

**EDITION 18 April 2026**

# Highland's Information Trail

## Delivering Integrated Children's Services in Highland



### Introduction

This *Highland Information Trail* guides professionals to resources available to support and improve maternal and child health across Highland. It covers information from both a national and local perspective from pre pregnancy through to the age of five. A number of useful websites are also listed to further support families.

This resource combines the [Public Health Scotland Early Years Pathway](#) and is structured to complement the core programme of contacts as detailed in [Maternity pathway and schedule of care](#) and [The National Health Visiting Pathway for Scotland](#) ensuring integrated services and seamless transitions. It also supports [The Best Start: A Five-Year Forward Plan for Maternity and Neonatal Care in Scotland](#) by empowering parents to make choices based on high quality information. Additional support and contact is given if necessary following assessment.


### Health Literacy

Health Literacy is about people having enough knowledge, understanding, skills and confidence to use health information, to be active partners in their care, and to navigate health and social care systems. One in five adults in Scotland has difficulty with reading/numeracy and learning acquisition, therefore it is important to ensure that any information leaflets given out are complimented with a full explanation and discussion of their contents. Check directly with the person how best to communicate information which may be better in DVD or picture formats, several materials are available in easy read versions. *Ready Steady Toddler!* is no longer available, as an alternative for parents with learning disabilities, resources are available to order from the HIRS library. These include *You and Your Baby 0 – 1*; and *You and Your Little Child 1 – 5* (order one per client). [The Health Literacy Place](#) is a useful resource for developing your health literacy skills with useful tools and techniques such as Teach back, chunk and check, using simple language and pictures. There is further information on health literacy from NHS Education for Scotland [Health Literacy](#) on the Turas platform.

### Health Improvement/Health Behaviour Change

Taking a motivational interviewing (MI) approach in supporting health behaviour change is more effective than simply giving advice, how we present information is of great importance. Local health behaviour change and MI training is provided by NHS Highland Health Improvement Team, their prospectus, training calendar and booking forms can be accessed here [Learning & Development for Health Improvement 2025-2026](#)

### BadgerNet – Maternity

The BadgerNet Maternity system is an electronic maternity record (EMR). Women are offered the option to consent to an online portal and application (Badger Notes) to view their maternity records and access leaflets over the internet through PC, tablet device or mobile phone. Please note that women who do not opt into this service, have no access to a personal smartphone/device or have limited or no English should continue to be provided with printed copies. This also applies to any woman who you feel will benefit from a printed copy. Universal resources will be automatically assigned to the recommended reading list at the relevant gestation and targeted resources should be assigned by the midwife as appropriate. **All women should be OFFERED the hard copy version of 'Ready Steady Baby!'- standard order is 20 copies (email HIRs if more is required)**. Resources available on women's portal are annotated with the BadgerNet icon 

**Health Improvement Resource Service (HIRS)** [hirs.mailbox@nhs.scot](mailto:hirs.mailbox@nhs.scot) Website: <http://healthyhighlanders.co.uk/HPAC> Telephone: 01463 704 647,

The Health Information and Resources Service (HIRS) has a Library which offers a wide range of health-related materials for loan, free of charge to those working or living within the Highlands. Materials consist of: Leaflets, Posters, Training Packs, Games, Models & Equipment. Most Leaflets can be viewed online and downloaded from the website where clients need to register with HIRS at <http://healthyhighlanders.co.uk/HPAC>. NNSH, Rowans, Room 38 Flat 3, New Craigs, Leachkin Road, Inverness, IV38NP.

## Information for Health Professionals

### Antenatal Midwifery-Led Care- Core health contacts for all women & babies-conception to birth

This guidance provides a framework for staff to support and enable all women to make informed choices for their antenatal and planned postnatal core contacts.

**Ready Steady Baby!** is a key resource for parents and provides most of the information that they will need before, during and after pregnancy. The different professionals who have contact with women throughout this time should make a point of referring to this resource. It covers pregnancy and 6-8 weeks post birth and has been designed to reduce the need for many different leaflets. **A hard copy should be offered to all pregnant women.** An easy read version of RSB has been developed by Public Health Scotland.

**Off to a Good Start** is a key resource for supporting breastfeeding. Professionals who have contact with women at all stages should refer to it and work through it with women.

**Pre-pregnancy Care** - All professionals who have contact with women and partners who may be contemplating pregnancy should advise them about safe medications, healthy diet, and lifestyle, e.g., physical activity, healthy weight, smoking, alcohol and substance use. This discussion should also include the importance of folic acid and vitamin D supplements.

**Nutrition** – Preconception & maternal healthy weight: Eating well in pregnancy guidance offers best practice in promoting healthy weight in the pre-pregnancy, pregnancy and postnatal period. It aims to reduce pregnancy risks linked to a high BMI by improving nutrition, fitness, and access to services.

### Preconception and Maternal Healthy Weight, Eating Well in pregnancy

#### Infant Feeding Policy- Maternity

#### Infant Feeding Policy- Health Visitors

**Healthy Start Maternal Vitamins** It is recommended that women take 400 micrograms supplement of folic acid for 3 months before conception and until 12 weeks pregnant and a daily supplement of Vitamin D 10 micrograms throughout pregnancy. **Vitamins in pregnancy** . **All pregnant women in Highland are entitled to free Healthy Start Vitamins for the duration of their pregnancy.**

**They should be offered with a supporting conversation at:**

- Booking- 2 bottles
- 23-24 week appointment- 2 bottles

**Healthy Start Vitamins Breastfeeding mothers** are provided free to all breastfeeding mothers up to 1 year. Thereafter breastfeeding women are encouraged to take a Vitamin D supplementation.

#### **Healthy Start Children's drops**

Are provided free to all children under 12 months old and free to infants that are eligible for Best Start Foods/Grants from age 1 – 3

**Please note that vitamin drops are only for breastfed children and formula feeding children that are taking less than 500ml of formula daily**

**Midwives and Health Visitors can order these via HIRS**

**Oral Health Care** - Pregnancy offers an opportunity to remind women to register with a dentist. NHS dental treatment is free during pregnancy and until the baby is 1 year old.

#### **Remind women:**

- Maintain good oral hygiene by brushing twice daily with 1500 ppm fluoride toothpaste and flossing to prevent gum issues.
- Baby teeth start calcifying at 5 months in utero.
- Adult teeth begin calcifying just before or shortly after birth.

If women experience any problems registering with a dentist then the NHS Dental Help Line number should be given:

North Highland - 08001412362 or  
Argyll & Bute CHP - 0845 833 2310.

For further information to help care for your child's teeth, see **Childsmile – Improving the oral health of children in Scotland**

**Flu (September to March), pertussis & RSV** - vaccinations must be discussed with women and relevant information leaflets provided. The Ready, Steady Baby Vaccine leaflet should be given along with the Ready Steady Baby Book at booking. Season Flu campaign leaflets are delivered directly to the Community Midwifery Bases from Public Health Scotland in September.

**Best Start Grant** is a package of four payments to give money to lower income families during the key early years of a child's life. These payments will not affect other benefits and are eligible to the mother of the child, her partner or someone who has a young mother dependent on them if they are on the following benefits. Universal Credit, Income support, income-based jobseekers' allowance, income-related employment and support allowance, pension credit, housing benefit, child tax credit and working tax credit. Under 18's or 18- & 19-year-olds who are still in full time education do not need to be on a qualifying benefit.

**Best Start Foods** replaced the healthy start voucher scheme in Scotland in 2019. It **provides** eligible women with a pre-paid card that can be used to buy healthy foods for children under 3. The card can be used in shops and online. The payments are:

- £22.40 every 4 weeks during pregnancy
- £44.80 every 4 weeks from your child being born up until they're a 1-year-old.
- £22.40 every 4 weeks between the ages of 1 and 3

#### **Pregnancy and Baby Payment**

- £796.65 for the first child, £398.35 for subsequent children, and an additional £398.35 for multiple births.
- To help cover costs such as prams or baby clothes, but parents can spend the money as they see fit.
- Can be claimed from 24 weeks of pregnancy until the baby is 6 months old.
- Evidence from Baby Box claim, Mat B1, or birth certificate.

**Early Learning Payment** of £331.95 is available for low-income eligible families when a child reaches the age of 2 or 3 years.

**School age Payment** of £319.80 around the time a child would usually start school. This does not replace the **School Clothing Grant**

**Scottish Child Payment** Weekly payment of £28.20 for every child to help towards the costs of supporting your family. Payment is every 4 weeks if application is successful.

Further information and how to apply here:  
<https://www.mygov.scot/best-start-grant/>

**Child Benefit** Paid to one person, if you're responsible for bringing up a child who is:

- under 16
- under 20 if they stay in approved education

Eldest or only child £27.05 per week  
Additional Children £17.90 per week  
Paid 4 weekly

Further information and how to apply here:  
**Child Benefit: Make a claim - GOV.UK**  
**(www.gov.uk)**

#### **Scotland's Baby Box:**

- Every baby in Scotland is entitled to a free baby box from the Scottish government.
- The box includes baby essentials for the first six months and can be used as a safe sleeping space.
- Midwives fill out a registration card at around 22 weeks during an antenatal appointment. The box is delivered at least four weeks before the due date to the address provided.

In unfortunate circumstances such as still birth delivery of a box may be cancelled via

[scotlandsbabybox@theapsgroup.com](mailto:scotlandsbabybox@theapsgroup.com) or **0800 030 8003** quoting the registration number on the leaflet. Additional registration cards are requested from the same above email address. More information (contents, etc) is available at <http://www.parentclub.scot/baby-box>

#### **Benefits, Entitlements, and Work Support:**

- **Financial Health Check:** Available to all households in Highland for advice on money and debt management.
- **Pregnant Women:** Can self-refer to local Citizens Advice Bureaux for independent advice on debt management, housing, employment rights, and more.
- **Support for Vulnerable Families:** Staff can refer families with appropriate consent.
- **Highland Council Welfare Support Team:** Provides advice on benefits and other entitlements.

The Welfare Support Team can be contacted on 0800 090 1004 or email [welfare.support@highland.gov.uk](mailto:welfare.support@highland.gov.uk)  
Contact details of local CAB offices can also be found [Here](#)

SMP and MA pay guides can be accessed **Statutory Maternity Pay & Maternity Allowance**

Staff can access training **Health inequalities : money counts [supportive conversations] | Turas | Learn**

You can watch this short clip asking about money worries  
[https://www.youtube.com/watch?v=ge2XedoG\\_T8&feature=youtu.be](https://www.youtube.com/watch?v=ge2XedoG_T8&feature=youtu.be)

Staff working in Argyll & Bute can access locality information from:

**Welfare Rights | Argyll and Bute Council**

**Words Up Baby** is a resource being used in universally in NHS Highland/Highland Council which highlights the importance of communication, promoting positive attachment with babies even before birth. The key messages are discussed with parents at appointments during pregnancy and after birth.

**Before Birth** leaflet is given at 16 weeks to accompany the antenatal conversations.

**Baby talks** handout is given at 4-8 weeks after birth.

**Words Up Early Stages** highlights 6 key messages essential to promoting early language development. Where there is a concern about a child's language development, this series of leaflets (available in A4 or A5 size) will help to support a discussion of ways to promote early language. Although they are aimed at parents of children from the toddler to P1 stage, no ages are specified on the leaflets, allowing them to be given at the right time for the child depending on their stage of development. The 4 leaflets are titled: 'First Words'; 'Words Together'; 'Talking Together' and 'Chatting Now' and are available from HIRS.

#### **Play@home:**

- Families in Scotland with children aged 0-5 receive baby, toddler, and pre-school books.
- Activities in the books support child development, attachment, and family communication.
- Professionals refer to these activities when discussing children's physical, social, and emotional growth, as well as speech and language development.
- The books can also be used to discuss baby massage.

**Bookbug** offers free bags of books and goodies for children, distributed through health visitors, early years settings, and local libraries.

- Each child receives four bags: Baby Bag, Toddler Bag, Explorer Bag, and P1 Family Bag, with Gaelic versions available.
- Families can also join free, fun Bookbug sessions at various locations, where they enjoy rhymes, songs, and stories together. These sessions support positive attachments and the development of speech and language skills.

**Family Nurse Partnership (FNP)** deliver intensive home visiting to young women having their first baby.

- Young women 20 years old & under, 25 years old if care experienced.
- The main aims of the programme are to improve maternal health, child health and development and increase the family's economic self-sufficiency.
- FNP is offered in some areas of Highland
- Areas that do not have access to FNP should consider Community Early Years Practitioners or other Third Sector Partners who offer support to young people.
- Further Information [HERE](#)

**Translating and interpreting** - Women and families who do not speak English as a first language may require interpretation or translation services to enable communication. It is the responsibility of staff to book the service if required. Face to face interpretation is available for spoken languages through Global Languages and telephone interpretation is available through Language Line. British Sign Language interpretation is also available for service users who are Deaf or hard of hearing

as well as other communication support such as lip reading or note taking. For interpretation and translation guidance see

**NHS staff:** [Here](#)  
**Highland Council Staff:** [Here](#)

**Digital Inclusion** A discussion should be had with all women and their families to check their ability to access digital resources and offer supporting health information accordingly either digitally or in paper format. Not being able to access resources digitally whether it be through lack of confidence, skills or poverty puts families at a huge disadvantage. The Connecting Scotland Website [Connecting Scotland](#) provides information and practical help for organisations supporting families to get digitally connected.

Within Highland [Red Chair Highland | Digital Inclusion Services Highlands | 58 Denny Street, Inverness, UK](#) may be able to support women with digital devices to access online support for substance use problems and/or Badgernet

**Family Information Services** provide details on registered Early Learning and Childcare (ELC) services across Scotland. Information can be found on registered child minders, registered after school clubs, registered day care nurseries, registered ELC settings and non-registered parent and toddler groups.

Offices are open Mon – Fri 9am – 5pm.

Highland Tel: 01463 702 871  
[familyinformationservice@highland.gov.uk](mailto:familyinformationservice@highland.gov.uk)

Argyll & Bute Tel: 01369 70851  
Families can access the link and click on their regional area for local information:  
[www.families.scot](http://www.families.scot)

**1140 hours of funded early learning and childcare is available for 2-year-olds who:**

- 2-year-olds who are, or have been at any time since turning 2, looked after by the local authority, subject of a kinship care order or subject of a guardianship order. (LAC).
- Have a care experienced parent who has been in care under a UK Local Authority and is able to supply evidence of this or if not gives permission for Officers to verify their status. (Care Experienced)
- 2-year-olds living in households where their parent(s) meet the qualifying benefit criteria below - out of work benefits or income-related benefits with income below a certain threshold. (Benefit related)
- 2-year-old discretionary places- must be requested by named person or other professional and be submitted with a comprehensive, clear, and concise child's plan. If the plan does not highlight the anticipated outcomes and benefits for the child, the application may be refused. (Discretionary).

**Qualifying benefits:**

- Income support
- Income based Job Seekers Allowance
- Any income related element of Employment and Support Allowance
- Child Tax Credit, but not in receipt of Working Tax Credit, and an income below £19,995
- Child Tax Credit and Working Tax Credit, and an income below £9,552.
- Support under Part VI of the immigration and Asylum Act 1999
- Universal Credits with an earned

- income below £796 per month
- Incapacity Benefit or Severe Disablement Allowance
- Pension Credit
- Care experienced parent who has been in care under a UK local authority

For further information

**Funded places - Enrol your child in Nursery and Childcare - Highland Council**

***Just Ask Enquiry Line***

If you have questions about the development or wellbeing of a child or young person in Highland, you can call on Tuesdays or Thursdays from 1pm to 4pm. A health or educational professional will return your call within a few days. Call 0300 303 1365 for assistance. Further Information [HERE](#)

***Highland Third Sector Interface***

The Highland Third Sector Interface was formed in 2012 and officially launched on the 4th of March 2013. Their Mission is to ensure that the Third Sector in Highlands is strong, developing and a valued community and regional asset. As a Third Sector Interface they work together with eight partners to deliver, among other services, four specific themes of work as agreed with the Scottish Government:

- Volunteering development
- Social Enterprise development
- Supporting and developing a strong third sector
- Building the third sector relationship with community planning

They co-ordinate the regional work, specifically strategic involvement with the public and private sectors, while supporting locally

delivered work of our Partners.

***For more Information***

info@highlandtsi.org.uk

01349 864289

Thorfin House, Bridgend Business Park, Dingwall, IV15 9SL

See their useful community directory [HERE](#)

**Violence Against Women (VAW)** VAW is a widespread issue that affects many of the women and children we work with. The Highland Violence Against Women Partnership has developed a range of resources to support staff, including:

- Guides on responding to VAW.
- Specific protocols for sexual violence, Female Genital Mutilation (FGM), and forced marriage.
- Documentation to support MARAC risk identification and referral.
- Information on support services
- A face-to-face multi-agency training programme

For the most up-to-date resources, please visit the Highland Violence Against Women Partnership website [Ending Violence Against Women - HVAWP \(scot.nhs.uk\)](#)




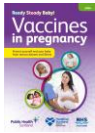


Some resources are also available through HIRS (search under subject 1GBV gender-based violence).



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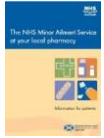






Issue No 18	Date of issue: April 2026	Review date: October 2026
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1 <sup>ST</sup> TRIMESTER recommended reading/information					
Gestation discussed and issued  assigned to Badgernet notes	Information resource  Blue titles are web links to click on	Image	Given by	Produced by	Alternative languages/formats available  Badgernet Patient Portal Blue titles are web links to click on
			Universal and/or Targeted	Available From	
<b>BOOKING PACK</b>					
Preconception & 1 <sup>st</sup> Booking visit	<a href="#">Ready Steady Baby!</a>  The online version revised in 2025		Midwife/GP  Universal	Public Health Scotland  Weblink only	Translations & accessible formats <a href="#">Ready Steady Baby! Translations - Publications - Public Health Scotland</a>
1st Booking visit <b>BOOKING PACK</b>	<a href="#">Ready Steady baby</a> Encompasses pre-birth until baby is 8 weeks old. <i>All women should be offered a hard copy of this resource</i> Revised edition 2025		Midwife/GP or Family Nurse  Universal	Public Health Scotland  HIRS L1CPB/003/L	Available in Arabic, Polish and simplified Chinese (Mandarin) and Ukrainian <a href="#">Ready Steady Baby Translations</a>  Alternative formats (Braille, Large print, and audio versions) email <a href="mailto:p.hs.otherformats@p.hs.scot">p.hs.otherformats@p.hs.scot</a>
1st Booking visit <b>BOOKING PACK</b> <b>Should be ordered and issued alongside the RSB</b>	<a href="#">Ready Steady Baby Vaccines in Pregnancy</a> Explains why vaccines are offered during pregnancy covers flu, RSV and whooping cough  March 2026		Midwife/GP or Family Nurse  Universal	Public Health Scotland  HIRS L1IMM/037/L	Available in Arabic, Polish, and simplified Chinese (Mandarin) and Ukrainian <a href="#">Public Health Scotland-Vaccines in pregnancy leaflet</a>  Alternative formats (Braille, Large print, and audio versions) email <a href="mailto:p.hs.otherformats@p.hs.scot">p.hs.otherformats@p.hs.scot</a>
1st Booking visit *Given as hard copy <b>BOOKING PACK</b> 	<a href="#">Protect your baby against respiratory Syncytial Virus (RSV)</a> Information on RSV vaccine which is offered during pregnancy to help protect babies against serious illness caused by RSV.  October 2025		Midwife, Family Nurse  Universal	Public Health Scotland  HIRS L1IMM/045/L	Translations and alternative formats (Braille, large print, audio versions and easy read) of this leaflet are available <a href="#">Protect your baby against respiratory syncytial virus (RSV) - Publications - Public Health Scotland</a>  <a href="mailto:p.hs.otherformats@p.hs.scot">p.hs.otherformats@p.hs.scot</a>

1st Booking Visit *Given as hard copy at booking BOOKING PACK 	<b>You're Pregnant! Scans and Tests</b> This booklet explains the screening and diagnostic tests you can have in pregnancy.  <b>Revised edition June 2025</b>		Midwife or Family Nurse	Public Health Scotland	Available to download in Arabic, Farsi, Latvian, Polish, Punjabi, Romanian, Russian, simplified Chinese (Mandarin), Spanish, Turkish, Ukrainian, Urdu, and Vietnamese Also, Easy read and large print format <b>You're Pregnant! Scans and Tests</b> Alternative formats (Braille and audio versions) email <a href="mailto:psh.otherformats@psh.scot">psh.otherformats@psh.scot</a>
			Universal	HIRS L1CPB/002/L	
1st Booking visit BOOKING PACK	<b>Healthy Start Vitamins</b> are offered free to all pregnant women throughout pregnancy, Midwives should issue two bottles at first contact and 2 at the 23-24 week contact		Midwives or family nurse	Healthy Start	Contain vitamins D & C and folic acid, 56 tablets per pot should last approximately 2 months
			Universal	HIRS VT1BAB/003/VT	
1st Booking visit (Will be assigned to BN @ 8+10 weeks) BOOKING PACK 	<b>Vitamin D and you</b> This leaflet explains the benefits of getting enough vitamin D as part of a healthy diet.  <b>Updated 2025</b>		Midwife or Family Nurse	Public Health Scotland	Available to download in multiple languages Also, in Easy Read format <b>Vitamin D and you</b> Information for professionals re new doses etc available <a href="#">here</a> : Alternative formats (Large print, braille, and audio versions) email <a href="mailto:psh.otherformats@psh.scot">psh.otherformats@psh.scot</a>
			Universal	HIRS L1FOO/002/L	
1st Booking visit *Given as hard copy at booking BOOKING PACK	<b>FW8 prescription exemption form</b>		Midwife or Family Nurse	NHS Scotland	From August 2022, an exemption certificate is no longer issued. In Scotland, the FW8 form will be accepted as proof of pregnancy for dental treatment
			Universal	Banner services	
1st Booking visit *Given as hard copy at booking BOOKING PACK	<b>Carbon Monoxide, smoking and your baby</b> to be given to ALL women who are smoking, recent quitters or with a CO reading of 4ppm or above		Midwife, Family Nurse or Smoking Cessation Advisor	NHS Highland	
			Universal	HIRS L1DRS/047/L	




<p><b>1st Booking visit</b> (Will be assigned to BN @ 8+10 weeks)</p> <p><b>New for 2025</b></p> <p><b>BOOKING PACK</b></p> 	<p><b>Birthplace decisions: information for pregnant women and partners on planning where to give birth</b></p> <p>This leaflet can be used to support discussions with women &amp; their partners, when deciding where to give birth</p> <p><b>February 2025</b></p>		<p><b>Midwife</b></p> <p><b>Universal</b></p>	<p><b>Scottish Government</b></p> <p><b>L1BAB104/L</b></p>	<p>Available to download in different languages</p> <p><b>Birthplace decisions: information for pregnant women and partners on planning where to give birth - gov.scot</b></p>
<p><b>1st Booking visit</b> <b>*Given as hard copy</b></p> <p>This handy leaflet contains contact details of local CAB offices and highland council helpline</p> <p><b>BOOKING PACK</b></p> 	<p><b>Worrying about money</b> All women should be asked if they have any money worries and referred to their local CAB office for a financial health check for specialist advice on benefits, debt, housing etc</p>		<p><b>Midwife or Family Nurse</b></p> <p><b>Universal</b></p>	<p><b>NHS Highland Public Health Department</b></p> <p><b>HIRS LMONE/001/L</b></p>	<p>Contact details of local CAB offices can also be found <a href="#">Here</a></p> <p>Alternatively, the Council's Welfare Support Team can be contacted on Tel: 0800 090 1004 or email <a href="mailto:welfare.support@highland.gov.uk">welfare.support@highland.gov.uk</a></p> <p>SMP and MA pay guides can be accessed <a href="#">Statutory Maternity Pay &amp; Maternity Allowance</a></p> <p>see asking about money worries short clip <a href="https://www.youtube.com/watch?v=ge2XeDoG_T8&amp;feature=youtu.be">https://www.youtube.com/watch?v=ge2XeDoG_T8&amp;feature=youtu.be</a></p>
<p><b>1st Booking visit</b> <b>*Given as hard copy at booking</b></p> <p><b>BOOKING PACK</b></p>	<p>Promotional business card for the 'Worrying About Money' app</p> <p>The app is free and allows individuals identify financial advice and support that is available locally in Highland.</p>		<p><b>Midwife or Family Nurse</b></p> <p><b>Universal</b></p>	<p><b>Joint Publication NHS Highland/Highland Council</b></p> <p><b>HIRS PC4MON/001/PC</b></p>	<p>An A5 crib sheet is also available to download from HIRS detailing where to best signpost service users.</p> <p><a href="#">Here</a></p>  <p>Arabic, Dari, Gaelic, Polish, Ukrainian versions available to download only</p> <p><a href="#">Here</a></p>
<p><b>1st Booking visit</b></p> <p><b>BOOKING PACK</b></p>	<p><b>Condoms by post promotion card-</b> by scanning the QR code they can order condoms which will be delivered to home address in discreet packaging</p>		<p><b>Midwife or Family nurse</b></p> <p><b>Universal</b></p>	<p><b>NHS Highland</b></p> <p><b>HIRS L1SER/014/L1</b></p>	

<p><b>1st Booking visit (Will be assigned to BN @ 8+10 weeks)</b></p> <p>*Given as Hard copy at 23-24 weeks</p> 	<p><b>Protect your baby from whooping cough</b> This leaflet is a guide for pregnant women about whooping cough. All pregnant women should be offered pertussis vaccine between 16 &amp; 32 weeks of pregnancy</p> <p><b>Revised edition Aug 2025</b></p>		<p><b>Midwife or Family Nurse</b></p> <p><b>Universal</b></p>	<p><b>Public Health Scotland</b></p> <p><b>HIRS L1IMM/016/</b></p>	<p>Available to download in Arabic, Polish, Russian, simplified Chinese (Mandarin), traditional Chinese (Cantonese) and Ukrainian</p> <p>Also, in Easy Read &amp; Large Print format</p> <p><a href="#">Protect your baby from whooping cough</a></p> <p>Alternative formats (Large print, Braille, and audio versions) email <a href="mailto:phs.otherformats@phs.scot">phs.otherformats@phs.scot</a></p>
<p><b>1st Booking visit (Will be assigned to BN @ 8+10 weeks)</b></p> 	<p><b>Cervical Screening during Pregnancy</b> a leaflet clarifying cervical screening recommendations during pregnancy</p> <p><b>Revised edition May 2023</b></p>		<p><b>Midwife or Family Nurse</b></p> <p><b>Universal</b></p>	<p><b>NHS Highland/RCOG</b></p> <p><b>HIRS L1BAB/031/X</b></p> <p><b>Download only</b></p>	<p>Download only- NHS Highland intranet</p> <p><a href="#">Cervical Screening during Pregnancy</a></p> <p><a href="#">Cervical smears and pregnancy patient information leaflet</a></p>
<p><b>1st Booking visit (Will be assigned to BN @ 8+10 weeks)</b></p> 	<p><b>Tommy's When to call the midwife Infographic</b></p> <p>This useful info graphic provides simple guidance on when to call the midwife particularly useful for 1<sup>st</sup> time Mums &amp;/or those with literacy or language barriers</p>		<p><b>Midwife or Family Nurse</b></p> <p><b>Universal</b></p>	<p><b>Tommy's</b></p> <p><b>Download Only</b></p>	<p>Available to download only via link <a href="#">When to call the midwife infographic</a> can be printed and given or/ forwarded for women to download to their phones or other devices</p>
<p><b>1st Booking visit (Will be assigned to BN @ 8+10 weeks)</b></p> 	<p><b>Best Start Foods and Grant</b></p> <p>Should be offered to all pregnant women at booking and will be taken up by those who are eligible.</p> <p>The application for Best Start foods and pregnancy grant is the same and should only need filling in once.</p>		<p><b>Midwife or Family Nurse</b></p> <p><b>Universal</b></p>	<p><b>Scottish Government</b></p> <p><b>Download only</b></p>	<p>Clients can apply online <a href="#">Best Start Foods and Grant</a>, on the telephone <b>0800 182 2222</b> (Includes alternative languages &amp; formats) or by filling out a paper form which can be downloaded here <a href="#">Best Start Grant and Foods single application form</a></p>
<p><b>1st Booking visit (Will be assigned to BN @ 8+10 weeks)</b></p> 	<p><b>Preventing Anaemia in pregnancy</b> This leaflet explains what anaemia is, why it commonly develops during pregnancy, and how a healthy diet and iron supplements can help prevent low iron levels.</p>		<p><b>Midwife or Family Nurse</b></p> <p><b>Universal</b></p>	<p><b>NHS Highland</b></p> <p><b>HIRS L1CPB/029/L1</b></p>	

<p>1st Booking visit (Will be assigned to BN @ 8+10 weeks)</p> 	<p><b>The NHS Minor Ailment Service at your local pharmacy</b> 8-page leaflet explaining this service, available to pregnant women and under 16 (under 19 in full time education) 2013 Version</p>		<p>Pharmacist, Midwife or Family Nurse</p>	<p>Scottish Government</p>	<p>Available to download only <a href="#">The NHS Minor Ailment Service at your local pharmacy</a></p>
			<p>Universal</p>	<p>Download only</p>	
<p><b>Targeted Resources/Information to be assigned to women following Booking- consider need to order hard copies if women request/need these.</b></p>					
<p>1st Booking visit Order as Hard Copy for parents needing this resource</p>	<p><b>Ready Steady Baby- Easy Read Booklets</b> The booklets are split into 3 different sections.</p> <ul style="list-style-type: none"> <li>• Booklets 1-7 are a guide to pregnancy</li> <li>• 8-12 cover labour and birth</li> <li>• 12-19 baby's first 8 weeks</li> </ul> <p>July 2025 version</p>		<p>Midwife/GP or Family Nurse</p>	<p>Public Health Scotland</p>	<p>PDFs can be downloaded here <a href="#">Ready Steady Baby easy read - Publications - Public Health Scotland</a> These replace my pregnancy my choice resource.</p>  <p>&lt;Insert easy read Highland Information trail&gt;</p>
			<p>Targeted</p>	<p>HIRS L1BAB/069/L</p>	
<p>1st Booking visit (Can be assigned to BN @ 8+10 weeks)</p> 	<p><b>Healthy food and mood in pregnancy:</b> This leaflet gives information on a healthy diet and keeping active in pregnancy.</p> <p>2023 Revised Edition</p>		<p>Midwife or Family Nurse</p>	<p>NHS Highland</p>	
			<p>Targeted</p>	<p>HIRS L1CPB/007/L</p>	
<p>1st Booking visit (Can be assigned to BN @ 8+10 weeks)</p> 	<p><b>I Quit: stopping smoking when you're pregnant</b></p> <p>This booklet is designed to help pregnant smokers, and their midwives work with local stop smoking services.</p> <p>Updated 2024</p>		<p>Midwife or Family Nurse</p>	<p>Public Health Scotland</p>	<p>If pregnant smokers have any questions or need more information, they can be directed to the Specialist midwives for Smoking Cessation or call Smokeline free on <b>0800 84 84 84</b> to speak to an expert, or visit <a href="http://www.quityourway.scot">www.quityourway.scot</a></p>
			<p>Targeted</p>	<p>HIRS L1DRS/050/L</p>	

Commented [KM1]: Can this icon be removed for the ready steady baby easy read booklets - I feel if they need these then hard copy is more appropriate










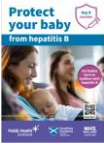
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1st Booking visit (Can be assigned to BN @ 8+10 weeks) 	<b>Vaping in pregnancy</b> Vaping factsheet with information on the risks of vaping in pregnancy and where to get support to stop		<b>Midwife or family Nurse</b>	<b>NHS Highland/Public Health</b>	Available to order as hard copy leaflet
			<b>Targeted</b>	<a href="#">Know the facts</a> L1DRS/063/L <a href="#">Tips to quit</a> L1DRS/064/L	
1st Booking visit (Can be assigned to BN @ 8+10 weeks) 	<b>Help keep your baby safe and healthy</b> Describes the risk of harm to a baby from drinking alcohol when pregnant.  <b>Updated 2025</b>		<b>Midwife, Family Nurse</b>	<b>HADP/NHS Highland</b>	Promotes the message of 'No Alcohol When Pregnant, No Risk'. Describes Fetal Alcohol Spectrum Disorder (FASD).  A4 Poster also available to order via <b>HIRS P1/CPB/002/P</b> 
			<b>Targeted</b>	<b>HIRS L1CPB/021/L</b>	
1st Booking visit (Can be assigned to BN @ 8+10 weeks) 	<b>Making a change</b> This booklet is designed to encourage harmful and risky drinkers to consider the benefits of drinking less alcohol		<b>Midwife or Family Nurse</b>	<b>Public Health Scotland</b>	Alternative formats (Large print, braille, and audio versions) email <a href="mailto:phs.otherformats@phs.scot">phs.otherformats@phs.scot</a>
			<b>Targeted</b>	<b>L1DRA/010/L</b>	
1st Booking visit (Can be assigned to BN @ 8+10 weeks) 	<b>Cannabis Use in Pregnancy</b> This leaflet explains how cannabis use can affect you and your baby during pregnancy, breastfeeding, and postnatal period, and where you can get support to stop.		<b>Midwife, Smoking Cessation or family Nurse</b>	<b>NHS Highland</b>	
			<b>Targeted</b>		
1st Booking visit *Given as hard copy	<b>FNP</b> Promotional business card Given to all pregnant young women 20 years old and under (25 years old if care experienced) at booking. Informing them that a Family Nurse will contact them		<b>Midwife</b>	<b>Highland Council/NHS Highland</b>	
			<b>Targeted</b>	<b>Order from FNP</b>	

Commented [KM3]: Can we change that to can be assigned at 8-10wks







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Commented [HI5]: New cannabis leaflet to be put on HIRS

<p>1st Booking visit (Can be assigned to BN @ 8+10 weeks)</p> 	<p><b>Farming leaflet</b> This leaflet advises women on the risks of contact with farm animals in pregnancy and how to avoid contracting chlamydia, toxoplasmosis, listeriosis and Q fever.</p>		<p>Midwife or Family Nurse</p> <p>Targeted</p>	<p>NHS Highland</p> <p>Download Only</p>	<p>Available as pdf download only <b>Currently being updated- Lisa &amp; Emily</b></p>
<b>Information/resources following blood results/screening</b>					
<p>1st Booking visit (will be assigned by Screening midwives to BN following blood results)</p> 	<p><b>Your pregnancy, your choice</b> given to women who receive a higher-chance screening result for Down's syndrome, or Edwards' or Patau's syndrome <b>Revised edition 2024</b></p>		<p>Screening midwife</p> <p>Targeted</p>	<p>Public Health Scotland</p> <p>HIRS L1BAB/060/L</p>	<p>Available to download in Arabic, Polish, and simplified Chinese (Mandarin) and Ukrainian Also, in Easy Read format <a href="#">Your pregnancy, your choice</a> Alternative formats (Large print, Braille, and audio versions) email <a href="mailto:phs.otherformats@phs.scot">phs.otherformats@phs.scot</a></p>
<p>1st Booking visit (Can be assigned to BN @ 8+10 weeks)</p> 	<p><b>Information for adult haemoglobinopathy carriers, sickle cell, beta thalassaemia</b> For parent who are found to be carriers following booking bloods. <b>Version 2014 (reviewed 2024)</b></p>		<p>Midwife or Family Nurse</p> <p>Targeted</p>	<p>Public Health Scotland</p> <p>Download only</p>	<p>Download only from <b>Information for adult haemoglobinopathy carriers, sickle cell, beta thalassaemia</b> Available in Arabic, Polish, and simplified Chinese (Mandarin) and Urdu Also, in Easy Read format Alternative formats (Large print, Braille, and audio versions) email <a href="mailto:phs.otherformats@phs.scot">phs.otherformats@phs.scot</a></p>
<p>1st Booking visit (Can be assigned to BN @ 8+10 weeks)</p> 	<p><b>Protect your baby against tuberculosis (TB)</b> For non-routine immunisation – offered to babies who are more likely to come into contact with tuberculosis <b>January 2026 version</b></p>		<p>Midwife or Family Nurse</p> <p>Targeted</p>	<p>Public Health Scotland</p> <p>HIRS L1IMM/015/L</p>	<p>Available in Arabic, Bengali, simplified Chinese (Mandarin), Polish, Ukrainian, Urdu Also, in Audio (English) Easy Read- English, Dali &amp; Pashto and in large print format <b>Protect your baby against tuberculosis (TB)</b> Alternative formats (Braille, and audio versions) email <a href="mailto:phs.otherformats@phs.scot">phs.otherformats@phs.scot</a></p>
<p>1st Booking visit (Can be assigned to BN @ 8+10 weeks)</p> 	<p><b>Protect your baby from hepatitis B</b> For non-routine immunisation – offered to babies who are more likely to come into contact with hepatitis <b>December 2025 version</b></p>		<p>Midwife or Family Nurse</p> <p>Targeted</p>	<p>Public Health Scotland</p> <p>HIRS L1IMM/011/L</p>	<p>Available in Arabic, traditional Chinese (Cantonese), Simplified Chinese (Mandarin), Vietnamese, Polish and Urdu Also, in Audio (English) Easy read format <b>Protect your baby against hepatitis B</b> Alternative formats (Large print, braille, and audio versions) email <a href="mailto:phs.otherformats@phs.scot">phs.otherformats@phs.scot</a></p>







Commented [KM6]: added to Badgernet library to assign and uploaded to teams channel





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Allocated by Scan/ANC					
Prior to Dating Scan (will be assigned to BN @11 weeks) 	Leaflet explaining what to expect at the first booking scan		Scanning staff	NHS Highland	
			Universal	Download only	
1 <sup>st</sup> ANC appointment (can be assigned to BN 18-20 weeks) New for 2025 	<b>Information about            Deinfibulation</b> This leaflet describes deinfibulation procedure for women affected by female genital mutilation		Consultant Obstetrician	NHS Highland/Highland Council	Awaiting translations
			Targeted	Download only	
1 <sup>st</sup> ANC appointment (can be assigned to BN 18-20 weeks) New for 2025 	<u><a href="#">FGM- a statement opposing            female genital mutilation</a></u> This leaflet explains the legal position in Scotland on FGM. FGM is a serious criminal offence in Scotland and throughout the UK. It also provides information on support available.		Consultant Obstetrician	Scottish Government	
			Targeted	Download only	









Commented [KM8]: Can you add will be assigned at 11wks







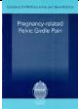
**2<sup>ND</sup> TRIMESTER recommended resources/ information- by 16 weeks ALL women should have a HPI Wellbeing Assessment**

Gestation discussed and issued   assigned to Badger notes	Resource information Blue titles are links	Image of resource	Given by	Produced by	Alternative languages/formats available Blue titles are links
			Universal (for All women) or/ targeted resource	Available from	
16 week visit *Can be given as hard copy 	<b>Before Birth – You can make a difference</b> Words up Baby leaflet - 4 key messages to develop good communication and relationships before baby is born.		Midwife or Family Nurse  Universal	Highland Council  HIRS L1BAB/035/L	
16 week visit *Can be given as hard copy 	<b>Feeling your Baby move is a sign they are well/Reporting reduced fetal movements. What should I expect?</b> 2-sided leaflet consistent with national guidelines aiming to tackle misinformation, the flip side explains what care women should receive when they report RFM's		Midwife or Family Nurse  Universal	Tommy's  HIRS 1CPB/024/L	First page available in multiple languages and audio version (English) via link  <a href="#">Feeling your baby move is a sign they are well</a>
16 week visit	<b>Perinatal Mental Health Condition-</b> Advice for women, birthing parents and their partners: This toolkit offers guidance on mental health before, during, and after pregnancy on a phone app.		Midwife or Family Nurse  Universal	Health Improvement Scotland/ SIGN  Phone app	<a href="#">Right Decisions: Health &amp; Care on the App Store</a>  <a href="#">Right Decisions: Health &amp; Care – Apps on Google Play</a>  To search toolkits on app enter: National mental health



16 week visit (Can be allocated on Badgernet)	<b>Perinatal and Infant Mental Health Team information leaflet</b> The leaflet contains contact details, and describes what the team is for, and the services they can provide.		PNIMHT	NHS Highland	This leaflet is for women who have been referred to the PNIMHT and will be sent to women who are offered an appointment.  <b>Information leaflet can be downloaded from</b> <a href="#">PNIMHT leaflet-HIRs</a>
			Targeted	Download Only 1MEN/071/x	
16 week visit	<b>SilverCloud Space for Perinatal Wellbeing</b> An online programme designed to relieve symptoms of worry and low mood in the perinatal period		GP	NHS Inform	SilverCloud is a website with courses to improve mental wellbeing by using CBT techniques  <a href="#">Get help with your mental health and wellbeing   NHS inform</a>
			Targeted	GP access only North Highland GP/MW/HV access in A&B	
16 week visit	<b>DadPad app</b> The DadPad app has been developed with local NHS teams & Dads, to give new dads the knowledge and practical skills necessary to support themselves and their partner, so that babies get the best start in life.		Midwife or Family Nurse	DadPad	Available to download as an app Inform Dad's that our area is NORTH HIGHLAND or ARGYLL & BUTE  <a href="#">TheDadPad App - App Store</a>  <a href="#">TheDadPad - Apps on Google Play</a>
			Universal	Phone app	
16 week visit	<b>Baby buddy APP</b> from best beginnings full of useful advice and tips with video clips around mental health and breast feeding, great sections for fathers too.		Midwife or Family Nurse	Department for Work and Pensions	Available to download as an app <a href="#">Baby Buddy: Pregnancy &amp; Parent on the App Store</a> <a href="#">Baby Buddy: Pregnancy &amp; Parent – Apps on Google Play</a>
			Universal	Available to download as an app	









Recommended resources/information – Scotland’s Baby Box registration is used as proof of pregnancy for Best Start Grant					
23-24 Week visit (Will be assigned at 23 weeks) 	<b>Building a Happy Baby: A Guide for Parents</b> This leaflet offers advice and information for parents on getting to know their baby and setting up the foundations for a close a loving relationship.		Midwife	Unicef	Available to download from HIRS
			Universal	1BAB/033/X	<a href="#">Building a Happy Baby: A Guide for Parents</a>
23-24 Week visit *Given as Hard Copy	<b>Scotland’s Baby Box</b> Form to be completed by midwife at around 22 weeks and will be delivered to women around 36 wks. More information (contents, etc) is available at  <a href="#">Baby box   Parent Club</a>		Midwife or Family Nurse	Scottish Government	In unfortunate circumstances such as still birth, delivery of a box may be cancelled via <b>0800 030 8003</b> or by emailing <a href="mailto:scotlandsbabybox@theapsgroup.com">scotlandsbabybox@theapsgroup.com</a> quoting the registration number on the leaflet.
			Universal	Registration cards can be ordered via email <a href="mailto:scotlandsbabybox@theapsgroup.com">scotlandsbabybox@theapsgroup.com</a>	
23-24 Week visit (Will be assigned at 23 weeks) 	<b>Ways to prevent stillbirth</b> This leaflet discusses measures that expectant Mums can do to reduce their risk of stillbirth		Midwife or Family Nurse	Scottish Government	
			Universal	?HIRS code	
23-24 week visit *Given as hard copy	<b>Protect your baby from whooping cough</b> This leaflet is a guide for pregnant women about whooping cough. All pregnant women should be offered pertussis vaccine between 16 & 32 weeks of pregnancy Revised edition Aug 2025		Midwife or Family Nurse	Public Health Scotland	Available to download in Arabic, Polish, Russian, simplified Chinese (Mandarin), traditional Chinese (Cantonese) and Ukrainian Also, in Easy Read & Large Print format <a href="#">Protect your baby from whooping cough</a>
			Universal	HIRS L1IMM/016/	











<b>23-24 Week visit (can be assigned to BN @ 23 weeks)</b>  <b>New version 2025</b> 	<b>Get extra help to balance your budget.</b> This 5-page leaflet details the 5 Best Start payments available to eligible women including Best Start Foods		<b>Midwife or Family Nurse</b>	<b>Social Security Scotland</b>	For further information on eligibility and to apply <a href="https://www.mygov.scot/pregnancy-and-baby-payment/">https://www.mygov.scot/pregnancy-and-baby-payment/</a>  Printable form for posting <b>Best Start Grant and Foods single application form</b>
			<b>Universal</b>	<b>HIRS L1CHI/009/L</b>	
<b>23-24 week visit</b>  *Given as hard copy	<b>MATB1 maternity certificate</b> Allows women to claim SMP and Maternity Allowance <b>Issued to all women from 20 Weeks pregnant</b>		<b>Midwife or Family Nurse</b>	<b>Department for Work and Pensions</b>	<b>Order MatB1 certificates</b>
			<b>Universal</b>		
<b>23-24 Week visit (Will be assigned to BN @ 23 weeks)</b>  <b>New for 2025</b> 	<b>Contraception after having a baby:</b> There are lots of choices of contraception after having a baby. This leaflet helps you make that decision.		<b>Midwife or Family Nurse</b>	<b>Family planning association</b>	Information can also be accessed here  <b>Contraception, STI and Health Guides for Medical Professionals</b>
			<b>Universal</b>	<b>HIRS L1Cpb/028/I</b>	
<b>23-24 week visit</b>  *Given as hard copy  <b>New for 2025</b>	<b>Receiving anti-D immunoglobulin in pregnancy</b> This leaflet explains blood group D and antibodies. It also explains the importance of preventing haemolytic disease of the fetus & newborn (HDFN)		<b>Midwife</b>	<b>NHS Scotland/Scottish National Blood Transfusion</b>	
			<b>Targeted</b>	<b>HIRS L1BAB/100/L</b>	
<b>23-24 week visit (Will be assigned to BN @ 23 weeks)</b>  	<b>OASI</b> This information leaflet explains about obstetric anal sphincter injuries and what can be done to reduce the risk		<b>Midwife</b>	<b>RCOG/RCM</b>	
			<b>Universal</b>	<b>Download</b>	



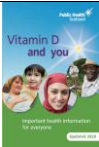



3 <sup>rd</sup> TRIMESTER- Recommended resources/information					
Gestation discussed and issued	Blue titles are links	Image of resource	Given by	Produced by	Alternative languages/formats available Blue titles are links
			Universal (ALL women/Families) or/ targeted resource	Available from	
assigned to Badgernotes 	<a href="#">Off to a good start: All you need to know about breastfeeding</a>  <b>New 2025 version</b>		Midwife or Family Nurse	Public Health Scotland	Available to download in Arabic, Polish and Ukrainian Also available in easy read (Accessible) format <b>Off to a good start: All you need to know about breastfeeding</b> Alternative formats (Large print, braille, and audio versions) email <a href="mailto:phs.otherformats@phs.scot">phs.otherformats@phs.scot</a>
			Universal	HIRS L1BAB/004/L	
28 Week visit (Will be assigned to BN @ 28 weeks) 	<b>What to do- possible signs of labour before 37 weeks (Preterm)</b> This leaflet explains signs of preterm labour and what to do.		Midwife or Family Nurse	Scottish perinatal Network/NHS Scotland	
			Universal	Download only	
28 weeks pregnant	<b>From Bump to Breastfeeding</b> These videos clips are useful for all pregnant women, especially those considered to have literacy issues, or would benefit from an audio/visual format, alternative language, or have limited digital access.		Midwife or Family Nurse	Produced by Best Beginnings and distributed by Public Health Scotland	The full set of DVD video clips are available online at the Best Beginnings website: <b>Best Beginnings videos - Baby Friendly Initiative</b>
			Video Clips- Universal	Online	
28 Week visit (Can be assigned to BN @ 28 weeks) 	<b>Pregnancy Related Pelvic Girdle Pain</b> A leaflet for women experiencing pelvic girdle pain giving self-care advice <b>2023 Version</b>		Midwife	POGPH	Information helping pregnant women to manage symptoms of Pelvic Girdle Pain
			Targeted	HIRS LCPB/006/L	




<p><b>34-36 Week Birth Plan Discussion Parent Education</b></p> 	<p><b>Your baby! Tests offered</b>  This booklet explains what condition your baby can be tested for and what the tests involve.</p> <p><b>February 2026</b></p>		<p><b>Midwife or Family Nurse</b></p> <p><b>Universal</b></p>	<p><b>Public Health Scotland</b></p> <p><b>HIRS L1CPB/004/L</b></p>	<p>Available in Arabic, simplified Chinese (Mandarin), Polish and Urdu, Also, in Easy Read and Audio (English)</p> <p><b>Your baby! Tests offered</b></p> <p>Alternative formats (Large print, braille, and audio versions) email <a href="mailto:psh.otherformats@psh.scot">psh.otherformats@psh.scot</a></p>
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POST-BIRTH					
Post-birth prior to discharge from hospital or home birth (Will be assigned to BN @ 1day post birth ) 	<b>Formula feeding: How to feed your baby safely</b> To make an informed decision around infant feeding and information on how to formula feed safely. Endorsed by UNICEF baby friendly initiative.  <b>September 2024</b>		Midwife or Family Nurse	Public Health Scotland	Available in Polish, Arabic, Polish, Romanian, Slovakian, Urdu and easy read (English) <b>Formula feeding: How to feed your baby safely</b>
			Universal	HIRS L1BAB/018/L  Easy read: L1BAB/049/L	Now available to order form HIRS in an easy read format <b>L1BAB/049/L</b>
Post-birth prior to discharge from hospital or home birth 	<b>Breastfeeding a baby with Down Syndrome</b> We hope this guide will provide you with all the information you need to enjoy a successful breastfeeding relationship with your baby.		Midwife or Family Nurse	Down Syndrome UK	Download from HIRS  <b>Breastfeeding a baby with Down Syndrome</b>
			Targeted	Download only  HIRS L1BAB/034/X1	
Post-birth prior to discharge from hospital or home birth (Will be assigned to BN @ 1day post birth) 	<b>Child Benefit: How it works - GOV.UK</b> Online claim		Midwife or Family Nurse	HMRC	Child Benefit Claim Form Pack (Form CH2) is aimed at anyone responsible for a child. If you are unable to claim online, form available to download: <b>Claim Child Benefit if you cannot claim online - GOV.UK (www.gov.uk)</b>
			Universal	HIRS L1BAB/028/L	
Post-birth prior to discharge from hospital or home birth (can be assigned to BN @ 1day post birth)	<b>Who can register a birth in Scotland</b> Website outlining the legal implications of birth registration and signposting to further help		Midwife or Family nurse	Scottish Government	For further Information <b>Joint Birth Registration</b>
			Targeted	Website only	
Post-birth prior to discharge from hospital or home birth (Will be assigned to BN @ 1day post birth) 	<b>Caring for your baby at night</b> A5-sized colour booklet giving information on one of the biggest challenges for new parents - getting used to the changes that a baby will bring to their night-time routine  <b>November 2022 version</b>		Midwife or Family Nurse	Unicef	Parents leaflet can also be downloaded as pdf <b>Caring for your baby at night and when sleeping (unicef.org.uk)</b>
			Universal	HIRS L1BAB/025/L	

<p>Post-birth prior to discharge from hospital or home birth (will be assigned to BN @ 1day post birth) <b>New for 2025</b></p> 	<p><b>Contraception after having a baby:</b> There are lots of choices of contraception after having a baby. This leaflet helps you make that decision.</p>		<p>Midwife or Family Nurse</p>	<p>FPA</p>	<p>Information can also be accessed here <a href="#">Contraception, STI and Health Guides for Medical Professionals</a></p>
<p>Post-birth prior to discharge from hospital or home birth</p> 	<p><b>Antidepressants and Breast feeding</b> This leaflet explains about antidepressants and breastfeeding.</p>		<p>Midwives/IFSW/FNP/HV</p>	<p>The Breastfeeding Network</p>	<p>Download only from HIRs <a href="#">Antidepressants and breastfeeding</a></p>
<p>Post-birth prior to discharge from hospital or home birth <b>*Hard Copy only available</b></p>	<p><b>Some women start smoking after the birth of their baby.</b> This leaflet helps new mothers stay away from cigarettes</p>		<p>Midwife or Family Nurse</p>	<p>GASP</p>	
<p>Post-birth prior to discharge from hospital or home birth (will be assigned to BN @ 1day post birth) <b>Updated September 2024</b></p> 	<p><b>Safer sleep for babies: guide for parents and carers</b> provides parents and carers with evidence-based guidance for reducing the risks of SIDS and safe sleeping practice for babies <b>September 2024</b></p>		<p>Midwife or Family Nurse</p>	<p>Scottish Government</p>	<p>Available to download in multiple languages <a href="#">Safer sleep for babies: guide for parents and carers</a> <a href="#">Safer Sleep for Babies: guide for professionals - gov.scot</a> <a href="#">Safer Sleep for Babies Quick Reference Card</a></p> 
<p>Post-birth prior to discharge from hospital or home birth (will be assigned to BN @ 1day post birth)</p> 	<p><b>Postnatal Breastfeeding Booklet</b> Gives local information or support available <b>Updated 2025</b></p>		<p>Midwives/IFSW/FNP/HV</p>	<p>NHS Highland</p>	
			<p><b>Universal</b></p>	<p><b>HIRS L1BAB/068/L</b></p>	






Post Birth Prior to discharge from hospital	Breastfeeding mums Healthy Start Vitamins are provided free to all breastfeeding mothers up to 1 year. Thereafter breastfeeding women are encouraged to take a Vitamin D supplementation.		Midwives	Healthy Start	Midwife to give 1 <sup>st</sup> pot, then HV/Family nurse will distribute thereafter if mum continues to breast feed
			Targeted	HIRS VT1BAB/003/VT	
Post Birth Prior to discharge from hospital	Vitamin drops per guidance 1 bottle to be given out by midwives prior to discharge from hospital		Midwives	Pro health solutions	HV will distribute thereafter if mum continues to breast feed
			Targeted	HIRS VT1BAB/002/VT	
Post Birth Prior to discharge from hospital (will be assigned to BN @ 1day post birth)	Vitamin D and you  This leaflet explains the benefits of getting enough vitamin D as part of a healthy diet.  Updated 2025		Midwives	Public Health Scotland	Available to download in multiple languages Also, in Easy Read format <a href="#">Vitamin D and you</a> Information for professionals re new doses etc available <a href="#">here</a> : Alternative formats (Large print, braille, and audio versions) email <a href="mailto:psh.otherformats@psh.scot">psh.otherformats@psh.scot</a>
			Universal	HIRS L1FOO/002/L	
Post Birth prior to discharge from hospital (can be assigned to BN post birth)	Mastitis and Breastfeeding This leaflet explains about mastitis; signs of mastitis, self-help measures, support available		Midwives/IFSW/FNP/HV	NHS Highland	
			Targeted	HIRS L1BAB/076/I1	
Post Birth Prior to discharge from hospital (can be assigned to BN post birth)	Feeling depressed and breastfeeding This leaflet explains about feeling depressed and breastfeeding. It is important to ask for help.		Midwives/IFSW/FNP/HV	The Breast Feeding Network	Download only from HIRS  <a href="#">Feeling depressed and breastfeeding</a>
			Targeted	HIRS x1BAB/035/X	
Post Birth Prior to discharge from hospital *Hard Copy  New for 2025	ICON-Infant Crying: How to cope This leaflet explains that infant crying is a normal, often peaking between 6 to 8 weeks, and provides reassurance to parents that it is designed to get their attention and will eventually stop.		Midwives/IFSW/FNP/HV	NHS Highland	Easy read versions of both leaflets and downloadable resources available <a href="#">HERE</a>
			Universal	HIRS L1BAB/102/L HIRS L1BAB/103/L (Babies born prematurely)	





<b>Post Birth Prior to discharge from hospital</b> <b>New for 2025</b>	<b>Newborn pulse oximetry</b> Screening test for babies born within NHS Highland		<b>Midwives</b>	<b>NHS Highland</b>	Given as hard copy to all parents between 6-12 hours post-birth
			<b>Universal</b>	<b>Downloaded from NHSH Intranet by ward 10 staff</b>	





**Transfer of care from Maternity Services to Health Visiting/Family Nurse Partnership- follow Communication Pathway**


HV Primary visit 10–14 days	Red Book (Personal Handheld Child Health Record)		Health Visitor or Family Nurse		
			Universal	Initiated when birth notified	
HV Primary visit 10–14 days  Updated Sept. 2024	Safer Sleep for Babies Quick Reference Card provides parents and carers with evidence-based guidance for reducing the risks of SIDS and safe sleeping practice for babies		Health Visitor or Family Nurse	Scottish government	The full leaflet will be issued by Midwives post birth...offer this quick guide as a reminder <b>Safer Sleep for Babies Quick Reference Card</b>
			Universal	Quick guide: HIRS1BAB/075/L	
HV Primary visit 10–14 days	What to expect after immunisation: babies and children up to 5 years old (To be issued to parents and carers after each immunisation)  2025 version		Health Visitor or Family Nurse	Public Health Scotland	Available to download in multiple languages Also, in Easy Read and large print format <b>What to expect after immunisation: babies and children up to 5 years old</b> Alternative formats (Large print, braille, and audio versions) email <a href="mailto:phs.otherformats@phs.scot">phs.otherformats@phs.scot</a>
			Universal	HIRS L1IMM/001/L	
HV Primary visit 10–14 days In red book pack	Protect your child against serious diseases Provides information on the routine immunisations offered  2025 Version		Health Visitor or Family Nurse	Public Health Scotland	Available to download in multiple languages Also, in Easy Read and large print format <b>Protect your child against serious diseases - Publications - Public Health Scotland</b>  This publication is also available in BSL and audio on NHS Inform
			Universal	HIRS L1IMM/006/L	
HV Primary visit 10–14 days	Handle with Care: How to keep your baby safe Available to download, this leaflet is aimed at parents and explains why you should never shake a baby, how babies like to be held, how to cope with crying and places to go for help.		Health Visitor or Family Nurse	NSPCC	Download only available from:  <b>Handle with care: How to keep your baby safe</b>
			Targeted	Download only	




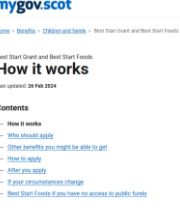

HV Primary visit 10–14 days	<b>Physical Activity for Early Years (Birth-5 Years)</b> This Infographic outlines activity recommendations for 0-5 from the CMO's report Start active, Stay active <b>2019 Version</b>		Health Visitor or Family Nurse	Scottish Government	Available to download only
			Universal	Download only	<a href="#">Physical Activity for Early Years (Birth-5 Years)</a>
HV Primary visit 10–14 days	<b>Baby Talk – I learn when I'm playing.</b> Words up Baby leaflet - 4 key messages to develop good communication and relationships once baby is born.		Health Visitor or Family Nurse	The Highland Council	Available in Polish and Gaelic
			Universal	L1/BAB/046/L	Also available in poster A4 format under code via HIRS <b>HIRS P1BAB/011/P</b>
HV Primary visit 10–14 days	<b>Meningitis Baby Watch</b> Postcard giving information on Meningitis and Septicaemia symptoms  <b>2025 version</b>		Health visitor or Family Nurse	Meningitis Research Foundation	Download via <a href="#">Meningitis Baby Watch</a>
			Universal	HIRS PC1BAB/014/PC	Also, PDF available to download in Romanian <a href="#">Meningitis professional Resources</a>
HV Primary visit 10–14 days	<b>Vitamin D and you</b> This leaflet explains the benefits of getting enough vitamin D as part of a healthy diet.  <b>Updated 2025</b>		Health visitor or Family Nurse	Public Health Scotland	Available to download in multiple languages Also, in Easy Read format <a href="#">Vitamin D and you</a>
			Universal	HIRS L1FOO/002/L	Information for professionals re new doses etc available <a href="#">here</a> : Alternative formats (Large print, braille, and audio versions) email <a href="mailto:phs.otherformats@phs.scot">phs.otherformats@phs.scot</a>
HV 3–5 weeks	<b>Bookbug Baby Bag</b> Every child in Scotland receives four free Bookbug Bags between birth and age five to help them develop an early love of stories, songs and rhymes.		Health Visitor or Family Nurse	Scottish Book Trust	Available in Gaelic from Local Bookbug Coordinator
				Order from book bug coordinator	Bookbug information available to download in various languages <a href="#">Scottish Book Trust</a>

HV 3-5 weeks	<b>play@home baby book</b> Introduces play activities and ideas which will contribute to each stage of the child's development and promote parents and carers as the children's first and most important teachers.		<b>Health Visitor or Family Nurse</b>	<b>Public Health Scotland</b>	Alternative formats (Large print, braille, and audio versions) email <a href="mailto:phs.otherformats@phs.scot">phs.otherformats@phs.scot</a>
			<b>Universal</b>	<b>HIRS L1/BAB/058/L</b>	
HV 3-5 weeks 6-8 weeks 3-6 months 8 months	<b>Making a change</b> This booklet is designed to encourage harmful and risky drinkers to consider the benefits of drinking less alcohol		<b>Health Visitor or Family Nurse</b>	<b>Public Health Scotland</b>	Alternative formats (Large print, braille, and audio versions) email <a href="mailto:phs.otherformats@phs.scot">phs.otherformats@phs.scot</a>
			<b>Targeted</b>	<b>L1DRA/010/L</b>	
HV 6-8 weeks	<b>Childsmile Practice</b> This leaflet is only available online.  <b>Childsmile: Looking after your teeth poster</b>		<b>Health Visitor or Family Nurse COHT</b>	<b>Public Health Scotland</b>	Available to download in multiple languages Also in audio format  <a href="#">Resources for Parent/Carers – Childsmile (nhs.scot)</a>
			<b>Universal</b>	<b>Childsmile website</b>	
HV 6-8 weeks	<b>First Teeth, Healthy Teeth</b> This resource is for Health Visitors, Family Nurses, or dental health professionals to use as a reference. It is not available for distribution to Parents <b>2025 version</b>		<b>Health Visitor or Family Nurse</b>	<b>Public Health Scotland</b>	Available to download in English  <a href="#">Resources for Professionals – Childsmile (nhs.scot)</a>
			<b>Universal</b>	<b>Childsmile Oral Health Teams</b>	
HV 6-8 weeks	<b>Drinks for babies and young children</b> Also, option to give at various stages  <b>1/2025 version</b>		<b>Health Visitor, Family Nurse or COHT</b>	<b>Public Health Scotland on kind permission of Oldham Community Services</b>	Available to download in multiple languages Also, in audio format, BSL  <a href="#">Resources for Parent/Carers – Childsmile (nhs.scot)</a>  <a href="#">Food &amp; Eating   Parent Club</a>
			<b>Universal</b>	<b>Childsmile Oral Health Teams (COHT) 1338</b>	









HV 3/4 months	<b>Snack ideas for children</b> Ideas to help you provide a variety of healthy safe snacks for both you and your children to enjoy at home and at school or play  <b>09/2025 Version</b>		<b>Health Visitor, Family Nurse or COHT</b>	<b>Public Health Scotland</b>	Available to download in multiple languages Also, in audio format  <b>Resources for Parent/Carers – Childsmile (nhs.scot)</b>  <b>Food &amp; Eating   Parent Club</b>
			<b>Universal</b>	<b>Childsmile Oral Health Teams (COHT)</b>	
HV 3/4 months	<b>Fun First Foods</b> (Discuss delaying until around 6 months)  <b>2023 version</b>		<b>Health Visitor or Family Nurse</b>	<b>Public Health Scotland</b>	Available to download in multiple languages Also, in Easy Read & audio format  <b>Resources for Parent/Carers – Childsmile (nhs.scot)</b>  <b>Food &amp; Eating   Parent Club</b>
			<b>Universal</b>	<b>Online HIRS L1BAB/015/L</b>	
HV 3/4 months	<b>Healthy Start Vitamins Breastfeeding mothers</b> are provided free to all breastfeeding mothers up to 1 year. Thereafter breastfeeding women are encouraged to take a Vitamin D supplementation.		<b>Health Visitor or Family Nurse</b>	<b>Pro health solutions</b>	Midwives will issue the first pot prior to discharge from hospital
			<b>Targeted</b>	<b>HIRS VT1BAB/003/VT</b>	
HV 3/4 months	<b>Vitamin drops</b> per guidance: 1 bottle at 4 months – HV/FN 2 bottles at 8 months – HV/FN 3 bottles at 13/15 months- HV/FN 2 bottles at 27/30 months – HV		<b>Health Visitor or Family Nurse</b>	<b>Pro health solutions</b>	Every child under 3 is now entitled to free vitamin D drops  Babies who are fed more than 500mls formula per day do not need any vitamin drops as formula contains vitamin D.  Each bottle contains 120 doses which will last for 4 months
			<b>Universal</b>	<b>HIRS VT1BAB/002/VT</b>	
HV 3/6 months	<b>Free Flow Drinking Cup</b> Universally to all babies		<b>Health Visitor or Family Nurse or COHT</b>	<b>Childsmile</b>	Contact Childsmile Oral Health improvement teams to order all resources based on areas: <ul style="list-style-type: none"> <li>• <a href="mailto:nhsh.midandwesthighlandohiteam@nhs.scot">nhsh.midandwesthighlandohiteam@nhs.scot</a> Mid &amp; West</li> <li>• <a href="mailto:nhsh.northhighlandohiteam@nhs.scot">nhsh.northhighlandohiteam@nhs.scot</a> North Highland</li> <li>• <a href="mailto:nhsh.southhighlandohiteam@nhs.scot">nhsh.southhighlandohiteam@nhs.scot</a> South Highland</li> </ul>
			<b>Universal</b>	<b>Childsmile Oral Health Teams (COHT)</b>	





HV 3/6 months HV 13/15 months HV 27/30 months	<b>Oral Hygiene Pack</b> Universally to all children		<b>Health Visitor or Family Nurse or COHT</b>	<b>Childsmile</b>	Contact Childsmile Oral Health Improvement teams to order all resources based on areas: <ul style="list-style-type: none"> <li><a href="mailto:nhsh.midandwesthighlandohiteam@nhs.scot">nhsh.midandwesthighlandohiteam@nhs.scot</a> Mid &amp; West</li> <li><a href="mailto:nhsh.northhighlandohiteam@nhs.scot">nhsh.northhighlandohiteam@nhs.scot</a> North Highland</li> <li><a href="mailto:nhsh.southhighlandohiteam@nhs.scot">nhsh.southhighlandohiteam@nhs.scot</a> South Highland</li> </ul>
			<b>Universal</b>	<b>Childsmile Oral Health Teams (COHT)</b>	
HV 13–15 months	<b>Enrol your child for early learning and childcare</b> <b>What about 2-year-olds?</b> The Scottish Government offers funded childcare places for eligible 2-year-old children		<b>Health Visitor or Family Nurse</b>	<b>Highland Council</b>	If parents receive certain benefits they could be entitled to free childcare. In addition, children aged two or over who are looked after, subject to kinship care or a guardianship order are eligible for a funded place.  <a href="#">2-Year-Old Funding Application Form</a>
			<b>Targeted</b>	<b>Download only</b>	
HV 13–15 months	<b>Bookbug Toddler Bag (for age 13-15 months)</b>		<b>Library or Local Bookbug coordinator</b>	<b>Scottish Book Trust</b>	Available in Gaelic from Local Bookbug Coordinator  Bookbug information available to download in various languages  <a href="#">Scottish Book Trust</a>
			<b>Universal</b>	<a href="#">Scottish Book Trust</a>	
HV 13–15 months	<b>Play@home toddler book</b> introduces play activities and ideas which will contribute to each stage of the child's development and promote parents and carers as the children's first and most important teachers.		<b>Health Visitor or Family Nurse</b>	<b>Public Health Scotland</b>	Available in simplified Chinese (Mandarin), and Polish  Alternative formats (Large print, braille, and audio versions) email <a href="mailto:phs.otherformats@phs.scot">phs.otherformats@phs.scot</a>
			<b>Universal</b>	<b>1BAB/061/L</b>	
HV 13–15 months	<b>First Words – now I'm saying words too.</b> Key messages to encourage language development simply stated		<b>Health Visitor or Family nurse</b>	<b>Highland Council</b>	Available also in Polish and Gaelic via HIRS
			<b>Universal</b>	<b>HIRS 1BAB/048/L</b>	





HV 27-30 Months	<p><b>Best Start Grant early Years Payment</b></p> <p>The early learning payment of £331.95 to help with the costs of early learning between 2 and 3 ½ years</p>	<p>Best Start Grant and Best Start Foods</p> <p><b>How it works</b></p> <p>Last updated: 28 Feb 2024</p> <p>Contents</p> <ul style="list-style-type: none"> <li>— How it works</li> <li>— Who should apply</li> <li>— Other benefits you might be able to get</li> <li>— How to apply</li> <li>— After you apply</li> <li>— If you get Best Start Foods and your circumstances change</li> <li>— Best Start Foods if you have no access to public health</li> </ul>	Health Visitor or Family Nurse	Scottish Government	Best Start Grant and Best Start Foods - mygov.scot
HV 27-30 Months	<p><b>Head lice and nits</b></p> <p>Website gives helpful advice about head lice, treatment, and prevention. Includes details of wet combing &amp; dry detection combing</p>		Health Visitor or Family Nurse	Public Health Scotland	For more information <a href="#">NHS inform- head lice and nits</a>
HV 27-30 Months	<p><b>Words together – let's keep talking.</b> Key messages to encourage language development simply stated</p>		Health Visitor	Highland Council	Available in polish and Gaelic via hirs
			Targeted	HIRS 1CHI/OO5/L	

HV 30 months – 3 years	<b>Bookbug Explorer Bag</b>		Usually given via from Nursery, Library or local bookbug coordinator	Scottish Book Trust	Available in Gaelic from Local Bookbug Coordinator  Bookbug information available to download in various languages
			<b>Universal</b>	Order from local book bug coordinator	<b>Scottish Book Trust</b>
HV 30 months – 3 years	<b>Play@Home pre-school book</b> introduces play activities and ideas which will contribute to each stage of the child's development and promote parents and carers as the children's first and most important teachers.		EL&CC & Library Services	Public Health Scotland	Public Health Scotland Email <a href="mailto:nhs.HealthScotland-PlayAtHome@nhs.scot">nhs.HealthScotland-PlayAtHome@nhs.scot</a> for more information
			<b>Universal</b>	1CHI/008/L	Play@home available from your Local Area contact <b>Learning- Public Health Scotland</b>
HV 4.5-5years	<b>Scottish child payment</b> This leaflet contains information on a new payment of £28.20 weekly paid every four weeks for each eligible child under six.		<b>Health Visitor or FNP</b>	<b>Social Security Scotland</b>	
			<b>Universal</b>	HIRS L1CHI/009/L	
HV 4.5-5 years	<b>Best Start Grant and Best Start Foods – School Age Payment</b> The school age payment of £319.80 around the time a child would usually start school. This does not replace the <b>School Clothing Grant</b>		<b>Health Visitor or Family Nurse</b>	Scottish Government	<b>Best Start Grant and Best Start Foods - mygov.scot</b>
			<b>Targeted</b>	<b>Apply online</b>	
HV 4.5 – 5 years <sup>1</sup>	<b>Bookbug P1 Family bag</b>		Usually given via from Nursery,	Scottish Book Trust	Available in Gaelic from Local Bookbug Coordinator
			<b>Universal</b>	Library, local bookbug coordinator or schools	Bookbug information available to download in various languages  <b>Scottish Book Trust</b>

Remind parents and carers that all children are entitled to free eye tests from optica

Bereavement Resources					
	<p><b>Wellbeing after miscarriage</b> This free online programme &amp; phone app which includes mental health support from specialist counsellor</p> 		Midwife/Nurse	Tommy's	Available to download <a href="#">Wellbeing after miscarriage</a>
			Targeted	Downloadable resources/Phone App	
	<p><b>I think I might be having a miscarriage</b> This leaflet has information about symptoms of a miscarriage, where to get help and what might happen next.</p> 		Midwife/Nurse	Tommy's/ Scottish Government	Available to order from <a href="#">Health Improvement Resource Service Ordering System</a>
			Targeted	L1CPB/027/L	
	<p><b>After a miscarriage</b> This leaflet has information on recovery following a miscarriage, finding support and thinking about another pregnancy.</p> 		Midwife/Nurse	Tommy's/ Scottish Government	Available to order from <a href="#">Health Improvement Resource Service Ordering System</a>
			Targeted	L1CPB/027/L	
	<p><b>Miscarriage: Dads and Partners</b> This leaflet has information if you are the partner of someone who has had a miscarriage. It has suggestions for how you can help, and information and support for you.</p> 		Midwife/Nurse	Tommy's/ Scottish Government	Available to order from <a href="#">Health Improvement Resource Service Ordering System</a>
			Targeted	L1CPB/027/L	

	<p><b>General HIOH's Leaflet</b> This leaflet explains the support and services offered by HIOH's (befriending, counselling and support groups etc..) and how families can access them. Can be given to families in the memory bag but we always send separately so they don't get crushed in the bags</p>		<p>Midwife/FNP</p>	<p>Held in our Heart's (HIOH's)</p>	<p><b>Held In Our Hearts - Providing baby loss counselling and support</b></p>
			<p>Targeted</p>	<p>HIRS 1BAB/072/L</p>	
	<p><b>Held in our Hearts- Hospital to Home</b> Held in Our Hearts' Hospital to Home (H2H) project provides early, tailored support for families experiencing pregnancy, baby, or infant loss, helping them transition from hospital to home so no family is left without vital bereavement care.</p>		<p>Midwife</p>	<p>Held in our Heart's</p>	<p>This opt-out service ensures every bereaved family is offered support without needing to ask, bridging the transition from hospital to home so the H2H worker can reach in at a time when families are too heartbroken and vulnerable to reach out themselves. <b>Professional referral - Held In Our Hearts</b></p>
			<p>Targeted</p>	<p>Opt-out service</p>	
	<p><b>HIOH &amp; ARC - Leaflet</b> for parents who have had to make the difficult choice to end their pregnancy. Written in conjunction with families who have been in this position, with suggestions they feel might help</p>		<p>Screening Midwives</p>	<p>Held in our Hearts &amp; ARC (Antenatal results and Choices)</p>	<p><b>ARC – antenatal results and choices - Held In Our Hearts</b></p>
			<p>Targeted</p>	<p>HIRS 1BAB/070/L</p>	
	<p><b>Here for you</b> For those families who know their baby has died in utero and are sent home with pessaries. Families can contact a peer supporter during this time to help prepare for what lies ahead and speak to someone with lived experience of baby loss</p>		<p>Screening Midwives/ Hospital consultant</p>	<p>Held in our Hearts</p>	<p><b>Here for you- Digital Version</b></p>
			<p>Targeted</p>	<p>HIRS L 1BAB/071/L</p>	

	<b>Memory bags</b> These bags contain: ceramic candle, Heart in their Hand keyring, photograph album and birth recognition card, forget me not seeds and leaflet with information on support.		Midwife/FNP	Held In Our Hearts	
			Targeted	HIRS BAG1BAB/030/BAG	
	<b>Aching Arms Bear</b> Aching Arms provides comforting bears, each dedicated in memory of a baby, as gifts from one bereaved family to another, offering sensitive support through healthcare professionals and partner organisations to parents experiencing baby loss at any stage.		Midwife	Aching Arms	Aching Arms offer support to Dads <a href="#">Support For Dads   Aching Arms</a>
			Targeted	Ordered direct from Aching Arms	
	<b>Post-mortem Video.</b> Produced in conjunction with pathologist Dr Evans and Held In Our Hearts bereaved parents. To be shown before discussion on Postmortem.		Targeted	Available on Held In Our Hearts website. Also installed on tablets provided for bereavement support.	<b>Parent to Parent Post-mortem Film - Held In Our Hearts</b> All voices and discussions are from bereaved families who have lived experience of loss and having to decide whether to have a PM. Supports informed choice.
	<b>Certification of pregnancy and baby loss prior to 24 weeks</b> New Scottish Government and NHS Scotland leaflet for health professionals and parents, providing information on the memorial Book and certification of pregnancy and baby loss prior to 24 weeks.		Midwife/Nurse	Scottish Government/NHS Scotland	
			Targeted	L1BAB/099/L	

## USEFUL WEBSITES FOR PARENTS

FEEDING/NUTRITION/ACTIVITY/DENTAL	PARENTING
<p>The Breastfeeding Network (Helpline: 0300 100 0210)  <a href="http://www.breastfeedingnetwork.org.uk">www.breastfeedingnetwork.org.uk</a></p> <p>Unicef –  <a href="http://www.babyfriendly.org.uk">Baby Friendly Initiative www.babyfriendly.org.uk</a></p> <p>La Leche League - Breastfeeding support (Helpline: 0845 120 2918)  <a href="http://www.laleche.org.uk">www.laleche.org.uk</a></p> <p>Information resources for advice on breastfeeding and medicines  <a href="#">Information resources for advice on medicines and breastfeeding – SPS - Specialist Pharmacy Service – The first stop for professional medicines advice</a></p> <p>Child Smile <a href="http://www.child-smile.org.uk">www.child-smile.org.uk</a></p> <p>Vegetarian Society <a href="http://www.vegsoc.org">www.vegsoc.org</a></p> <p>Scottish Governments website for maternal and infant nutrition  <a href="#">Feeding Your Baby   Parent Club</a></p>	<p>Care and Learning Alliance (CALA) E-Learning Zone  <a href="http://www.calaelearning.co.uk/our-courses">www.calaelearning.co.uk/our-courses</a></p> <p>One Parent Families Scotland  <a href="http://www.opfs.org.uk">www.opfs.org.uk</a></p> <p>Parenting Across Scotland  <a href="http://www.parentingacrossscotland.org">www.parentingacrossscotland.org</a></p> <p>Parent Club  <a href="#">We're here for you   Parent Club</a></p> <p>Bumps To Bairns <a href="https://bumps2bairns.com/">https://bumps2bairns.com/</a></p> <p>Fathers Network  <a href="#">Fathers Network Scotland – building a father-friendly world</a></p>
SAFETY	SUBSTANCE USE
<p>RoSPA- sling advice  <a href="#">Baby slings - RoSPA</a></p> <p>Good Egg Scotland- Car Safety  <a href="#">In car child safety - Safety Seats, Boosters, Law and advice</a></p> <p>Road Safety Scotland – Go Safe with Ziggy  <a href="#">Home - Road Safety Scotland</a></p> <p>Child Accident Prevention Trust  <a href="http://www.capt.org.uk">www.capt.org.uk</a></p> <p>Scotland's Service Directory - NHS Scotland directory of services  <a href="#">Scotland's Service Directory   NHS inform</a></p>	<p>Smoking - Quit Your Way Scotland (Tel: 0800 84 84 84)  <a href="http://www.quityourway.scot">www.quityourway.scot</a></p> <p>Smoke Free Highland  <a href="http://www.smokefreehighland.co.uk">www.smokefreehighland.co.uk</a></p> <p>Scottish Families Affected by Alcohol &amp; Drugs (Helpline: 08080 10 10 11)  <a href="http://www.sfad.org.uk">www.sfad.org.uk</a></p> <p>Highland Alcohol and Drug Partnership  <a href="#">Highland Alcohol and Drugs Partnership</a></p> <p>The Highland Substance Awareness Toolkit - an online library that provides information in relation to drugs and alcohol in Highland.  <a href="http://www.h-sat.co.uk">www.h-sat.co.uk</a></p> <p>Highland Overdose Prevention &amp; Engagement- <a href="#">HOPE: Highland Overdose on the App Store</a>    <a href="#">The HOPE App – Apps on Google Play</a></p>

CHILD PROTECTION	INCOME MAX
<p>Highland Child Protection Committee one stop shop web page, includes training calendar, resources, best practice guidance etc. <a href="http://www.hcpc.scot">www.hcpc.scot</a></p> <p>Centre for excellence for looked after children in Scotland <a href="http://www.celcis.org/">www.celcis.org/</a></p>	<p>Jobcentre Plus Advisor website <a href="http://www.jobcentrepplusadvisor.co.uk">www.jobcentrepplusadvisor.co.uk</a></p> <p>Money Helper: Becoming a parent <a href="#">Becoming a parent   MoneyHelper</a></p> <p>Maternity rights <a href="https://www.maternityaction.org.uk/">https://www.maternityaction.org.uk/</a></p> <p>Best Start Grants <a href="#">Best Start Grant and Best Start Foods - mygov.scot</a></p>
RELATIONSHIPS	PLAY/LITERACY
<p>The Spark – Counselling &amp; Relationship support (Helpline: 0808 802 2088) <a href="http://www.thespark.org.uk">www.thespark.org.uk</a></p> <p>Counselling mediation and relationship support <a href="http://www.relationships-scotland.org.uk">www.relationships-scotland.org.uk</a></p> <p>Highland violence against women partnership website <a href="http://www.hvawp.scot.nhs.uk">www.hvawp.scot.nhs.uk</a></p>	<p>Scottish Book Trust – Bookbug <a href="http://www.scottishbooktrust.com/bookbug">www.scottishbooktrust.com/bookbug</a></p> <p>Play Talk Read <a href="#">PlayTalkRead   Play Project   Fun Sensory Bus (smartplaynetwork.org)</a></p> <p>Speech/Language/Communication website 'Through the Eyes of a Child' videos <a href="#">Through the Eyes of a Child Films (speechandlanguage.org.uk)</a></p> <p>Highland SLT Facebook link <a href="#">Highland Children and Young People's Allied Health Professionals - AHP   Facebook</a></p>
SCREENING	VIOLENCE AGAINST WOMEN
<p>Antenatal Results Choices (ARC) <a href="http://www.arc-uk.org">www.arc-uk.org</a></p> <p>Contact A Family- for families with disabled children <a href="http://www.cafamily.org.uk">www.cafamily.org.uk</a></p> <p>Down's Syndrome Association <a href="http://www.downs-syndrome.org.uk">www.downs-syndrome.org.uk</a></p> <p>Down's Syndrome Scotland <a href="http://www.dsscotland.org.uk">www.dsscotland.org.uk</a></p> <p>Bliss offer support for families &amp; training/resources for professionals for premature or sick babies <a href="https://www.bliss.org.uk/">https://www.bliss.org.uk/</a></p>	<p>Scottish Women's Aid</p> <p>Rape Crisis Scotland <a href="http://www.rapecrisisScotland.org.uk/">www.rapecrisisScotland.org.uk/</a></p> <p>Women's Support Project <a href="#">HOME   WSP (womenssupportproject.org.uk)</a></p> <p>Highland Violence Against Women Partnership <a href="http://www.hvawp.scot.nhs.uk/">www.hvawp.scot.nhs.uk/</a></p> <p>RASASH Rape and Sexual Abuse Service Highland <a href="#">Home   Rape &amp; Sexual Abuse Service Highland (rasash.org.uk)</a></p>

## PREGNANCY AND BEYOND

**Ready Steady Baby**  
[Ready Steady Baby!](#)

**Antenatal PEEP Highland**  
[antenatal peep: Highland](#) |  
[www.peeple.org.uk](http://www.peeple.org.uk)

**Best Beginnings Baby Buddy Baby Buddy: Pregnancy & Parent on the App Store** **Baby Buddy: Pregnancy & Parent – Apps on Google Play**

**Resources for families and professionals**  
<https://www.tommys.org>

**The Royal College of Obstetricians and Gynaecologists (RCOG) - produces patient information leaflets**  
[www.rcog.org.uk](http://www.rcog.org.uk)

**NCT (National Childbirth Trust)**  
[www.nct.org.uk/pregnancy](http://www.nct.org.uk/pregnancy)

**Public Health Scotland**  
[Public Health Scotland](#)

**Scottish Governments website covering pregnancy to 4+ Years**  
[www.parentclub.scot](http://www.parentclub.scot)

**ERIC-The Childrens Bowel & Bladder Charity**

This website has lots of useful information & a videos on potty/toilet training  
[Potty training - ERIC](#)

## ADDITIONAL SUPPORT

**Homestart East Highland**

[Home-Start East Highland.](#)

**Homestart Caithness**

[Home Start Caithness](#)

**Thriving Families- Highland for children with additional needs**

[Home - Thriving Families](#)

**CHIP+ - Children in the Highlands Information Point**  
[CHIP+ Children in Highland Information Point](#)

**Cleft Lip and Palate Action (CLAPA)**

[Cleft Lip and Palate Action \(CLAPA\) - For the UK cleft community](#)

**Contact - for families with disabled children**  
[www.contact.org.uk](http://www.contact.org.uk)

**Parentline Scotland (Helpline: 08000 28 22 33)**

[Children 1st Parentline - Parenting Help, Advice & Support | Children 1st](#)

**National charity for those affected by childhood lower limb conditions**

[Health Professionals - Charity Work | Steps Charity \(stepsworldwide.org\)](#)

**SOFT UK- charity supporting families with Trisomy 13 and 18**

[SOFT UK | Support Trisomy Awareness Today](#)

## MENTAL HEALTH

Healthier Scotland - Take Life On, One Step at a Time  
[samh.org.uk/get-involved/our-campaigns/one-step-at-a-time](http://samh.org.uk/get-involved/our-campaigns/one-step-at-a-time)

Mind – Depression Alliance  
[www.mind.org.uk/about-us/what-we-do/depression-alliance/](http://www.mind.org.uk/about-us/what-we-do/depression-alliance/)

Self-help resources for Mums living with depression  
[Home - Smile Group](#)

Association for post-natal illness  
<https://apni.org/>

Birth Trauma Association  
[www.birthtraumaassociation.org.uk/](http://www.birthtraumaassociation.org.uk/)

Information on pregnancy planning for women who have bipolar affective disorder and post-partum psychosis  
[www.bipolaruk.org/information-on-postpartum-psychosis](http://www.bipolaruk.org/information-on-postpartum-psychosis)

Information on OCD during the perinatal period  
[OCD-UK | A national OCD charity, run by, and for people with lived experience of OCD \(ocduk.org\)](#)

Info on anxiety and depression includes info for dads  
[Charity Awards | Bluebell Care Trust](#)

Information on specific medications during pregnancy and associated risks, Includes patient friendly portal [www.medicinesinpregnancy.org/](http://www.medicinesinpregnancy.org/)

## BEREAVEMENT

Held in our hearts provides memory making resources, peer support and counselling for bereaved parents and family who have lost a baby at any stage in the Highlands. 1:1 and group support offered.  
<https://heldinourhearts.org.uk/>

Anam Cara Fasgadh are a local charity in Highland that now arrange the annual butterfly releases and leaf engravings for the Trees of Tranquillity in [Anam Cara Fasgadh Butterfly Releases — Anam Cara Fasgadh Tree of Tranquillity — Anam Cara Fasgadh](#)

Aching Arms are a charity that provides support for bereaved parents. They provide comfort bears  
[Aching Arms – the charity bringing comfort after pregnancy and baby loss](#)

MISS are a miscarriage support service offering peer support based in Aberdeen but cover the highlands also  
<https://miss-support.org.uk/>

Miscarriage Association [The Miscarriage Association: Pregnancy Loss Information & Support](#)

Sands a UK charity supporting anyone affected by the death of a baby [www.sands.org.uk/](http://www.sands.org.uk/)

SiMBA (Simpson's Memorial Box and trees of tranquility Charity)  
[www.simbacharity.org.uk](http://www.simbacharity.org.uk)

The Lullaby Trust  
[Bereavement support helpline | The Lullaby Trust](#)

Scottish Cot Death Trust offers services for bereaved parents  
[www.scottishcotdeathtrust.org](http://www.scottishcotdeathtrust.org)

Crocus group non-denominational support group for bereaved children, includes portal for referrals  
[Crocus Highland | Highland Hospice](#)

Financial support for bereaved parents from social security Scotland  
[Support for Bereaved Parents](#)

Child Bereavement Charity  
[Child Bereavement UK](#)

COMMERCIAL WEBSITES	IMMUNISATION
<p><b>Netmums</b>  <a href="http://www.netmums.com">www.netmums.com</a></p> <p><b>Baby Centre</b>  <a href="http://www.babycentre.co.uk">www.babycentre.co.uk</a></p> <p><b>The Nappy Network</b>  <a href="http://www.nappynetwork.org.uk">www.nappynetwork.org.uk</a></p>	<p><b>Immunisation Scotland</b></p> <p><a href="#">Vaccines for children   NHS inform</a></p> <p><b>Vaccines in Pregnancy</b></p> <p><a href="#">Ready Steady Baby Vaccines in Pregnancy</a></p>
SEXUAL HEALTH	NHS HIGHLAND
<p><b>Highland Sexual Health 01463 888300 information, Advice on sexual health and contraception including live chat and clinic times across highland.</b>  <a href="https://www.highlandsexualhealth.co.uk/">https://www.highlandsexualhealth.co.uk/</a></p>	<p><b>NHS Highland maternity and Neonatal Service</b></p> <p><a href="#">Maternity and neonatal   NHS Highland</a></p>