**Additional resources and links to support the online Antenatal Classes**

**Class 1: Labour, and looking after your body in pregnancy**

Information on Pelvic Girdle Pain

https://pelvicpartnership.org.uk

<https://www.nhs.uk/pregnancy/related-conditions/common-symptoms/pelvic-pain/>

Self Referral form for the Physio Team:

https://www.ghc.nhs.uk/our-teams-and-services/adult-physiotherapy/musculoskeletal-physiotherapy-self-referral-form/

Information about looking after your body in pregnancy:

<https://www.youtube.com/watch?v=pgkg8u_VVl0>

Information about pelvic floor exercises:

<https://www.nhs.uk/common-health-questions/womens-health/what-are-pelvic-floor-exercises/>

Safe, gentle yoga routines for pregnancy:

Yoga for pregnancy: warm up routine (9 mins) https://youtu.be/1u87m9x4k8s

Yoga for pregnancy: main routine (11mins)  https://www.youtube.com/watch?v=g5w\_5F1CC5E&t=85s

Yoga for pregnancy relaxation: (11mins) https://youtu.be/5lZFpbMG6uA

NHS website for information on options for pain relief in labour:

<https://www.nhs.uk/pregnancy/labour-and-birth/what-happens/pain-relief-in-labour>

NHS website for information about the different stages of labour:

https://www.nhs.uk/pregnancy/labour-and-birth/what-happens/the-stages-of-labour-and-birth/

Birth videos: If you like watching videos of births then they can be a lovely way to help you feel positive and informed about birth, as long as you watch the right ones! A couple we recommend are Daisy’s birth https://www.youtube.com/watch?v=RNhVLKU6zF8  and Stacey’s birth: https://www.youtube.com/watch?v=CIdrlnaV4Uo&t=12s

Information about transition:

<https://www.bellybelly.com.au/birth/what-is-transition-in-labour/>

Virtual tours of Gloucester Delivery Suite, Gloucester Birth Unit, and Stroud Birth Unit:

https://www.gloshospitals.nhs.uk/our-services/services-we-offer/maternity/our-maternity-services/having-your-baby-gloucestershire/

Information from Gloucestershire Maternity Voices about where you can birth your baby:

<https://www.glosmaternityvoices.nhs.uk/your-services/where-to-give-birth>

NHS Leaflet on where to have your baby including statistics from the BirthPlace Study:

<https://assets.nhs.uk/prod/documents/NHSE-your-choice-where-to-have-baby-first-baby-sept2018.pdf>

Further information about induction of labour:

<https://www.gloshospitals.nhs.uk/your-visit/patient-information-leaflets/induction-labour-ghpi1523_11_19/>

BRAIN decision making tool:

<https://www.pregnancy.com.au/wp-content/uploads/2020/03/Brain-handout.pdf>

Essential Oils

https://www.gloshospitals.nhs.uk/your-visit/patient-information-leaflets/use-essential-oils-and-massage-help-your-labour/

**Class 2 : Birth**

Information about a forceps or ventouse birth:

<https://www.nhs.uk/pregnancy/labour-and-birth/what-happens/forceps-or-vacuum-delivery/>

Fantastic animation showing how important oxytocin is during birth:

<https://www.youtube.com/watch?v=OaJukSlJFWs>

Information on perineal massage:

<https://www.nct.org.uk/pregnancy/worries-and-discomforts/common-discomforts/how-do-perineal-massage-step-step-guide>

Information on Vitamin K

<https://www.nct.org.uk/labour-birth/after-your-baby-born/vitamin-k-and-newborns-what-you-need-know>

**Class 3 : Feeding your baby**

Start for Life leaflet about feeding your baby:

https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2010/11/otbs\_leaflet.pdf

Information about breastfeeding including a video to show positioning and attachment:

<https://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/breastfeeding/positioning-and-attachment/>

How to make up infant formula milk safely:

<https://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/bottle-feeding/making-up-baby-formula/>

Information about responsive bottle feeding:

<https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2019/04/Infant-formula-and-responsive-bottle-feeding.pdf>

Information about the different types of formula milk that are available:

<https://www.firststepsnutrition.org/parents-carers>

Guidance on how to store formula milk as safely as possible if you are unable to make up each feed as you need it:

https://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/bottle-feeding/formula-milk-questions/

Guidance around expressing and storing breastmilk:

<https://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/breastfeeding/expressing-breast-milk/>

Advice on combination feeding:

<https://thebreastfeedingcompanion.com/project/combination-feeding/>

Gloucestershire Breastfeeding Support Network:

<https://gbsn.org.uk>

Great go-to website for information, support and trouble shooting around breastfeeding:

<https://www.laleche.org.uk>

**Class 4: Life with your new baby**

Information on responsive parenting - Unicef Leaflet ‘Building a Happy Baby’

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/relationship-building-resources/building-a-happy-baby/>

Unicef Leaflet about Caring for your Baby at Night:

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/sleep-and-night-time-resources/caring-for-your-baby-at-night/>

How to co sleep / Bed share with your baby more safely:

<https://www.lullabytrust.org.uk/safer-sleep-advice/co-sleeping/>

Support and Advice with baby crying

<https://iconcope.org>

Another useful website for understanding your baby crying:

http://purplecrying.info/what-is-the-period-of-purple-crying.php

Links to local sling libraries:

https://www.facebook.com/The-Lady-With-The-Slings-112019464744740/

https://www.cheltgloucsslinglibrary.co.uk/

Guidance to keeping your baby safe in a sling:

<http://www.schoolofbabywearing.com/Images/TICKS.pdf>

NHS information about Postnatal depression:

<https://www.nhs.uk/mental-health/conditions/post-natal-depression/overview/>

Gloucestershire NHS video on postnatal care

<https://www.gloshospitals.nhs.uk/our-services/services-we-offer/maternity/after-your-baby-is-born/postnatal-care/>

Home Start offers great additional support to families and you can either ask your midwife or health visitor to refer you or refer yourself

<https://homestartsd.org>

Information on reusable nappies:

https://www.youtube.com/watch?v=4U7puiSdG1g

Information about the Health Visiting Service:

<https://www.ghc.nhs.uk/our-teams-and-services/health-visiting/>

The Gloucestershire NHS Foundation Trust Website also has loads of Gloucestershire specific information for you to download relating to pregnancy and birth and is a great place to look for more information:

<https://www.gloshospitals.nhs.uk/our-services/services-we-offer/maternity/useful-leaflets-and-information/>