will I Know I'm in Labour?</b> Women's & Newborn Health Westmead Hospital (2016)	<a href="https://www.wslhd.health.nsw.gov.au/ArticleDocuments/1346/How%20will%20i%20know%20i%20am%20in%20labour%20V2a.pdf.aspx">https://www.wslhd.health.nsw.gov.au/ArticleDocuments/1346/How%20will%20i%20know%20i%20am%20in%20labour%20V2a.pdf.aspx</a> - Information about signs and ways
Labour Complications		<b>Labour Complications:</b> Pregnancy, Birth & Baby (2018)	<a href="https://www.pregnancybirthbaby.org.au/labour-complications">https://www.pregnancybirthbaby.org.au/labour-complications</a> - Brief information regarding
Labour and Birth – General Information		<b>Labour and Birth</b> RANZCOG (2019)	<a href="https://ranzcof.edu.au/womens-health/patient-information-resources/labour-and-birth">https://ranzcof.edu.au/womens-health/patient-information-resources/labour-and-birth</a> - Information about labour and birth

TOPIC	QR CODE	RESOURCE	URL AND CONTENT
Pain Relief in Labour (Options)		<b>Pain Relief During Labour:</b> Health Direct (2018)	<a href="https://www.healthdirect.gov.au/pain-relief-during-labour">https://www.healthdirect.gov.au/pain-relief-during-labour</a> - Information about labour pain relief options
		<b>Childbirth – Pain Relief Options</b> Better Health Channel – State of Victoria (2018)	<a href="https://www.betterhealth.vic.gov.au/health/HealthyLiving/childbirth-pain-relief-options">https://www.betterhealth.vic.gov.au/health/HealthyLiving/childbirth-pain-relief-options</a> - Information about labour pain relief options
		<b>Pain Relief in Labour and Childbirth</b> RANZCOG – The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (2019)	<a href="https://ranzocg.edu.au/womens-health/patient-information-resources/pain-relief-in-labour-and-childbirth">https://ranzocg.edu.au/womens-health/patient-information-resources/pain-relief-in-labour-and-childbirth</a> - Information about labour pain relief options
Pain Relief in Labour (Non-Medicated)		<b>Non-medical Pain Relief During Labour:</b> Pregnancy, Birth & Baby (2018)	<a href="https://www.pregnancybirthbaby.org.au/non-medical-pain-relief-during-labour">https://www.pregnancybirthbaby.org.au/non-medical-pain-relief-during-labour</a> - Pain relief in labour that does not involve medication / drugs
		<b>Fact Sheet - Managing Your Labour</b> Women's & Newborn Health Westmead Hospital (2016)	<a href="https://www.wslhd.health.nsw.gov.au/ArticleDocuments/1346/WSP-Managing%20your%20labour.V4.pdf.aspx">https://www.wslhd.health.nsw.gov.au/ArticleDocuments/1346/WSP-Managing%20your%20labour.V4.pdf.aspx</a> - Pain relief in labour that does not involve medication / drugs
Pain Relief in Labour (Epidural)		<b>Epidural Pain Relief for Your Labour: Patient Information</b> Queensland Government – Queensland Health (2018)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0017/150533/anaesthetic_05.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0017/150533/anaesthetic_05.pdf</a> - Information about an epidural for pain relief during labour
		<b>Epidural Pain Relief in Labour – Information for Mothers:</b> Townsville Hospital and Health Service (2019)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0027/720477/epidural-patient-factsheet.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0027/720477/epidural-patient-factsheet.pdf</a> - Information about an epidural for pain relief during labour
		<b>Epidural:</b> Pregnancy, Birth & Baby (2018)	<a href="https://www.pregnancybirthbaby.org.au/epidural">https://www.pregnancybirthbaby.org.au/epidural</a> - Information about an epidural for pain relief during labour

TOPIC	QR CODE	RESOURCE	URL AND CONTENT
<b>Positions for Labour and Birth</b>	 	<b>Positions for Labour and Birth:</b> Pregnancy, Birth & Baby (2018)  <b>Fact Sheet – Positions for Labour and Birth</b> Women's and Newborn Health Westmead Hospital (2014)	<a href="https://www.pregnancybirthbaby.org.au/positions-for-labour-and-birth">https://www.pregnancybirthbaby.org.au/positions-for-labour-and-birth</a> - Information about positioning during labour  <a href="http://www.wslhd.health.nsw.gov.au/ArticleDocuments/1122/WSP-407%20Positions%20for%20labour%20and%20birth.pdf.aspx">http://www.wslhd.health.nsw.gov.au/ArticleDocuments/1122/WSP-407%20Positions%20for%20labour%20and%20birth.pdf.aspx</a> - Information about positioning during labour
<b>Premature Labour</b>		<b>Pregnancy – Premature Labour</b> Better Health Channel – State of Victoria (2018)	<a href="https://www.betterhealth.vic.gov.au/health/HealthyLiving/pregnancy-premature-labour">https://www.betterhealth.vic.gov.au/health/HealthyLiving/pregnancy-premature-labour</a> - Information about premature labour (labour before 37 weeks)
<b>Preterm Pre-Labour Rupture of Membranes</b>		<b>Preterm Pre-Labour Rupture of Membranes:</b> QLD Clinical Guidelines Consumer Information (2018)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0038/736967/c-pprom.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0038/736967/c-pprom.pdf</a> - Information about rupture of membranes (waters breaking) prematurely, before labour commences.
<b>Skin to Skin</b>	 	<b>Fact Sheet – Skin to Skin</b> Women's & Newborn Health Westmead Hospital (2016)  <b>Skin – to – Skin Contact</b> UNICEF (2019)	<a href="https://www.wslhd.health.nsw.gov.au/ArticleDocuments/1369/Skin%20to%20Skin%20V1%20docx.pdf.aspx">https://www.wslhd.health.nsw.gov.au/ArticleDocuments/1369/Skin%20to%20Skin%20V1%20docx.pdf.aspx</a> - Fact sheet about skin to skin with your baby at birth  <a href="https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/implementing-standards-resources/skin-to-skin-contact/">https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/implementing-standards-resources/skin-to-skin-contact/</a> - Information about skin to skin with your baby at birth
<b>Stages of Labour</b>	  	<b>Labour:</b> Queensland Health (2019)  <b>Pregnancy – Labour</b> Better Health Channel – State of Victoria (2018)  <b>Giving Birth – The Signs and Stages of Labour</b> (2018)	<a href="https://www.health.qld.gov.au/cq/services/maternity/labour-and-birth/stages-of-labour">https://www.health.qld.gov.au/cq/services/maternity/labour-and-birth/stages-of-labour</a> - Information about the stages of labour  <a href="https://www.betterhealth.vic.gov.au/health/healthyliving/pregnancy-labour">https://www.betterhealth.vic.gov.au/health/healthyliving/pregnancy-labour</a> - Information about the stages of labour  <a href="https://www.pregnancybirthbaby.org.au/labour-the-signs-and-stages">https://www.pregnancybirthbaby.org.au/labour-the-signs-and-stages</a> - Information about the stages of labour

TOPIC	QR CODE	RESOURCE	URL AND CONTENT
<b>Stages of Labour (continued)</b>		<b>Giving Birth – First Stage of Labour</b> Pregnancy, Birth & Baby (2018)	<a href="https://www.pregnancybirthbaby.org.au/giving-birth-first-stage-of-labour">https://www.pregnancybirthbaby.org.au/giving-birth-first-stage-of-labour</a> - Information about the stages of labour
		<b>Giving Birth – Second Stage of Labour</b> Pregnancy, Birth & Baby (2018)	<a href="https://www.pregnancybirthbaby.org.au/giving-birth-second-stage-of-labour">https://www.pregnancybirthbaby.org.au/giving-birth-second-stage-of-labour</a> - Information about the stages of labour
		<b>Giving Birth – Third Stage of Labour</b> Pregnancy, Birth & Baby (2018)	<a href="https://www.pregnancybirthbaby.org.au/giving-birth-third-stage-of-labour">https://www.pregnancybirthbaby.org.au/giving-birth-third-stage-of-labour</a> - Information about the stages of labour
		<b>Planning for Labour and Birth</b> Better Health Channel (2018)	<a href="https://www.betterhealth.vic.gov.au/health/HealthyLiving/planning-for-labour-and-birth">https://www.betterhealth.vic.gov.au/health/HealthyLiving/planning-for-labour-and-birth</a> - Information about the stages of labour
<b>Support Person During Labour and Birth</b>		<b>Fact Sheet – The Role of The Support Person</b> Women's & Newborn Health Westmead Hospital (2016)	<a href="https://www.wslhd.health.nsw.gov.au/ArticleDocuments/1122/WSP-413%20The%20role%20of%20the%20support%20person%20V2.pdf.aspx">https://www.wslhd.health.nsw.gov.au/ArticleDocuments/1122/WSP-413%20The%20role%20of%20the%20support%20person%20V2.pdf.aspx</a> - Information about what a support person's role is during labour and birth
		<b>Being a Birth Support Partner</b> Pregnancy, Birth & Baby (2018)	<a href="https://www.pregnancybirthbaby.org.au/being-a-birth-support-partner">https://www.pregnancybirthbaby.org.au/being-a-birth-support-partner</a> - Information about what a support person's role is during labour and birth
		<b>Men Preparing for Birth Support</b> Raising Children Network (2018)	<a href="https://raisingchildren.net.au/pregnancy/dads-guide-to-pregnancy/late-pregnancy/men-birth-support">https://raisingchildren.net.au/pregnancy/dads-guide-to-pregnancy/late-pregnancy/men-birth-support</a> - Information about what a support person's role is during labour and birth
<b>Term Pre-Labour Rupture of Membranes</b>		<b>Term Pre-Labour Rupture of Membranes:</b> Women's & Newborn QLD Clinical Guidelines Consumer Information (2018)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0034/736963/c-prom.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0034/736963/c-prom.pdf</a> - Information about rupture of membranes (waters breaking) before labour starts



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<b>Vaginal Birth After Cesarean (VBAC)</b>		<b>Vaginal Birth After Cesarean (VBAC):</b> QLD Clinical Guidelines Consumer Information (2015)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0017/140561/c-vbac.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0017/140561/c-vbac.pdf</a>  - Information for those who have had a cesarean section before, and are considering attempting to have a vaginal birth for their next birth
		<b>Vaginal Birth After Cesarean Section</b> RANZCOG – The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (2019)	<a href="https://ranzcoq.edu.au/womens-health/patient-information-resources/vaginal-birth-after-caesarean-section">https://ranzcoq.edu.au/womens-health/patient-information-resources/vaginal-birth-after-caesarean-section</a>  - Information for those who have had a cesarean section before, and are considering attempting to have a vaginal birth for their next birth
<b>Vaginal Examinations in Labour</b>		<b>Vaginal Examinations in Labour:</b> QLD Clinical Guidelines Consumer Information (2015)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0014/140081/c-ve.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0014/140081/c-ve.pdf</a>  - Information about vaginal examinations during labour
<b>VIDEOS: Labour and Birth</b>		<b>Pain Relief in Labour:</b> Ramsay Health Care Specialist Thoughts Series – North West Private Hospital (2019)	<a href="https://www.youtube.com/watch?v=PcsFM77i8Bk">https://www.youtube.com/watch?v=PcsFM77i8Bk</a>  - Video by Ramsay Health Care – Obstetricians discussing pain relief during labour and birth
		<b>Patient Education Animation: Labour and Vaginal Birth</b> Nucleus Medical Media (2011)	<a href="https://www.youtube.com/watch?v=ZDP_ewMDxCo">https://www.youtube.com/watch?v=ZDP_ewMDxCo</a>  - Animation of a Vaginal Birth
		<b>Patient Education Animation: Cesarean Delivery</b> Nucleus Medical Media (2012)	<a href="https://www.youtube.com/watch?v=lzxyRoo_O5Q">https://www.youtube.com/watch?v=lzxyRoo_O5Q</a>  - Animation of a Cesarean Section Birth

















# After Baby is Born – Breastfeeding






## After Baby is Born – Breastfeeding

TOPIC	QR CODE	RESOURCE	URL AND CONTENT
<b>Baby Feeding Cues</b>		<b>Baby feeding cues (signs):</b> Metro North Hospital and Health Service – Queensland Health (2010)	<a href="https://metronorth.health.qld.gov.au/rbwh/wp-content/uploads/sites/2/2017/07/feeding-cues-term.pdf">https://metronorth.health.qld.gov.au/rbwh/wp-content/uploads/sites/2/2017/07/feeding-cues-term.pdf</a>  - Images of feeding cues that you may notice when your baby is hungry.
<b>Breastfeeding</b>		<b>Australian Breastfeeding Association Home Page:</b> Australian Breastfeeding Association (2019)	<a href="https://www.breastfeeding.asn.au/">https://www.breastfeeding.asn.au/</a>  - A community based organisation providing mothers with practical mother-to-mother support and information enabling them to establish and continue breastfeeding. ABA is Australia's leading authority on breastfeeding, with support, education and advocacy for a breastfeeding inclusive society.
		<b>Breastfeeding and Your Baby:</b> Booklet from Queensland Government (2019)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0025/444913/breastfeeding-guide.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0025/444913/breastfeeding-guide.pdf</a>  - Booklet about Breastfeeding and Your Baby
		<b>Breastfeeding Your Baby:</b> QLD Clinical Guidelines Consumer Information (2016)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0037/139978/c-bf.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0037/139978/c-bf.pdf</a>
		<b>Breastfeeding Your Baby:</b> Booklet from Women's and Children's Health Network – Government of South Australia (2016)	<a href="http://www.cyh.com/library/breastfeeding_your_baby_A5_2016.pdf">http://www.cyh.com/library/breastfeeding_your_baby_A5_2016.pdf</a>  - Booklet about Breastfeeding your baby.
<b>Breastfeeding and Alcohol</b>		<b>Breastfeeding Your Baby:</b> Booklet by NSW Ministry of Health (2016)	<a href="https://www.health.nsw.gov.au/kidsfamilies/MCFhealth/Publications/breastfeeding-your-baby.pdf">https://www.health.nsw.gov.au/kidsfamilies/MCFhealth/Publications/breastfeeding-your-baby.pdf</a>  - Booklet about Breastfeeding your baby
		<b>Alcohol During Pregnancy and Breastfeeding:</b> Australian Department of Health (2019)	<a href="https://www.health.gov.au/health-topics/alcohol/alcohol-throughout-life/alcohol-during-pregnancy-and-breastfeeding">https://www.health.gov.au/health-topics/alcohol/alcohol-throughout-life/alcohol-during-pregnancy-and-breastfeeding</a>  - Information about the consumption of alcohol during pregnancy and whilst you are breastfeeding.
<b>Breastfeeding Attachment</b>		<b>Attachment to the Breast</b> Australian Breastfeeding Association (2019)	<a href="https://www.breastfeeding.asn.au/bfinfo/attachment-breast">https://www.breastfeeding.asn.au/bfinfo/attachment-breast</a>  - Information about attaching your baby to the breast well

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<b>Breastfeeding – Blocked Ducts</b>		<b>Blocked Ducts</b> Australian Breastfeeding Association (2019)	<a href="https://www.breastfeeding.asn.au/bf-info/common-concerns%E2%80%93mum/blocked-ducts">https://www.breastfeeding.asn.au/bf-info/common-concerns%E2%80%93mum/blocked-ducts</a>  - Information about what to do when you have a blocked milk duct
<b>Breastfeeding Common Concerns</b>		<b>Common Concerns – Mum</b> Australian Breastfeeding Association (2019)	<a href="https://www.breastfeeding.asn.au/bf-info/common-concerns%E2%80%93mum">https://www.breastfeeding.asn.au/bf-info/common-concerns%E2%80%93mum</a>  - Alcohol, attachment, blocked ducts, breast abscess, breastfeeding after a caesarean, food sensitivities, caffeine consumption, FAQs, Large Breasts, diet and weight loss, engorgement, exclusive expressing, exercise, feeding cues, weaning off formula, increasing supply, inverted and flat nipples, is baby getting enough, mastitis, mixed feeding, nipple infections, nipple shields, PCOS, sore and cracked nipples, too much milk, vasospasm, weaning toddlers, white spot on the nipple
		<b>Common Concerns – Baby</b> Australian Breastfeeding Association (2019)	<a href="https://www.breastfeeding.asn.au/bf-info/common-concerns%E2%80%93baby">https://www.breastfeeding.asn.au/bf-info/common-concerns%E2%80%93baby</a>  - Baby weight loss and weight gain, biting, breast refusal, FAQs, cluster feeding, fussy babies, waking baby for a feed, feeding cues, fussy periods, how many breastfeeds, is baby getting enough milk, lactose intolerance and the breastfed baby, lactose overload in babies, reflux, tongue tie, why is my baby crying
<b>Breastfeeding – Engorgement</b>		<b>Engorgement</b> Australian Breastfeeding Association (2018)	<a href="https://www.breastfeeding.asn.au/bf-info/common-concerns%E2%80%93mum/engorgement">https://www.breastfeeding.asn.au/bf-info/common-concerns%E2%80%93mum/engorgement</a>  - Information for those who have breast engorgement
		<b>Breast Engorgement</b> Pregnancy, Birth & Baby (2018)	<a href="https://www.pregnancybirthbaby.org.au/breast-engorgement">https://www.pregnancybirthbaby.org.au/breast-engorgement</a>  - Information for those who have breast engorgement
<b>Breastfeeding and Hand Expression</b>		<b>Hand Expressing Technique:</b> Royal Brisbane and Women’s Hospital – Queensland Government (2017)	<a href="https://metronorth.health.qld.gov.au/rbwh/wp-content/uploads/sites/2/2017/07/hand-express.pdf">https://metronorth.health.qld.gov.au/rbwh/wp-content/uploads/sites/2/2017/07/hand-express.pdf</a>  - Image of the hand expression technique

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<b>Breastfeeding - Increasing Milk Supply</b>		<b>Increasing Supply</b> Australian Breastfeeding Association (2018)	<a href="https://www.breastfeeding.asn.au/bf-info/common-concerns%E2%80%9393mum/supply">https://www.breastfeeding.asn.au/bf-info/common-concerns%E2%80%9393mum/supply</a> - Information for those who wish to increase their milk supply
		<b>Increasing Your Breast Milk Supply</b> Pregnancy, Birth & Baby (2018)	<a href="https://www.pregnancybirthbaby.org.au/increasing-your-breast-milk-supply">https://www.pregnancybirthbaby.org.au/increasing-your-breast-milk-supply</a> - Information for those who wish to increase their milk supply
<b>Breastfeeding – Is my Baby Getting Enough Milk?</b>		<b>Is my Baby Getting Enough Breast Milk?</b> Childrens Health Queensland Hospital and Health Service (2017)	<a href="https://www.childrens.health.qld.gov.au/fact-sheet-baby-getting-enough-breast-milk/">https://www.childrens.health.qld.gov.au/fact-sheet-baby-getting-enough-breast-milk/</a> - Information to read if you are concerned or unsure about the amount of milk that your baby is getting whilst breastfeeding
		<b>Breastfeeding – the first few days:</b> Better Health Channel – State of Victoria (2018)	<a href="https://www.betterhealth.vic.gov.au/health/healthyliving/breastfeeding-the-first-days?viewAsPdf=true">https://www.betterhealth.vic.gov.au/health/healthyliving/breastfeeding-the-first-days?viewAsPdf=true</a> - Information to read if you are concerned or unsure about the amount of milk that your baby is getting whilst breastfeeding
		<b>Child Health Information: Your Guide to the First 12 Months</b> <b>Breastfeeding- Is my Baby Getting Enough Milk?</b> Children's Health Queensland Hospital and Health Service (2019)	<a href="https://www.childrens.health.qld.gov.au/wp-content/uploads/PDF/brochures/child-health-information-book.pdf">https://www.childrens.health.qld.gov.au/wp-content/uploads/PDF/brochures/child-health-information-book.pdf</a> - Page 47 and 48 - Information to read if you are concerned or unsure about the
<b>Breastfeeding – Mastitis</b>		<b>Mastitis</b> Australian Breastfeeding Association (2017)	<a href="https://www.breastfeeding.asn.au/bf-info/common-concerns%E2%80%9393mum/mastitis">https://www.breastfeeding.asn.au/bf-info/common-concerns%E2%80%9393mum/mastitis</a> - Information for women who are experiencing mastitis
		<b>Mastitis</b> Pregnancy, Birth & Baby (2018)	<a href="https://www.pregnancybirthbaby.org.au/mastitis">https://www.pregnancybirthbaby.org.au/mastitis</a> - Information for women who are experiencing mastitis
<b>Breastfeeding and Nipple Shields</b>		<b>Nipple Shields:</b> Australian Breastfeeding Association (2012)	<a href="https://www.breastfeeding.asn.au/bfinfo/nipple-shields">https://www.breastfeeding.asn.au/bfinfo/nipple-shields</a> - Australian Breastfeeding Association information regarding the use of nipple shields.
		<b>Nipple Shields for Breastfeeding</b> Children's Health Queensland Hospital and Health Service (2016)	<a href="https://www.childrens.health.qld.gov.au/fact-sheet-nipple-shields-for-breastfeeding/">https://www.childrens.health.qld.gov.au/fact-sheet-nipple-shields-for-breastfeeding/</a> - Information regarding the use of nipple shields.



TOPIC	QR CODE	RESOURCE	URL AND CONTENT
<b>VIDEOS: Breastfeeding</b>		<b>Newborns - Videos:</b> Raising Children Network (2019)	<a href="https://raisingchildren.net.au/newborns/videos">https://raisingchildren.net.au/newborns/videos</a> - Breastfeeding and Baby Led Attachment - How to Breastfeed: Breastfeeding Positions - How to Breastfeed: Getting a Good Attachment - Common Breastfeeding Questions (series) - Common Breastfeeding Problems (series)
		<b>Best Beginnings – Correct Attachment VIDEO</b> Scottish Government (2016)	<a href="https://www.youtube.com/watch?v=kojUf0f4qGg">https://www.youtube.com/watch?v=kojUf0f4qGg</a> - Animated video showing good attachment to the breast
		<b>How to Express Breastmilk – Breastfeeding Series:</b> VIDEO from Global Health Media (2019)	<a href="https://globalhealthmedia.org/portfolio-items/how-to-express-breastmilk/?portfolioCats=191%2C94%2C13%2C23%2C65">https://globalhealthmedia.org/portfolio-items/how-to-express-breastmilk/?portfolioCats=191%2C94%2C13%2C23%2C65</a> OR <a href="https://www.youtube.com/watch?time_continue=449&amp;v=axQi5PqRZ0M">https://www.youtube.com/watch?time_continue=449&amp;v=axQi5PqRZ0M</a> - Video demonstration of hand expression techniques












# After Baby is Born Postnatal Period — You



## After Baby is Born (Postnatal Period –You)

TOPIC	QR CODE	RESOURCE	URL AND CONTENT
<b>Bleeding After Birth</b>		<b>Bleeding After Birth:</b> QLD Clinical Guidelines Consumer Information (2018)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0033/706587/c-pph-bleeding.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0033/706587/c-pph-bleeding.pdf</a> - Information about blood loss after birth
<b>Bleeding After Birth (Severe)</b>		<b>Severe Bleeding After Birth:</b> QLD Clinical Guidelines Consumer Information (2018)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0035/706589/c-pph-severebleeding.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0035/706589/c-pph-severebleeding.pdf</a> - Information about heavy bleeding after birth
<b>Blood Clot (DVT) Prevention</b>	  	<b>Deep Vein Thrombosis:</b> Better Health Channel – State of Victoria (2018)  <b>Preventing Blood Clots in Pregnancy and After birth – Information for Women &amp; Their Families</b> NSW Clinical Excellence Commission (2014)	<a href="https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/deep-vein-thrombosis?viewAsPdf=true">https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/deep-vein-thrombosis?viewAsPdf=true</a> - What is a Deep Vein Thrombosis? - Risk Factors for a Deep Vein Thrombosis - Symptoms of a Deep Vein Thrombosis Complications of a Deep Vein Thrombosis - Treatment of a Deep Vein Thrombosis - Prevention of a Deep Vein Thrombosis - Where to Get Help  <a href="http://www.cec.health.nsw.gov.au/__data/assets/pdf_file/0007/362167/Patient-Information-Leaflet-Preventing-Blood-Clots-in-Pregnancy-and-After-Birth.pdf">http://www.cec.health.nsw.gov.au/__data/assets/pdf_file/0007/362167/Patient-Information-Leaflet-Preventing-Blood-Clots-in-Pregnancy-and-After-Birth.pdf</a> - Information sheet about preventing blood clot formation
<b>Contraception After Birth</b>		<b>Contraception After Giving Birth:</b> Betterhealth – State of Victoria (2018)	<a href="https://www.betterhealth.vic.gov.au/health/HealthyLiving/Contraception-after-childbirth?viewAsPdf=true">https://www.betterhealth.vic.gov.au/health/HealthyLiving/Contraception-after-childbirth?viewAsPdf=true</a> - Information about considerations surrounding contraception after having your baby.
<b>Exercise After Birth</b>	  	<b>Returning to Sport or Exercise After Birth:</b> Pelvic Floor First – Continence Foundation of Australia (2016)  <b>Postnatal Exercise</b> Physical Activity Australia (2019)	<a href="http://www.pelvicfloorfirst.org.au/pages/returning-to-sport-or-exercise-after-the-birth.html">http://www.pelvicfloorfirst.org.au/pages/returning-to-sport-or-exercise-after-the-birth.html</a> - Information about returning to exercise or sport after having a baby.  <a href="https://www.physicalactivityaustralia.org.au/postnatal-exercises/">https://www.physicalactivityaustralia.org.au/postnatal-exercises/</a> - Information about returning to exercise or sport after having a baby

TOPIC	QR CODE	RESOURCE	URL AND CONTENT
<b>First Weeks Following Birth</b>		<b>The First Few Weeks Following Birth</b> RANZCOG – The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (2019)	<a href="https://ranzocg.edu.au/womens-health/patient-information-resources/first-few-weeks">https://ranzocg.edu.au/womens-health/patient-information-resources/first-few-weeks</a>  - Information about what you can expect in the first few weeks after giving birth
<b>Gestational Diabetes After Birth</b>		<b>Gestational Diabetes Mellitus: Important Postnatal Information</b> Brochure from Queensland Health (2013)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0025/621592/sdcn-gdmbrochure.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0025/621592/sdcn-gdmbrochure.pdf</a>  - Brochure for women who have had Gestational Diabetes during their pregnancy – information about postnatal care.
<b>Perineal Tears</b>	 	<b>Perineal Tears:</b> QLD Clinical Guidelines Consumer Information (2018)  <b>3rd and 4th Degree Perineal Tears:</b> QLD Clinical Guidelines Consumer Information (2018)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0024/142197/c-peritears.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0024/142197/c-peritears.pdf</a>  - Information for those who have had a perineal tear during childbirth  <a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0018/150363/c-peritears-34degree.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0018/150363/c-peritears-34degree.pdf</a>  - Information for those who have had a 3rd or 4th degree perineal tear during childbirth
<b>Sex and Intimacy After Birth</b>	  	<b>Sex and Contraception After Birth</b> Pregnancy, Birth & Baby (2012)  <b>Sex and Intimacy After a Baby:</b> Raising Children Network (2019)  <b>Sexual Health and Intimacy After Childbirth: The Impact of Pregnancy, Childbirth and Parenting on Sexual Health and Intimacy</b> Murdoch Childrens Research Institute (2019)	<a href="https://www.pregnancybirthbaby.org.au/sex-and-contraception-after-birth">https://www.pregnancybirthbaby.org.au/sex-and-contraception-after-birth</a>  - Information about sexual intercourse and contraception following birth.  <a href="https://raisingchildren.net.au/grown-ups/looking-after-yourself/your-relationship/sex-intimacy-after-baby">https://raisingchildren.net.au/grown-ups/looking-after-yourself/your-relationship/sex-intimacy-after-baby</a>  - Information about sexual intercourse and intimacy following birth.  <a href="https://www.mcric.edu.au/sites/default/files/media/documents/sexual_health_and_intimacy_pamphlet_final.pdf">https://www.mcric.edu.au/sites/default/files/media/documents/sexual_health_and_intimacy_pamphlet_final.pdf</a>  - Information about the impact that pregnancy, birth and parenting can have on sexual health and intimacy






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Suppression of Milk Production or Lactation		<b>Lactation Suppression:</b> Australian Breastfeeding Association (2018)	<a href="https://www.breastfeeding.asn.au/bfinfo/lactation-suppression">https://www.breastfeeding.asn.au/bfinfo/lactation-suppression</a>  - Information from the Australian Breastfeeding Association regarding the suppression of lactation.
		<b>Suppressing Lactation:</b> Children's Health Queensland Hospital and Health Service (2016)	<a href="https://www.childrens.health.qld.gov.au/fact-sheet-suppressing-lactation/?iframe=true&amp;width=100%&amp;height=100%">https://www.childrens.health.qld.gov.au/fact-sheet-suppressing-lactation/?iframe=true&amp;width=100%&amp;height=100%</a>  - Information about suppression of lactation.







# After Baby is Born Postnatal Period – Your Baby












## After Baby is Born (Postnatal Period – Your Baby)

TOPIC	QR CODE	RESOURCE	URL AND CONTENT
Car Seats and Restraints		<b>A Parent's Guide to Kidsafe Roads:</b> Booklet from KIDSAFE Child Accident Prevention Foundation of Australia (2017)	<a href="https://kidsafe.com.au/wp-content/uploads/2017/10/Kidsafe_Parents-Guide-to-Roads-NATIONAL.pdf">https://kidsafe.com.au/wp-content/uploads/2017/10/Kidsafe_Parents-Guide-to-Roads-NATIONAL.pdf</a> - Driveway safety - Car Safety Tips - Child Car Restraints - Fitting a Child Restraint - Driver Safety - Hot Cars - Car Safety Checklist - Pedestrian Safety - Small Wheel Vehicles - Bicycle Safety
		<b>Child Restraint Guidelines:</b> Brochure from KIDSAFE Child Accident Prevention Foundation of Australia (2017)	<a href="https://kidsafe.com.au/wp-content/uploads/2017/10/Restraint-guidelines-brochure.pdf">https://kidsafe.com.au/wp-content/uploads/2017/10/Restraint-guidelines-brochure.pdf</a> - Brochure about safe child car restraints
CPR for Babies and Kids		<b>CPR Free Online:</b> Kids Health - Sydney Children's Hospitals Network NSW (2019)	<a href="https://kidshealth.schn.health.nsw.gov.au/cpr">https://kidshealth.schn.health.nsw.gov.au/cpr</a> - Free online CPR course for parents of newborns and children.
		<b>CPR for Babies Aged 0-12 Months: VIDEO</b> CPR Kids (2018)	<a href="https://www.youtube.com/watch?v=EWYw-XvaL4c">https://www.youtube.com/watch?v=EWYw-XvaL4c</a> - CPR Kids TV Video, showing how to perform CPR on a baby aged 0 – 12 months.
Child Health		<b>Child Health Information Booklet – Your Guide to the First 12 Months:</b> Children's Health Queensland Hospital and Health Service (2019)	<a href="https://www.childrens.health.qld.gov.au/wp-content/uploads/PDF/brochures/child-health-information-book.pdf">https://www.childrens.health.qld.gov.au/wp-content/uploads/PDF/brochures/child-health-information-book.pdf</a> - Introduction - Bonding - Keeping Your Baby Safe - How Your Baby Develops - Taking Care of Your Baby's Teeth - Taking Care of Your Baby's Ears - When Your Child is Sick - Breastfeeding - Is my Baby Getting Enough Milk? - Expressing and Storing Breast Milk - Common Breastfeeding Concerns - Formula Feeding - Introducing Solids - Physical Activity - Notes - Useful Contacts and Websites









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<b>Circumcision</b>		<b>Circumcision: A Guide for Parents:</b> The Royal Australian College of Physicians (2019)	<a href="https://www.racp.edu.au/docs/default-source/advocacy-library/circumcision-brochure.pdf">https://www.racp.edu.au/docs/default-source/advocacy-library/circumcision-brochure.pdf</a> - Information for parents wishing to have their baby circumcised.
<b>Cleft Lip / Cleft Palate</b>		<b>Cleft Pals QLD inc.</b> (2017)	<a href="https://www.cleftpalsqld.org.au/">https://www.cleftpalsqld.org.au/</a> - An organisation of parents and professionals involved in the treatment of cleft conditions.
<b>Cord Blood Banking</b>	  	<b>Umbilical Cord Blood Banking</b> RANZCOG – The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (2019)  <b>Cell Care</b> (2019)  <b>Cord Blood Banking</b> Pregnancy, Birth & Baby (2018)	<a href="https://ranzocog.edu.au/womens-health/patient-information-resources/umbilical-cord-blood-banking">https://ranzocog.edu.au/womens-health/patient-information-resources/umbilical-cord-blood-banking</a> - Information for parents who are considering or wanting to bank the cord blood from their baby's umbilical cord  <a href="https://www.cellcare.com.au/">https://www.cellcare.com.au/</a> - Information for parents who are considering or wanting to bank the cord blood from their baby's umbilical cord  <a href="https://www.pregnancybirthbaby.org.au/cord-blood-banking">https://www.pregnancybirthbaby.org.au/cord-blood-banking</a> - Information for parents who are considering or wanting to bank the cord blood from their baby's umbilical cord
<b>Hip Dysplasia</b>	 	<b>Developmental Dysplasia of the Hip</b> KidsHealth – The Nemours Foundation (2014)  <b>Developmental Dysplasia of the Hip (DDH)</b> betterhealthchannel – State of Victoria (2015)	<a href="https://kidshealth.org/en/parents/ddh.html?view=ptr&amp;WT.ac=p-ptr">https://kidshealth.org/en/parents/ddh.html?view=ptr&amp;WT.ac=p-ptr</a> - Information for those who have a baby that has a “clicky hip” or possible Developmental Dysplasia of the Hip  <a href="https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/developmental-dysplasia-of-the-hip-ddh?viewAsPdf=true">https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/developmental-dysplasia-of-the-hip-ddh?viewAsPdf=true</a> - Information for those who have a baby that has a “clicky hip” or possible Developmental Dysplasia of the Hip
<b>Low Blood Sugar in Newborn Babies</b>		<b>Newborn Hypoglycaemia:</b> QLD Clinical Guidelines Consumer Information (2015)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0014/142061/c-hypogly.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0014/142061/c-hypogly.pdf</a>



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Immunisation for Baby		<b>BCG Vaccination Fact Sheet:</b> Queensland Health (2017)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0027/637614/bcg-English.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0027/637614/bcg-English.pdf</a> - Information for parents who have a baby that requires the BCG Vaccination
		<b>Hepatitis B Vaccination For Your Newborn Baby:</b> NSW Health (2013)	<a href="https://www.health.nsw.gov.au/immunisation/Publications/neonatal-hepb-brochure.pdf">https://www.health.nsw.gov.au/immunisation/Publications/neonatal-hepb-brochure.pdf</a> - Information about the recommended Hepatitis B Immunisation at birth for your baby.
Jaundice in Newborn Babies		<b>Jaundice in Newborn Babies:</b> QLD Clinical Guidelines Consumer Information (2017)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0010/142300/c-jaundice.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0010/142300/c-jaundice.pdf</a> - Information for parents who have a baby that is jaundice
		<b>Jaundice in Newborns</b> Children's Health Queensland Hospital and Health Service (2016)	<a href="https://www.childrens.health.qld.gov.au/fact-sheet-jaundice-in-newborns/">https://www.childrens.health.qld.gov.au/fact-sheet-jaundice-in-newborns/</a> - Information for parents who have a baby that is jaundice
		<b>Jaundice in Newborns</b> Raising Children Network (2019)	<a href="https://raisingchildren.net.au/newborns/health-daily-care/health-concerns/jaundice-in-newborns">https://raisingchildren.net.au/newborns/health-daily-care/health-concerns/jaundice-in-newborns</a> - Information for parents who have a baby that is jaundice
Newborn Resuscitation		<b>Newborn Resuscitation:</b> QLD Clinical Guidelines Consumer Information (2016)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0024/421971/c-resus.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0024/421971/c-resus.pdf</a> - Information for parents who have had a baby that has required resuscitation
Newborn Screening		<b>Newborn Bloodspot Screening:</b> betterhealth – State of Victoria (2019)	<a href="https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/newborn-screening?viewAsPdf=true">https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/newborn-screening?viewAsPdf=true</a> - Information about the Newborn Screen that will be offered when your baby is born

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Red Nose – Saving Little Lives		<b>Red Nose – Safe Sleeping:</b> Safe Sleeping Education Brochure (2019)	<a href="https://rednose.org.au/downloads/RN3356_Safe_Sleeping_DL_Brochure_Oct2018_web.pdf">https://rednose.org.au/downloads/RN3356_Safe_Sleeping_DL_Brochure_Oct2018_web.pdf</a>
		<b>Red Nose – Safe Wrapping:</b> Safe Wrapping Education Brochure (2019)	<a href="https://rednose.org.au/downloads/RN3356_SafeWrapping_DL_Oct2018_web.pdf">https://rednose.org.au/downloads/RN3356_SafeWrapping_DL_Oct2018_web.pdf</a>
		<b>Red Nose – Tummy Time:</b> Tummy Time Education Brochure (2019)	<a href="https://rednose.org.au/downloads/RN3356_TummyTime_DL_Oct2018_web.pdf">https://rednose.org.au/downloads/RN3356_TummyTime_DL_Oct2018_web.pdf</a>
		<b>Red Nose – Keeping Baby Safe:</b> A Guide to Infant and Nursery Products (Sourced from the ACCC)	<a href="https://rednose.org.au/downloads/Keeping_Baby_Safe_Brochure.pdf">https://rednose.org.au/downloads/Keeping_Baby_Safe_Brochure.pdf</a>
		<b>Red Nose – Information Statement:</b> Sharing a Sleep Surface with a Baby (2017)	<a href="https://rednose.org.au/downloads/Sharing_Sleep_Surface-Safe_Sleeping-Information_Statement_Nov_2017_WEB.pdf">https://rednose.org.au/downloads/Sharing_Sleep_Surface-Safe_Sleeping-Information_Statement_Nov_2017_WEB.pdf</a>
		<b>Red Nose – Information Statement:</b> Using a Dummy or Pacifier (2017)	<a href="https://rednose.org.au/downloads/Dummies_and_Pacifiers-Safe_Sleeping-Information_Statement_Nov_2017_WEB.pdf">https://rednose.org.au/downloads/Dummies_and_Pacifiers-Safe_Sleeping-Information_Statement_Nov_2017_WEB.pdf</a>
		<b>Red Nose:</b> What is a Safe Sleeping Bag? (2018)	<a href="https://rednose.org.au/article/what-is-a-safe-sleeping-bag">https://rednose.org.au/article/what-is-a-safe-sleeping-bag</a>
Routine Newborn Examination		<b>Routine Newborn Assessment:</b> QLD Clinical Guidelines Consumer Information (2019)	<a href="https://www.health.qld.gov.au/__data/assets/pdf_file/0020/143921/c-assessment.pdf">https://www.health.qld.gov.au/__data/assets/pdf_file/0020/143921/c-assessment.pdf</a>  - Information about what a Newborn Examination or Newborn Assessment is, and why it is done.
Safety for Babies and Children		<b>Safety:</b> KidSafe – Child Accident Prevention Foundation of Australia South Australia (2019)	<a href="https://kidsafesa.com.au/">https://kidsafesa.com.au/</a> <ul style="list-style-type: none"> <li>- Slings</li> <li>- Walkers</li> <li>- Backyard Safety</li> <li>- Burns and Scalds</li> <li>- Batteries</li> <li>- Poisons</li> <li>- Quad Bikes</li> <li>- Safe Sleeping</li> <li>- Water Safety</li> <li>- Road Safety</li> <li>- Playground Safety</li> </ul>

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Settling Your Baby		<b>Settling Your Baby: From Birth to 12 Months:</b> Women's and Children's Health Network – Government of South Australia (2013)	<a href="http://www.cyh.com/library/settling_your_baby_A5.pdf">http://www.cyh.com/library/settling_your_baby_A5.pdf</a> - Information for parents about settling a baby
		<b>The Period of Purple Crying</b> National Center on Shaken Baby Syndrome (2019)	<a href="http://www.purplecrying.info/">http://www.purplecrying.info/</a> - Information for parents to assist with the understanding of the normal part of every baby's development
Sleep and Settling of Newborn Babies		<b>Sleeping and Settling Your Baby</b> Pregnancy, Birth & Baby (2018)	<a href="https://www.pregnancybirthbaby.org.au/baby-sleep-and-settling">https://www.pregnancybirthbaby.org.au/baby-sleep-and-settling</a> - Information about baby sleep and settling
		<b>Helping Babies Sleep and Settle: 0 – 6 Months</b> Raising Children Network (2019)	<a href="https://raisingchildren.net.au/newborns/sleep/settling-routines/helping-babies-sleep-settle-0-6-months">https://raisingchildren.net.au/newborns/sleep/settling-routines/helping-babies-sleep-settle-0-6-months</a> - Information about baby sleep and settling
		<b>Newborn Sleep Routines</b> Raising Children Network (2019)	<a href="https://raisingchildren.net.au/newborns/sleep/settling-routines/newborn-sleep-routines">https://raisingchildren.net.au/newborns/sleep/settling-routines/newborn-sleep-routines</a> - Information about baby sleep and settling
Sling and Carrier Safety		<b>Baby Carriers, Slings and Backpacks: Safety Guide:</b> Raising Children Network (2019)	<a href="https://raisingchildren.net.au/newborns/safety/equipment-furniture/baby-carrier-sling-safety">https://raisingchildren.net.au/newborns/safety/equipment-furniture/baby-carrier-sling-safety</a> - Safety information regarding the use of baby carriers and slings
		<b>Baby Slings:</b> Queensland Government (2019)	<a href="https://www.qld.gov.au/law/your-rights/consumer-rights-complaints-and-scams/product-safety-for-consumers/safety-advice-and-warnings/baby-products/baby-slings">https://www.qld.gov.au/law/your-rights/consumer-rights-complaints-and-scams/product-safety-for-consumers/safety-advice-and-warnings/baby-products/baby-slings</a> - Safety information regarding the use of baby carriers and slings






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Tongue Tie		<b>Tongue-tie in Babies:</b> Childrens Health Queensland Hospital and Health Service (2018)	<a href="https://www.childrens.health.qld.gov.au/fact-sheet-tongue-tie-in-babies/">https://www.childrens.health.qld.gov.au/fact-sheet-tongue-tie-in-babies/</a> - Factsheet about tongue-tie in a baby
		<b>Tongue-tie</b> Raising Children Network (2019)	<a href="https://raisingchildren.net.au/guides/a-z-health-reference/tongue-tie">https://raisingchildren.net.au/guides/a-z-health-reference/tongue-tie</a> - Information for those who have a baby with a tongue tie
Umbilical Cord Care		<b>Caring for Your Baby's Umbilical Cord Stump and Belly Button:</b> Children's Health Queensland Hospital and Health Service (2017)	<a href="https://www.childrens.health.qld.gov.au/fact-sheet-caring-for-your-babys-umbilical-cord-stump-and-belly-button/?iframe=true&amp;width=100%&amp;height=100%">https://www.childrens.health.qld.gov.au/fact-sheet-caring-for-your-babys-umbilical-cord-stump-and-belly-button/?iframe=true&amp;width=100%&amp;height=100%</a> - Information sheet about the care of the umbilical cord and belly button of your baby.
Undescended Testes in Babies		<b>Undescended Testicles:</b> healthdirect.gov (2018)	<a href="https://www.healthdirect.gov.au/undescended-testicles">https://www.healthdirect.gov.au/undescended-testicles</a> - Information for parents who have been told that their baby has undescended testicles
		<b>Undescended Testicles:</b> Better Health Channel – State of Victoria (2019)	<a href="https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/undescended-testicles?viewAsPdf=true">https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/undescended-testicles?viewAsPdf=true</a> - Information for parents who have been told that their baby has undescended testicles
		<b>Undescended Testicles:</b> Raising Children Network (2018)	<a href="https://raisingchildren.net.au/guides/a-z-health-reference/undescended-testicle">https://raisingchildren.net.au/guides/a-z-health-reference/undescended-testicle</a> - Information for parents who have been told that their baby has undescended testicles
Vitamin K for Newborn Babies		<b>Vitamin K at Birth:</b> Pregnancy, Birth & Baby (2012)	<a href="https://www.pregnancybirthbaby.org.au/vitamin-k-at-birth">https://www.pregnancybirthbaby.org.au/vitamin-k-at-birth</a> - Information about Vitamin K that is offered at birth.
		<b>Vitamin K for Newborn Babies – Information for Parents:</b> NHMRC (2018)	<a href="https://www.nhmrc.gov.au/sites/default/files/documents/attachments/vitamin-k-english.pdf">https://www.nhmrc.gov.au/sites/default/files/documents/attachments/vitamin-k-english.pdf</a> - Pamphlet about Vitamin K for Newborn Babies

TOPIC	QR CODE	RESOURCE	URL AND CONTENT
<b>VIDEOS: Newborns</b>		<b>Newborns - Videos:</b> Raising Children Network (2019)	<a href="https://raisingchildren.net.au/newborns/videos">https://raisingchildren.net.au/newborns/videos</a> <ul style="list-style-type: none"> <li>- Breastfeeding and Baby Led Attachment</li> <li>- How to Breastfeed: Breastfeeding Positions</li> <li>- How to Breastfeed: Getting a Good Attachment</li> <li>- Common Breastfeeding Questions (series)</li> <li>- Common Breastfeeding Problems (series)</li> <li>- Bottle and Formula Preparation</li> <li>- Bonding with Newborns</li> <li>- Nappy Changing</li> <li>- How to Hold a Baby</li> <li>- How to Dress a Newborn</li> <li>- How to Wrap a Baby</li> <li>- How to Do Baby Massage</li> <li>- Bathing a Newborn Safely</li> <li>- Feed and Sleep Patterns</li> <li>- How to Settle a Crying Baby</li> <li>- Settling Babies for Sleep</li> <li>- Baby Development (series)</li> </ul>
		<b>How to Wrap Your Baby at St George Private Hospital –</b> Ramsay Health Care (2017)	<a href="https://www.youtube.com/watch?v=YjxujrEzfw">https://www.youtube.com/watch?v=YjxujrEzfw</a> <ul style="list-style-type: none"> <li>- Ramsay Health Care video on safe wrapping of your baby</li> </ul>

# Baby in NICU or Special Care Nursery



## Baby in NICU or Special Care Nursery





TOPIC	QR CODE	RESOURCE	URL AND CONTENT
Premature or Sick Baby		<b>Information for Families:</b> Life's Little Treasures Foundation – Supporting Families of Premature and Sick Babies (2019)	<a href="https://lifeslittletreasures.org.au/information/information-for-families/">https://lifeslittletreasures.org.au/information/information-for-families/</a> <ul style="list-style-type: none"> <li>- Pre-term labour</li> <li>- When your baby is in hospital</li> <li>- Bonding with Your baby</li> <li>- Feeding</li> <li>- Development</li> <li>- Health and Safety for Your Baby</li> <li>- Looking After Yourself</li> <li>- Siblings, Grandparents and Friends</li> </ul>
		<b>Survival Guide to NICU and Special Care:</b> Life's Little Treasures Foundation – Supporting Families of Premature and Sick Babies (2019)	<a href="https://lifeslittletreasures.org.au/information/information-for-families/survival-guide-to-nicu-and-special-care/">https://lifeslittletreasures.org.au/information/information-for-families/survival-guide-to-nicu-and-special-care/</a> <ul style="list-style-type: none"> <li>- Being the Parent of a NICU / SCN Baby</li> <li>- Complications for Premature Babies</li> <li>- Practical Tips and Information</li> <li>- Kangaroo Care</li> <li>- Looking After Yourself</li> <li>- Information for Dads</li> <li>- Siblings of Premature Infants</li> <li>- Guide to NICU and SCN Equipment</li> <li>- Medical Terms and Abbreviations</li> <li>- Tip Sheets</li> <li>- Downloadable Posters</li> <li>- How to Photograph Your Prem Baby</li> <li>- Premature Baby Journal App</li> <li>- NICU Words App</li> </ul>
		<b>Tip Sheets for Families of Premature and Sick Babies:</b> Life's Little Treasures Foundation – Supporting Families of Premature and Sick Babies (2019)	<a href="https://lifeslittletreasures.org.au/information/information-for-families/tip-sheets-for-families-of-premature-and-sick-babies/">https://lifeslittletreasures.org.au/information/information-for-families/tip-sheets-for-families-of-premature-and-sick-babies/</a> <ul style="list-style-type: none"> <li>- Tips for Grandparents</li> <li>- Tips for Dads</li> <li>- Parent Support Network</li> <li>- Surviving NICU and Special Care</li> <li>- Guide for Family and Friends</li> <li>- Other Resources</li> </ul>
		<b>Families</b> Miracle Babies (2019)	<a href="https://www.miraclebabies.org.au/families/">https://www.miraclebabies.org.au/families/</a> <ul style="list-style-type: none"> <li>- Support</li> <li>- Birth Announcements</li> <li>- Pregnancy</li> <li>- In Hospital</li> <li>- Prematurity</li> <li>- Neonatal Care</li> <li>- Getting to Know Baby</li> <li>- Coming to Terms with What's Happened</li> <li>- Feeding</li> <li>- Supporting Siblings</li> <li>- Family and Friends</li> <li>- Going Home</li> <li>- Bereavement</li> <li>- At Home</li> <li>- Family Stories</li> </ul>



# Pelvic Floor

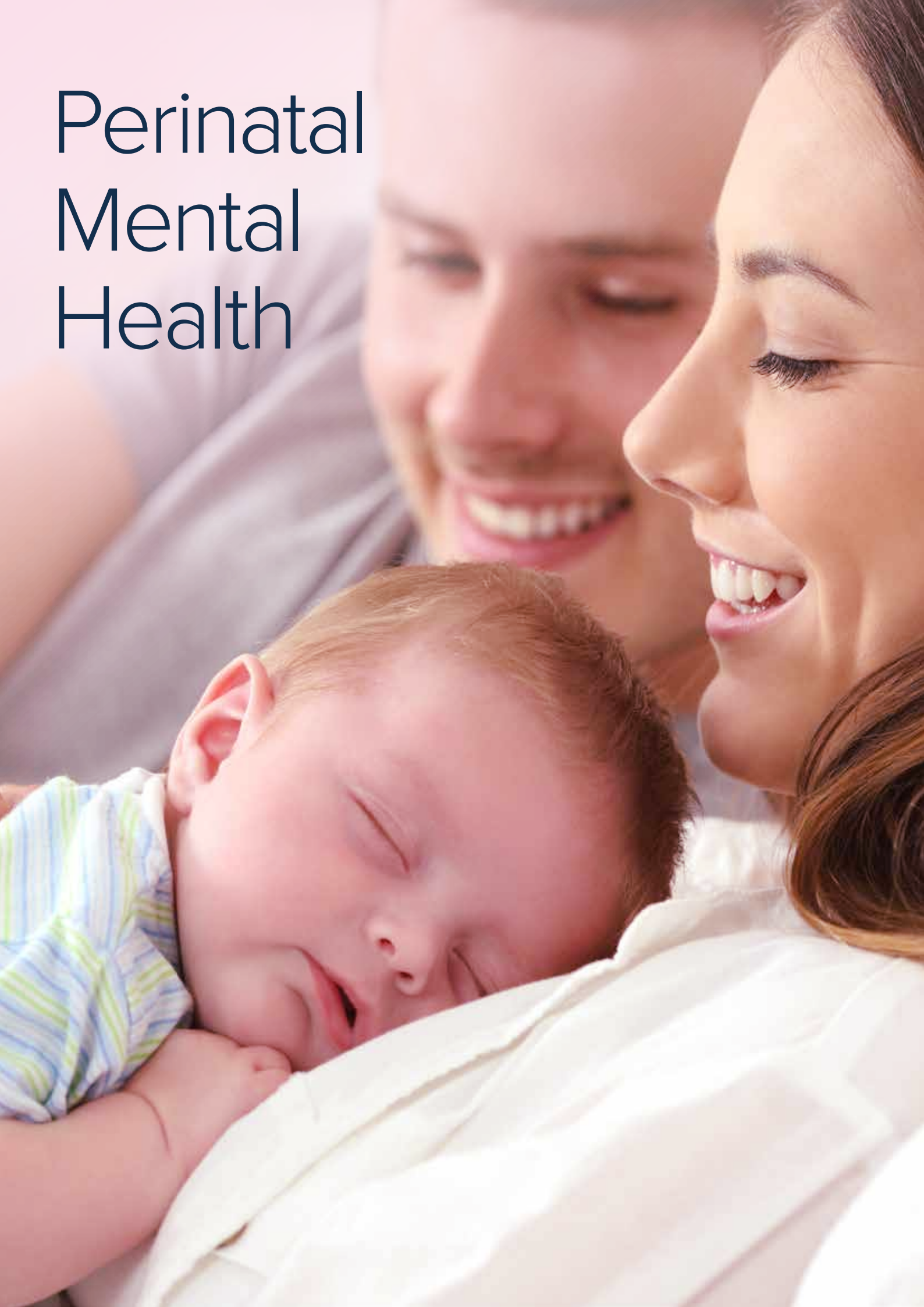


## Pelvic Floor





TOPIC	QR CODE	RESOURCE	URL AND CONTENT
Pelvic Floor		<b>Continence Foundation of Australia:</b> (2019)	<a href="https://www.continence.org.au/">https://www.continence.org.au/</a> - What is Incontinence? - Who's at Risk? - About Your Bladder - About Your Bowel - Pelvic Floor Muscles - Prevention - Management - Pregnancy - Prolapse - Pelvic Floor - Sexuality
		<b>The Pregnancy Guide: Looking After Your Pelvic Floor, Bladder and Bowel During Pregnancy and After Childbirth:</b> Continence Foundation of Australia (2014)	<a href="https://www.continence.org.au/data/files/Projects/Maternity/Pregnancy_Guide_October_2014_web2.pdf">https://www.continence.org.au/data/files/Projects/Maternity/Pregnancy_Guide_October_2014_web2.pdf</a> - Bladder and Bowel Control During Pregnancy - Pelvic Floor Muscles - Pelvic Floor Exercises - Abdominal Muscle Bracing - Sex During and After Pregnancy - Pregnancy and Exercise - Haemorrhoids - Prolapse - Pelvic Floor Problems After Birth - Where to Get Help
		<b>Expecting a Baby? Some Pregnancy Women Can Have Bladder and Bowel Control Problems. You Can Get Help:</b> bladderbowel.gov.au (2016)	<a href="https://www.continence.org.au/data/files/CALD/English/May_2016_Factsheets/11_Expecting_a_baby.pdf">https://www.continence.org.au/data/files/CALD/English/May_2016_Factsheets/11_Expecting_a_baby.pdf</a> - Bladder and bowel control information when having or having had a baby
		<b>One in Three Women Who Ever Had a Baby Wet Themselves: Every Woman Who Has Had a Baby Should Do Pelvic Floor Muscle Training:</b> bladderbowel.gov.au (2016)	<a href="https://www.continence.org.au/data/files/CALD/English/May_2016_Factsheets/08_One_in_three_women_who_ever_had_a_baby_wet_themselves.pdf">https://www.continence.org.au/data/files/CALD/English/May_2016_Factsheets/08_One_in_three_women_who_ever_had_a_baby_wet_themselves.pdf</a> - Bladder and bowel control information when having or having had a baby




# Perinatal Mental Health



## Perinatal Mental Health

TOPIC	QR CODE	RESOURCE	URL AND CONTENT
Mental Health		<b>Pregnancy and New Parents – Healthy Families</b> Beyond Blue (2019)	<a href="https://healthyfamilies.beyondblue.org.au/pregnancy-and-new-parents">https://healthyfamilies.beyondblue.org.au/pregnancy-and-new-parents</a> <ul style="list-style-type: none"> <li>- Becoming a parent: What to Expect</li> <li>- Emotional Health and Wellbeing</li> <li>- What to Expect from Birth</li> <li>- Sleep and Feeding</li> <li>- Getting to Know Your Baby</li> <li>- Adjusting to Parenthood</li> <li>- Maternal Mental Health and Wellbeing</li> <li>- Mental Health Checklist</li> <li>- Anxiety</li> <li>- Depression</li> <li>- Mental Health Conditions</li> <li>- Seeking Support</li> <li>- Information for Partners, Family and Friends</li> <li>- Dadvice: For New and Expectant Dads</li> <li>- Becoming a Dad</li> <li>- Your Relationship</li> <li>- Work and Family</li> <li>- Looking After Yourself</li> <li>- Facing Your New Dad Fears</li> <li>- Anxiety and Depression in New Dads</li> <li>- Just Speak Up</li> </ul>
		<b>Emotional Health and Wellbeing: A Guide for Pregnant Women, New Mums, and Other Carers:</b> Beyond Blue (2018)	<a href="http://resources.beyondblue.org.au/prism/file?token=BL/1881">http://resources.beyondblue.org.au/prism/file?token=BL/1881</a> <ul style="list-style-type: none"> <li>- Booklet about emotional health and wellbeing for women, new mums and other carers.</li> </ul>
		<b>Emotional Health and Wellbeing: A Guide for New Dads, Partners and Other Carers:</b> Beyond Blue (2018)	<a href="http://resources.beyondblue.org.au/prism/file?token=BL/0775">http://resources.beyondblue.org.au/prism/file?token=BL/0775</a> <ul style="list-style-type: none"> <li>- Booklet about emotional health and wellbeing for new dads, partners and other carers</li> </ul>
		<b>Factsheets, Brochures, Postcards, Posters and other Resources for Clients:</b> PANDA (2017)	<a href="https://www.panda.org.au/health-professionals/health-professionals-resource-hub">https://www.panda.org.au/health-professionals/health-professionals-resource-hub</a> <ul style="list-style-type: none"> <li>- Mental Health Checklists</li> <li>- Talking to Your Doctor</li> <li>- Anxiety and Depression in Pregnancy and Early Parenthood</li> <li>- Perinatal Anxiety and Depression in Men</li> <li>- Adjusting to the Challenges of Parenthood</li> <li>- Caring for Someone with Perinatal Anxiety and Depression</li> <li>- LGBTIQ Parents and Perinatal Anxiety and Depression</li> <li>- Recovery from Perinatal Anxiety and Depression</li> <li>- Wellbeing and Self Care</li> </ul>




TOPIC	QR CODE	RESOURCE	URL AND CONTENT
Mental Health		<b>Depression and Anxiety During Pregnancy and Following Birth</b> RANZCOG – The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (2019)	<a href="https://ranzco.org.au/womens-health/patient-information-resources/depression-and-anxiety-during-pregnancy-and-follow">https://ranzco.org.au/womens-health/patient-information-resources/depression-and-anxiety-during-pregnancy-and-follow</a> - Information about Depression and Anxiety during pregnancy and childbirth



# Pregnancy Loss

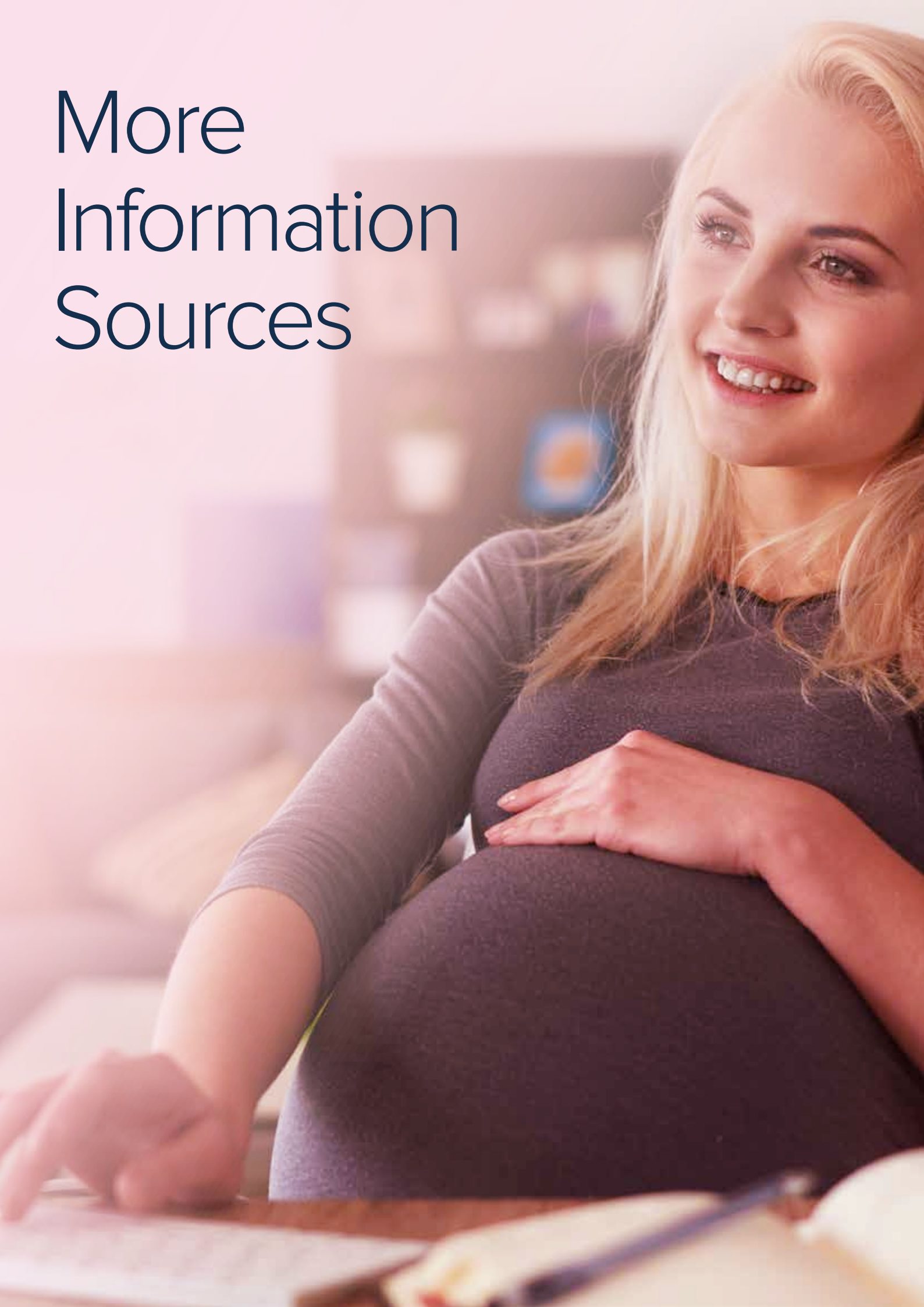


## Pregnancy Loss

TOPIC	QR CODE	RESOURCE	URL AND CONTENT
Pregnancy Loss		<b>Miscarriage, Stillbirth and Newborn Death Support:</b> SANDS (2019)	<a href="https://www.sands.org.au/">https://www.sands.org.au/</a> - Information and support for women and their families who have experienced a pregnancy loss at any stage in their pregnancy.
		<b>Helplines, Resources and Services:</b> COPE – Centre of Perinatal Excellence (2019)	<a href="https://www.cope.org.au/getting-help/self-help/types-treatment/">https://www.cope.org.au/getting-help/self-help/types-treatment/</a> - Helplines, resources and services.
		<b>Pregnancy Loss</b> RANZCOG – The Royal Australian and New Zealand College of Obstetricians and Gynaecologists (2019)	<a href="https://ranzcof.edu.au/RANZCOG_SITE/media/RANZCOG-MEDIA/Women%27s%20Health/Patient%20information/Pregnancy-Loss_2.pdf?ext=.pdf">https://ranzcof.edu.au/RANZCOG_SITE/media/RANZCOG-MEDIA/Women%27s%20Health/Patient%20information/Pregnancy-Loss_2.pdf?ext=.pdf</a> - Information about pregnancy loss











# More Information Sources





## More Information Sources

TOPIC	QR CODE	RESOURCE	URL AND CONTENT
Information Services		<b>Children's Health Queensland Hospital and Health Service:</b> Children's Health Queensland (2019)	<a href="https://www.childrens.health.qld.gov.au/">https://www.childrens.health.qld.gov.au/</a> - Children's Health Service that allows parents to search for information on a variety of topics.
		<b>Children's Health Factsheets:</b> Children's Health Queensland (2019)	<a href="https://www.childrens.health.qld.gov.au/chq/health-professionals/fact-sheets/">https://www.childrens.health.qld.gov.au/chq/health-professionals/fact-sheets/</a> - Children's Health Service Fact Sheet Search that allows parents to search for fact sheets on a variety of topics
		<b>Health Direct</b> (2019)	<a href="https://www.healthdirect.gov.au/">https://www.healthdirect.gov.au/</a> - Free Australian health advice (government)
		<b>Pregnancy, Birth and Baby:</b> Pregnancy, Birth & Baby (2012)	<a href="https://www.pregnancybirthbaby.org.au/">https://www.pregnancybirthbaby.org.au/</a> A resource with information relating to pregnancy, birth, baby, children and parenting. - Pregnancy Planning - Healthy Pregnancy - Newborn Essentials - New Parents - Toddler Tips - Preschoolers
		<b>Pregnancy Birth and Baby Video Call:</b> Pregnancy, Birth & Baby (2012)	<a href="https://www.pregnancybirthbaby.org.au/video-call">https://www.pregnancybirthbaby.org.au/video-call</a> - Speak to a Maternal Child Health Nurse for advice and guidance on pregnancy, birth and parenting - Free - 7am to Midnight (AEST) - 7 days per week - Video Call - Book a Time

TOPIC	QR CODE	RESOURCE	URL AND CONTENT
		<b>Raising Children Network Homepage:</b> Raising Children Network (2019)	<p><a href="https://raisingchildren.net.au/">https://raisingchildren.net.au/</a></p> <p>The Raising Children Network website is based on the philosophy that all children and families are individual and different. We provide scientifically validated information, translated into everyday language, to help parents and carers make decisions that work for them in their individual family circumstances.</p> <ul style="list-style-type: none"> <li>- Pregnancy (Week by Week, Dad's Guides, Health and Wellbeing, Preparing for a Baby, Labour and Birth, Premature Birth, Miscarriage and Stillbirth, Pregnancy and Birth Videos, Parenting in Pictures)</li> <li>- Newborns (Behaviours, Breastfeeding, Bottle Feeding, Connecting and Communicating, Development, Health and Care, Play and Learning, Safety, Sleep, Premature Babies, Newborn Videos, Breastfeeding Videos, Parenting in Pictures)</li> <li>- Babies</li> <li>- Toddlers</li> <li>- Preschoolers</li> <li>- School Age</li> <li>- Pre-Teens</li> <li>- Teens</li> <li>- Grown Ups</li> <li>- Autism</li> <li>- Disability</li> </ul>
		<b>Kids Health Info Fact Sheets:</b> The Royal Children's Hospital Melbourne (2019)	<p><a href="https://www.rch.org.au/kidsinfo/">https://www.rch.org.au/kidsinfo/</a></p> <ul style="list-style-type: none"> <li>- Kids Health Info Factsheets for you to search for quality, up-to-date health information; published by The Royal Children's Hospital Melbourne</li> </ul>
		<b>Kids Health from Nemours</b> The Nemours Foundation (2019)	<p><a href="https://kidshealth.org">https://kidshealth.org</a></p> <ul style="list-style-type: none"> <li>- Website devoted to Children's Health and Development that includes information about various topics such as those during preconception, pregnancy, labour, birth and the postnatal period; as well as raising children.</li> </ul>







**Ramsay**  
Health Care