

FURTHER RESOURCES FOR INFORMATION



Staying Active in Pregnancy & Postpartum

Continuing to do the same activity as before you were pregnant is generally considered safe

Other pregnancy safe activities:

- Yoga ([Mukti Yoga Centre](#))
 - [Online pregnancy yoga session 40min](#) (Yogababy)
- Pilates ([Pilates 26](#) or [Restore Function Physiotherapy](#))
- Swimming
- Walking
- [Core and Floor Restore Packages and Exercise Programs](#)
- Stretches:
 - [Healthline Pregnancy Stretch Guide](#)
 - [Watch "Pregnancy Stretching Routine | Best Stretches to Relieve Pregnancy Symptoms!"](#)
- Attend a women's health physio if you are noticing symptoms of discomfort beyond general pregnancy aches and pains or if you want a general follow-up and guidance on exercises during pregnancy and postpartum. Women's Health Physiotherapists that I can recommend (check out the partners discounts and referral codes section):
 - Restore Function Physiotherapy (Lauren or Laura)
 - Barefoot Physiotherapy
 - Anytime Physio (Breanna)

Some hospitals offer bulk-billed sessions with a women's health physiotherapist if you are receiving your care for pregnancy through them.

Nutrition in Pregnancy

<https://matermothers.org.au/services/nutrition-and-dietetics>

This is the most comprehensive resource that I have come across that covers all things nutrition for pregnancy, including the below topics

- Healthy eating tips for pregnancy
- Food safety and what to avoid eating
- Managing pregnancy discomforts
- Facts on Nutrients Important for Pregnancy
- Vegan and Vegetarian Eating
- Drinks guide
- Healthy weight gain
- Meal plans and recipes

Creating Your Birth Space

<https://www.motherandbaby.com/pregnancy/labour-birth/what-is-oxytocin-how-to-increase-levels/>

<https://www.yogababy.com.au/blogs/9/8/2017/how-to-create-your-ideal-birthing-space-within-a-hospital-labour-room>

Mental Health For Both Parents

COPE - Centre of Perinatal Excellence

<https://www.cope.org.au/readytocope/>

Great website for information and support on Mental Health during pregnancy and postpartum.

App: **Ready to Cope**. Stay informed and feel reassured during pregnancy and your first year of parenthood with Ready to COPE – the free app for pregnancy, birth, and the first year of parenthood

PANDA

<https://panda.org.au>

National Helpline 1300 726 306

Monday to Saturday (and public holidays) from 9am – 7:30pm Monday to Friday and 9-4pm Saturdays, AEST and is staffed by trained and experienced counsellors and volunteers.

PANDA (Perinatal Anxiety & Depression Australia) supports parents and families during pregnancy and throughout the first year of parenthood.

Phone and online services provide access to counselling and information to support mental health and wellbeing.

Mum Space

<https://www.mumspace.com.au>

MumSpace is designed to connect you quickly with the level of support you need, from advice and support in the transition to parenthood, to effective online treatment programs for perinatal depression and anxiety. The resources on MumSpace will help you ‘step-up’ to whichever level of support suits you best.

1300 MH CALL: Mental health access line (1300 642 255)

<https://www.qld.gov.au/health/mental-health/help-lines/1300-mh-call>

1300 MH CALL (1300 642 255) is a confidential mental health telephone triage service that provides the first point of contact to public mental health services to Queenslanders.

Available 24 hours a day, 7 days a week. It will link to your nearest QLD Mental Health service.

The 1300 MH CALL service:

- is the main point of access into public mental health services
- can provide support, information, advice and referral
- can provide advice and information in a mental health emergency or crisis
- is staffed by trained and experienced professional mental health clinicians
- will provide a mental health triage and refer to acute care teams where appropriate.

Lifeline

<https://www.lifeline.org.au>

- Call 13 11 14 available 24/7
- Text service available 24/7
- Chat online available 24/7
- Resources online

We are a national charity providing all Australians experiencing emotional distress with access to 24 hour crisis support and suicide prevention services. We exist so that no person in Australia has to face their darkest moments alone.

This service is good for crisis and when immediate and urgent support is needed

Beyond Blue

<https://www.beyondblue.org.au>

- Call 1300 22 4636 available 24/7
- Chat online available 24/7
- Find a mental health professional
- Connect with others on forums
- Find resources and info guides

We are a big blue door for many in the community: a safe and reliable place for millions of people to access information, advice and support – whether they're well and want to stay that way, unsettled or struggling and need support, or in recovery and want to reconnect.

IN AN EMERGENCY OR LIFE THREATENING SITUATION ALWAYS CALL TRIPLE ZERO (000)

Baby and Child Mental Health:

<https://raisingchildren.net.au/guides/raising-healthy-minds-child-mental-health>

Caesarean Scar Massage

<https://myexpertmidwife.com/blogs/my-expert-midwife/c-section-scar-massage>

Perineal Tear or Episiotomy Scar Massage

<https://myexpertmidwife.com/blogs/my-expert-midwife/massaging-scars>

Breastfeeding Information & Support

[Australian Breastfeeding Association](#) : The first week of Breastfeeding Guide to set you up for the best breastfeeding journey

Breastfeeding Helpline: 1800 mum 2 mum | 1800 686 268

[Thompson Method Breastfeeding Program](#)

App: Breastfed NZ

The Discontented Little Baby Book: Excellent book about the first 12-16 weeks of life in a newborn, covering support with feeding, settling, development, and parenthood.

Bottle feeding

Paced Bottle Feeding: A basic recap video of what we covered in class

<https://www.youtube.com/watch?app=desktop&v=TuZXD1hIW8Q>

Winding tips:

Link for more settling techniques

<https://www2.hse.ie/babies-children/parenting-advice/caring-for-a-new-baby/winding-burping/>

I Love U baby massage technique for wind

<https://www.youtube.com/watch?app=desktop&v=v2dYuyvVOVY>

VBAC (Vaginal Birth After Caesarean Section)

Recommended reads and research if this is relevant to you

- <https://evidencebasedbirth.com/ebb-113-the-evidence-on-vbac/>
- Hazel Keedle Book: Birth After Caesarean: Your Journey to a Better Birth
- <https://www.melaniethemidwife.com/podcasts/the-great-birth-rebellion/episodes/2147794068>

GBS

Guidance if you are being offered GBS screening. Consider reading before doing any testing.

- If you do nothing else but read this info sheet if you are being asked to test for GBS or told you have GBS, you will be covered.
<https://www.ontariomidwives.ca/sites/default/files/2022-05/GBS-in-pregnancy-2022-English.pdf>
- Blog: <https://mybodymybaby.com.au/group-b-strep/#:~:text=GBS%20and%20your%20baby&text=The%20most%20common%20means%20of,part%20of%20their%20normal%20microbiome.>
- Podcast: <https://www.melaniethemidwife.com/podcasts/the-great-birth-rebellion/episodes/2147792078>

Evidence and Decision-making resources

These resources are helpful when you need more information to make a decision on a situation that has arisen in your pregnancy or birth. Remember, everything is always an option, even if it is not presented to you that way. These are things you may or may not want and need more information to decide. There are benefits and consequences to every option. Don't forget to use your BRAINS decision-making tool.

Use your B.R.A.I.N.S.

When trying to decide if a procedure is right for you and your baby, here are the questions to ask to make sure you have all of the information necessary to make an informed choice.

- B** **Benefits** – What are the benefits of this procedure? What are we hoping to achieve?
- R** **Risks** – What are the risks or side effects? What other interventions will go along with this?
- A** **Alternatives** – What are our other options?
- I** **Intuition** – Does the information you're receiving make sense. Do you need additional info, or a second opinion?
- N** **Nothing** – What if we do nothing, or wait a while before deciding?
- S** **Space** – Can we please have some time alone to discuss and decide?

My Body, My Baby.

Evidence-based resources on common topics that might arise in pregnancy such as:

- Group B Strep (GBS)
- Covid in pregnancy
- Consuming your placenta
- Waterbirth
- Antibiotics in labour

<https://mybodymybaby.com.au>

Dr Rachel Reed:

Information providing summary and plain explanations on journal articles covering topics such as:

- Induction
- Placental birth options
- Birthing “big” babies

<https://midwifethinking.com>

Evidenced Based Birth

Blog and podcast covering the best evidence on lots of topics although some of this is US based, the concepts still apply to birthing in Australia. This blog covers an enormous amount of topics.

<https://evidencebasedbirth.com/blog/>

Infant Developmental Milestones

- App & Book: The Wonder Weeks
- <https://www.pregnancybirthbaby.org.au/baby-development>
- <https://raisingchildren.net.au/newborns/development/development-tracker/0-1-month>

General Resources on all this Pregnancy, Birth and Postpartum

- <https://www.pregnancybirthbaby.org.au/understanding-pregnancy-and-parenting-in-pictures>
- <https://raisingchildren.net.au>

Recommended Podcasts

Podcasts can be a great way to easily learn and expose yourself to the world of learning about birth and babies. Here are my top recommended podcasts that I regularly listen to myself!

- Australian Birth Stories
- The Great Birth Rebellion
- Positive Birth Australia
- Baby talks ABC
- The Midwife Cauldron
- Beyond the Bump
- Evidence Based Birth

Recommended Books

[Gentle Birth, Gentle Mothering by Dr Sarah Buckley](#)

[Birth With Confidence by Rhea Dempsey](#)

[The Scientification of Love by Michel Odent](#)