

# Helpful Information

For your

# Fourth Trimester



2024

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## After your birth

### Baby Blues

[What are the baby blues?](#)

[Feeling depressed after childbirth](#)

[Baby blues or Postnatal depression?](#)

### Birth Debrief

[Birth De-briefing – what is it?](#)

[Is a healthy baby all that matters during childbirth?](#)

Birth Reflections / Listening Service, Royal Surrey County Hospital: 01483 571122 ext: 2778

### Birth Trauma

[How to heal from a traumatic birth and bond with your baby](#)

[What is it and how can I get support?](#)

[The Birth Trauma Association](#)

[Pandas PND Awareness and Support](#)

[Understanding PTSD Symptoms](#)

[The 3 Step Rewind Process](#)

### Bonding with your baby

[NHS](#)

[Family Lives](#)

[All 4 Birth](#)

### Caesarean Recovery Tips

[NHS-Caesarean Birth Recovery](#)

[NCT-Caesarean Birth Recovery Tips](#)

[Tommy's-Recovering at home after a Caesarean Birth](#)

[Caesarean Birth Recovery-An Holistic Viewpoint](#)

### Golden Hour

[What happens straight after the birth](#)

[The first hour following birth](#)

[The Magical Golden Hour – what is it and why is it so important?](#)

[The Magical Hour](#)

### Mental Health

[Resources](#)

[Postnatal Depression Symptoms](#)

[Fatherhood and Mental Health](#)

[From Dads to Dads](#)

## [Infant Mental Health](#)

### **NICU (Neonatal Intensive Care Unit)**

[What is Neonatal Care](#)

[About Neonatal Care](#)

[NHS Information](#)

[FAQs – Tommy’s Charity](#)

[Emotional and practical support](#)

[Support from various Organisations](#)

[Feeding small and sick babies](#)

[Successfully breastfeeding your premature baby](#)

[Kangaroo Mother Care](#)

[Bliss Charity](#)

[Rainbow Trust Children’s Charity](#)

[Spoons Charity](#)

[Twins Trust](#)

[The Baby Buddy App by Best Beginnings](#)

### **Twins**

[Twin development and common questions](#)

[Twins Club](#)

[Home Start Charity](#)

[NHS – Your Newborn Twins](#)

[Breastfeeding Twins & Triplets UK](#)

[Tandem Babywearing](#)

[Safe sleep](#)

[Sleep tips](#)

[More sleep tips](#)

[Twin infant Sleep](#)

### **Physical Recovery**

[Your body after birth](#)

[Postnatal Physical Rehab](#)

[What is a Padsicle?](#)

[What is a sitz bath?](#)

[How can a Peri Bottle help?](#)

[First Bowel Movement](#)

[How to exercise your Pelvic Floor](#)

[The Pelvic Partnership](#)

[Squeezy App – pelvic floor muscles exercise programmes](#)

[Find a Physio near you](#)

[Mummy MOT-online video consultation](#)

[Luna Hive – Women’s Health and Wellbeing Directory](#)

[Surrey Women’s Health Physio](#)

[West Sussex Women’s Health Physio](#)

[The Medically recommended online exercise programme for mums](#)

## Fourth Trimester

### 4<sup>th</sup> Trimester

[What is the Fourth Trimester?](#)

[Top Ten Babymoon Tips](#)

[The First Fortnight: Simple Rhythms](#)

[Royal Surrey Hospital – all about Postnatal Care](#)

### Baby behaviour

[Why your baby is only happy in your arms](#)

### Caring for your newborn

[Your baby after birth](#)

[What you need for baby](#)

[Why getting babies into strict routines isn't all it's cracked up to be](#)

[Technique for calming baby](#)

[Harvey Karp's 5 s's for soothing babies](#)

[Tips for Juggling a newborn and a toddler](#)

[Essential Guide to feeding and caring for your newborn](#)

[Flat Head Syndrome](#)

[Royal College of Paediatrics and Child Health](#)

### Colic

[What is Colic and how can we help baby to manage it?](#)

[Does my baby have reflux? Is it colic? Why is my baby so gassy and unsettled?](#)

[NHS-Colic explained](#)

[What causes Colic in babies: An Evidence Based Guide](#)

[Colic and Breastfeeding](#)

[10 Myths about Colic](#)

[Managing the baby with Colicky symptoms](#)

[Useful Links](#)

### Jaundice

[NHS-Jaundice](#)

[All about Jaundice](#)

### Nappies

[How to change a nappy](#)

[Nappy rash](#)

[Cloth Nappies Explained](#)

[Interested in cloth nappies](#)

[The Nappy Lady](#)

[Surrey Cloth Nappy Trial Kit](#)

[Newborn Baby Poo – what to expect](#)

### Reflux

[Useful Links](#)

[Does my baby have reflux? Is it colic? Why is my baby so gassy and unsettled?](#)

[Reflux in Babies](#)

[GORD](#)

[Feeding Infants with GOR](#)

## **Baby sleep**

### **Baby Carrying / Slings**

[Why carrying children matters](#)

[The Benefits of Babywearing: How to carry your newborn](#)

[Secure Attachment and the Fourth Trimester](#)

[Directory of Sling and Carrier Support Services](#)

[How to use a sling safely](#)

[The T.I.C.K.S. Rule for Safe Baby Wearing](#)

[Types of slings](#)

[Which Sling?](#)

[Slings for day time sleep](#)

[Common Queries](#)

[West Surrey Sling Consultant and Sling Library](#)

[South East Slings](#)

### **Infant Sleep**

[Baby Sleep Information Source](#)

[Safer Sleep for babies](#)

[Sleepy Baby – why and what to do](#)

[Helping your baby Sleep](#)

[Where might my baby sleep?](#)

[How babies sleep](#)

[The safest room temperature for babies](#)

[Coping with sleep deprivation as a new parent](#)

[Swaddling and slings](#)

[How to swaddle a baby](#)

[A Guide to buying safer sleep essentials](#)

[Why Babies cannot self soothe](#)

# Infant Feeding

## Responsive Feeding

### **Bottle Feeding**

[Unbiased information on breastmilk substitute's](#)  
[Sterilising Baby Bottles](#)  
[Guide to Bottle Feeding](#)  
[What is Paced Bottle Feeding?](#)  
[Paced Bottle Feeding and how to do it - video](#)

[Technique for getting gas out of baby's stomach - video](#)

### **Breastfeeding**

#### **Resources and Helplines**

[Royal Surrey, 24-hour maternity advice line – 03001 235 473](#)  
[Royal Surrey Hospital – all about feeding](#)  
[Breastfeeding, Helplines, Information and Support Groups](#)  
[The Breastfeeding Network](#)  
[The National Breastfeeding Helpline](#)  
[Association of Breastfeeding Mothers](#)  
[KellyMom](#)  
[La Leche League](#)  
[NCT](#)  
[The Breastcrawl](#)  
[All about Breastfeeding – Lyndsey Hookway, IBCLC](#)  
[Natural Breastfeeding – for an easier start](#)  
[9 things to expect when you're breastfeeding-By Professor, Amy Brown](#)  
[Breastfeeding positions for newborns](#)  
[How to attach your baby to your breast](#)  
[Latching and positioning resources](#)  
[Various helpful Breastfeeding Videos](#)  
[More videos](#)  
[A Dad's Guide to Breastfeeding](#)  
[How you can help support a breastfeeding mum](#)  
[The Breastfeeding Network-Drugs Factsheets](#)  
[Find a Lactation consultant near you](#)  
[International Breastfeeding Centre-Breastfeeding Information Sheets](#)  
[Beginning Breastfeeding – La Leche League](#)  
[Comfortable Breastfeeding](#)  
[Breastfeeding after a Caesarean Birth](#)  
[Myth Busting](#)

#### **FAQs / Common Issues**

[Common Questions in the early weeks](#)  
[Frequent feeding – what's normal for newborns](#)  
[How to get your milk supply set up in the early days of breastfeeding](#)  
[Why does breastfeeding hurt](#)  
[Why do I need to do skin to skin](#)

[Is this normal](#)  
[How often should a newborn feed](#)  
[Engorgement](#)  
[Blocked Milk duct](#)  
[Mastitis](#)  
[Cluster Feeding – what’s it all about](#)  
[How does milk production work?](#)  
[Why is my baby feeding so much?](#)  
[Is my baby getting enough milk?](#)  
[How to know your baby is getting enough milk](#)  
[Signs of effective feeding](#)  
[When can I express milk and how do I store it](#)  
[What is a breast compression](#)  
[Hand Expressing](#)  
[Best Breastfeeding Diet and foods to avoid](#)  
[Do I really have to worry about Foremilk and Hindmilk?](#)  
[Nipple Shields](#)  
[Signs of Thrush](#)  
[Fast Let-down](#)  
[One breast or two per feed](#)  
[My baby makes a clicking sounds](#)  
[My baby won’t breastfeed](#)  
[How to deal with breast refusal / nursing strike](#)  
[Breastfed baby poo](#)  
[Growth Spurts – frequent feeding days](#)  
[What is a galactagogue?](#)  
[Breastfeeding Friendly Retailers – Guildford](#)

## **Breastfeeding Support Groups**

[Royal Surrey Guildford Support Groups](#)  
[Find a Support Group in your area](#)  
[Find a LLLB Group near you](#)  
[Godalming Breastfeeding Support Group](#)  
[Support Groups in Surrey](#)  
[Other Support Groups in Surrey](#)

## **Tongue Tie**

[NHS – Tongue Tie](#)  
[Association of Tongue-tie Practitioners](#)  
[Great basic information on breastfeeding and tongue tie](#)

## **Surrey Tongue Tie Specialists**

[Lotus Midwife](#)  
[Kathryn Weymouth, Hampshire](#)  
[Feeding First, Sutton](#)



## New Parents

### First Aid

[St John's Ambulance – Paediatric First Aid Advice](#)

[Daisy First Aid Parent Classes](#)

### Information for Partners

[The Essential Guide for new dads, developed with the NHS – The Dad Pad](#)

[How can you help Mum after your baby's birth](#)

[Articles, Blogs and Tutorials](#)

[The UKs Fatherhood Think and Do Tank](#)

### Keeping fit and healthy

[Your body after childbirth](#)

[A day of easy postnatal nutrition](#)

[Keeping fit and healthy](#)

[Postnatal Exercise – how soon can I start again?](#)

### Parenting

[Becoming a parent](#)

[Parenting tips and tools](#)

[What to do when someone criticises your parenting](#)

[The Power of self forgiveness](#)

[Why it's completely normal for new parents to have negative thoughts](#)

[Matrescence: - The Developmental Transition to Motherhood](#)

### Postnatal groups, classes and information for families in Surrey

[Surrey Family Information Directory](#)

[Busylizzy Guildford](#)

[Baby Massage and Baby Yoga, Guildford](#)

[Baby Massage, Guildford](#)

[Baby Sensory](#)

[Baby Swimming](#)

[Water Babies](#)

[Puddle Ducks](#)

[Monkey Music](#)

### Fitness Classes

[Movement for Modern life – Online Yoga and Wellbeing](#)

[Buggy Fit](#)

[Totally Mama](#)

[BoCo Yoga and Pilates, Surbiton](#)

[The Well Woman Fitness Foundation, Surrey](#)

[Mum and Baby Yoga, Farnham](#)

## **Relationship with partner as new parents**

[How to maintain a healthy relationship after baby has been born](#)

[NHS – Sex and Contraception after birth](#)

[Sexual health and intimacy after childbirth](#)

## **Self Care**

[What is self care and why do we need it?](#)

[12 ways to take better care of yourself](#)

[What is Mindfulness](#)

[Free Meditations](#)

[Podcasts](#)

[Just Breathe App](#)

[Nourish App](#)

[Calm App](#)

[Headspace App](#)