



List of Antenatal Educational Resources for Parents	
Public Health Website	Maternity Services during Covid 19
Antenatal Solihull Education Courses:	Understanding pregnancy, labour and the birth of your baby . This course is free. Apply the Access code ' NIBABIES ' Fill in some details to create an account
Breastfeeding Course By Dorset Healthcare University	Online Breastfeeding Course
PHA Pregnancy Book	The Pregnancy Book
Breastfeeding Resources	Video on the Value of Breastfeeding
	Off to a good start Book
Skin to Skin Contact	Dr Nils Bergman: Skin to skin contact video UNICEF Skin To Skin Contact
Pregnancy and Diabetes	Pregnancy and Diabetes Harvesting Colostrum
Developing Close and Loving Relationships with your baby	UNICEF Support for Parents UNICEF Building a Happy Baby leaflet UNICEF Video: Meeting baby for the first time UNICEF Breastfeeding and Relationship Building Brain Development video Brave New World Video Bonding and Attachment Video
Pregnancy Exercises	7 Easy exercises for an optimal pregnancy and labour
RCOG Positions for Labour	Positions for labour and birth: Royal Collage of Midwives
First Steps Nutrition:	Eating Well in Pregnancy Making the most of the Healthy Start Scheme
Story Book: Ewan McGregor	Story 'Baby I Love You' read by Ewan McGregor

