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| Antenatal information Free online video sessions: <https://www.cambscommunityservices.nhs.uk/Bedfordshire/services/health-visiting/antenatal/?fbclid=IwAR2ZbK383BOaH2h0xJNr7wEaqdXdrPPgXnswGDTzyahtKmy7rDrrqN_bQ0g>Flying Start (Children’s Centre) Website: <https://www.flyingstartluton.com/> Bump to Babe antenatal sessions in video form on: <https://www.flyingstartluton.com/pregnancy/services/bump-to-babe/> * Wk 1 Labour & Birth with the midwife
* Wk 2 The first few weeks with the health visitor
* Wk 3 Safe at home and the children’s centre

Understanding your pregnancy, labour, birth and baby online course via [www.inourplace.co.uk](http://www.inourplace.co.uk) using access code HATTERS to get for freeNHS Start 4 Life <https://www.nhs.uk/start4life/pregnancy/>You can take a tour of Luton and Dunstable’s Maternity department on their website: <https://www.bedfordshirehospitals.nhs.uk/our-services/maternity-obstetrics/maternity-services-luton-and-dunstable-university-hospital/maternity-videos/> Flying Start Antenatal Information and leaflets: <https://www.flyingstartluton.com/useful-documents/>NHS Information about pregnancy and birth: <https://www.nhs.uk/conditions/pregnancy-and-baby/>NHS information what to Pack you Labour Bag: <https://www.nhs.uk/conditions/pregnancy-and-baby/pack-your-bag-for-birth/> Breathing in LabourHow can I use breathing exercises during labour? NHS<https://www.youtube.com/watch?v=2V2xugIVjIE> Breathing and Relaxation for Labour NHS <https://www.youtube.com/watch?v=6lEeXQE8q_0>  |
| Keeping Baby SafeFollow us on social media to stay up to date with top tips to help keep babies, toddlers and young children safe:<https://www.facebook.com/safeathomecip/?ref=settings><https://twitter.com/SafeatHomeCIP><https://www.instagram.com/safeathomeluton/?hl=en>Book a free1-1 **keeping baby safe telephone consultation** with our child safety specialist (includes vital information about nursery product safety, safer sleep and Tubes of Life): <https://www.safeathomecip.org.uk/tubes-of-life/>Email us to book a telephone appointment: safeathome@luton.gov.uk Safe at Home (Child Safety Matters) - We offer Luton households a free **Safe at Home check** (dads quite like this information and some low income households may qualify for installation of child safety equipment)Apply online: <https://www.safeathomecip.org.uk/apply-online/>Lullaby Trust – Safer sleeping for babies <https://www.lullabytrust.org.uk/>ROSPA (Royal Society for the Prevention of Accidents (nappy sack)<https://www.rospa.com/campaigns-fundraising/current/nappy-sacks/> |
| Car SeatsMilton Keynes In car safety Centre: <https://incarsafetycentre.co.uk/>A complete guide to child car seats <https://www.goodeggcarsafety.com/> |
| PostnatallyA book (online) looking at Birth to 5 covers a wide range of subjects <https://www.publichealth.hscni.net/publications/birth-five> Contraceptive information: <https://www.contraceptivematch.com/>Feeding your baby: <https://www.breastfeedingnetwork.org.uk/> Washing / Bathing your baby: <https://www.nhs.uk/conditions/pregnancy-and-baby/washing-your-baby/> Childhood Vaccinations <https://www.nhs.uk/conditions/vaccinations/NHS-vaccinations-and-when-to-have-them/> Understanding your baby online course via [www.inourplace.co.uk](http://www.inourplace.co.uk) using access code HATTERS to get for free |
| CommunicationIt is really important to talk and interact with you baby from now on<https://www.flyingstartluton.com/talkingtakesoff/> <http://www.wordsforlife.org.uk/> Five to Thrive video-<https://www.youtube.com/watch?v=QusinRj7CD0> (how we “Respond, Cuddle, Relax, Play and Talk” with our babies and how it helps with babies development)It is also really important to talk to each other as parents as your relationship changes. Me, you and baby too videos and activities can be found here: <https://click.clickrelationships.org/content/all-issues/me-you-and-baby-too/>  |
| Video clipsExperiences Build Brain Architecture: <https://www.youtube.com/watch?v=VNNsN9IJkws> Serve and Return (how a baby responds to adults)<https://www.youtube.com/watch?v=m_5u8-QSh6A> Through the eyes of a child <https://www.thecommunicationtrust.org.uk/resources/resources/resources-for-parents/through-the-eyes-of-a-child/> Neonate Imitation: Baby poking tongue out at Dad <https://www.youtube.com/watch?v=k2YdkQ1G5QI> |
| FacebookJoin Total Wellbeing’s Healthy Pregnancy Group: <https://www.facebook.com/groups/HealthyPregnancyProgramme/>Follow Flying Start for updates: @FSLuton |