



## Recommended reading for new parents

The Scottish Government recommends that all parents read the resource booklets available from the following web links.

Some of the resources are available online only, however if you do not have internet access, please speak to your health visitor or midwife.

## Safety

REDUCE THE RISK OF COT DEATH

<http://www.gov.scot/Resource/Doc/175930/0049530.pdf>

CARING FOR YOUR BABY AT NIGHT

[https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2011/11/Caring-for-your-baby-at-night\\_online-singles.pdf](https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2011/11/Caring-for-your-baby-at-night_online-singles.pdf)

HANDLE WITH CARE

<https://learning.nspcc.org.uk/media/1112/handle-with-care-guide-keeping-baby-safe.pdf>

## Antenatal reading

VITAMIN D AND YOU

[http://www.healthscotland.com/uploads/documents/5274-Vitamin%20D%20leaflet%20PUBLIC\\_Oct16\\_English.pdf](http://www.healthscotland.com/uploads/documents/5274-Vitamin%20D%20leaflet%20PUBLIC_Oct16_English.pdf)

WHOOPING COUGH VACCINE

<http://www.immunisationscotland.org.uk/uploads/documents/22551-Whooping%20Cough%20Booklet-Mar2017-English.pdf>

BREASTFEEDING IN SCOTLAND ACT (2005)

<http://www.gov.scot/Resource/Doc/135079/0033433.pdf>

FLU, I'M READY FOR YOU (PREGNANT WOMEN)

<http://www.healthscotland.com/uploads/documents/5487-Flu.%20I'm%20ready%20for%20you.%20Pregnant%20women-8-16.pdf>

YOUNG PARENTS SURVIVAL GUIDE

<http://www.healthscotland.com/uploads/documents/22410-Young%20parent%20survival%20guide-Dec2016-English.pdf>

BUILDING A HAPPY BABY

[https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2014/05/happybaby\\_leaflet-web-2016-2.pdf](https://www.unicef.org.uk/babyfriendly/wp-content/uploads/sites/2/2014/05/happybaby_leaflet-web-2016-2.pdf)

## Caring for your new baby

MENINGITIS BABY WATCH

<http://www.meningitis.org/assets/x/51485>

HELPING YOUR BABY PLAY AND MOVE EVERY DAY

<http://www.early-years.org/health/docs/parentleafletbabies.pdf>

A GUIDE TO CHILDHOOD IMMUNISATIONS

<http://www.healthscotland.com/uploads/documents/6016-A%20guide%20to%20childhood%20immunisations%20up%20to%20five%20years%20of%20age-Mar2017-English.pdf>

BCG AND YOUR BABY

<http://www.healthscotland.com/uploads/documents/22166-BCG%20And%20Your%20Baby-Dec2016-English.pdf>

FORMULA FEEDING

<http://www.healthscotland.com/uploads/documents/5523-Formula%20feeding%20booklet-8-16.pdf>

In addition to the above online resources, your health visitor will provide you with printed information at home contacts.