

Pregnancy & Children

General resources

NCT - National Childbirth Trust

<http://www.nct.org.uk/>

Offers support in pregnancy, childbirth and early parenthood and provides support to mothers suffering postnatal depression as well as information about NCT antenatal classes.

Disability and parenthood

Disability, pregnancy and parenting international

<http://disabledparent.org.uk/>

DPPi is a UK-based charity providing information and support for disabled people who are already parents and their families, those who wish to become parents and their families, and also for health and social work professionals and other individuals and organizations concerned with disability and/or pregnancy and parenting.

Disabled Parents Network

www.disabledparentsnetwork.org.uk

Disabled Parents Network (DPN) is a national organisation of and for disabled people who are parents or who hope to become parents, and their families, friends and supporters. It offers advice, information and discussion forums.

Pregnancy

British Pregnancy Advisory Service (BPAS)

www.bpas.org

Has consultation centres and clinics throughout the UK where it offers pregnancy testing, emergency contraception, counselling, abortion care, sterilisation and vasectomy. Its website contains a range of information pages.

MAMA Academy

<http://www.mamaacademy.org.uk/>

A charity-run website that provides information about pregnancy and birth, endorsed by the Royal College of Midwives.

Miscarriage Association

www.miscarriageassociation.org.uk

Provides support and information for women who experience miscarriage, including a Helpline, local support groups and information leaflets.

UK Aquanatal Register

www.aquanatal.co.uk

A register of aquanatal classes (swimming exercise in pregnancy) round the UK, founded by a midwife and aquanatal instructor.

Health conditions affecting pregnancy

Group B strep support group (GBSS)

www.gbss.org.uk

GBSS is a UK charity which aims to inform and support pregnant women affected by Group B streptococcus infection, inform health professionals about how Group B strep can be prevented, and generate continued support for research into Group B strep. Information leaflets can be downloaded from the site.

ICP Support

www.icpsupport.org

A charity offering support and information to anyone affected by Intrahepatic cholestasis of pregnancy (ICP), a liver disorder which occurs during pregnancy.

Endometriosis UK

<http://endometriosis-uk.org>

Endometriosis UK provides support for couples experiencing endometriosis, raises awareness and funds research. The website contains information on symptoms, diagnosis and treatment.

Pregnancy Sickness Support

www.pregnancysicknesssupport.org.uk

For more information and support on hyperemesis.

Verity

www.verity-pcos.org.uk

Verity is a self-help organisation for women whose lives are affected by Polycystic Ovary Syndrome (PCOS), and provides on-line information about the condition and a discussion forum.

Action on Pre-eclampsia

[Action on Pre-eclampsia \(APEC\)](http://Action on Pre-eclampsia (APEC))

APEC is a national charity who campaigns and lobbies for funds, research and education to support those affected by pre-eclampsia.

Screening

ARC - Antenatal Results & Choices

www.arc-uk.org/

Antenatal Results and Choices (ARC) provides information and support to women and their partners before, during and after antenatal screening and diagnostic tests, especially those making difficult decisions about testing, or about continuing or ending a pregnancy after a diagnosis. ARC offers ongoing support whatever decisions are made.

Diagnostic testing for Down's Syndrome - decision aid

<http://sdm.rightcare.nhs.uk/pda/diagnostic-testing-for-down-s-syndrome/>

A decision-making aid from the NHS that helps with making decisions about testing for Down's Syndrome.

A Heartbreaking Choice

www.aheartbreakingchoice.com

An American website and support group to help parents cope with their feelings and emotions about screening and the process of ending a pregnancy.

NHS Fetal Anomaly Screening Programme

www.gov.uk

The NHS Fetal Anomaly Screening Programme aims to set standards and oversee the implementation of a good quality screening programme for all women in England. Their website has a number of information leaflets available for parents and a new online information resource for both parents and professionals.

NHS Infectious Diseases in Pregnancy Screening Programme

www.gov.uk

The infectious diseases in pregnancy screening programme offers screening to all pregnant women for four conditions: Hepatitis B, HIV, Rubella susceptibility and Syphilis.

NHS Rapid Project

www.rapid.nhs.uk/

Reliable Accurate Prenatal non-Invasive Diagnosis is a 5 year research programme to improve the quality of NHS prenatal diagnostic services by evaluating early non-invasive prenatal diagnosis (NIPD) using the mother's blood.

NHS Sickle Cell & Thalassaemia Screening Programme

www.gov.uk

This website contains information about sickle cell and thalassaemia and other haemoglobin disorders, about the tests offered at different stages of life, and about how the NHS are developing screening and care.

Birth

The Active Birth Centre

www.activebirthcentre.com

The Active Birth Centre aims to support and inform women about natural labour and birth. It also provides Active Birth yoga classes, and the website includes information about trained Active Birth yoga teachers around the UK. There is also a section on water birth and birthing pool hire.

AIMS -Association for Improvements in the Maternity Services

www.aims.org.uk/

Is working towards normal birth by providing independent support and information about maternity choices, raising awareness of current research on childbirth and related issues.

Association of Radical Midwives (ARM)

www.midwifery.org.uk

ARM is an association of midwives, student midwives and others in the UK committed to improving the maternity care provided by the NHS. ARM supports the principle of a service tailored more closely to individual women's needs, and a sympathetic attitude on the part of their professional attendants. ARM has its own quarterly journal, and produces a leaflet on 'Choices in Childbirth in the UK'.

Birthlight

www.birthlight.com

The Birthlight Trust is an educational charity that promotes an integrated, holistic approach to pregnancy, birth and babyhood. Its main objective is to enhance wellbeing and enjoyment for parents and their babies before and after birth.

Doula UK

www.doula.org.uk

Is a non-profit making network run by doulas. "Doula" (pronounced "doola") is a Greek word meaning "woman servant or caregiver". It now refers to an experienced woman who offers emotional and practical support to a woman (or couple) before, during and after childbirth.

Home Birth Reference Site

www.homebirth.org.uk

Provides information about home birth to help parents who think that it might be the right choice for them, and for health professionals looking for facts and ideas.

The Independent Midwives Association

www.independentmidwives.org.uk

Represents fully qualified midwives who have chosen to work outside the NHS in a self-employed capacity. The 'find an independent midwife' page helps women find out about independent midwives in their area.

LabourPains.com

www.labourpains.com

This is the public information website of the Obstetric Anaesthetists' Association (OAA). Here you can find information about the benefits and complications of pain relief in labour.

Royal College of Midwives (RCM)

www.rcm.org.uk

The RCM is the professional body for midwives in the UK. Its website includes an Information Centre covering a range of topics.

Royal College of Obstetricians and Gynaecologists (RCOG)

<http://www.rcog.org.uk/>

The RCOG is the professional body for doctors in the UK who specialise in obstetrics and gynaecology, and aims to improve and maintain proper standards of practice for the benefit of the public. They have produced a patient leaflet 'Birth after previous caesarean' which you may find useful.

Which? Birth Choice UK

<http://www.which.co.uk/birth-choice>

Brings together information to support parents in making informed choices about pregnancy and birth.

Breastfeeding

Association of Breastfeeding Mothers (ABM)

www.abm.me.uk

The ABM is established to promote and educate about the benefits of breastfeeding.

The Baby Café Charitable Trust

www.thebabycafe.org

The Baby Café charity coordinates a network of breastfeeding drop-in centres and other services to support breastfeeding mothers across the UK and other parts of the world.

The Breastfeeding Network (BfN)

www.breastfeedingnetwork.org.uk

The Breastfeeding Network (BfN) aims to be an independent source of support and information for breastfeeding women and those involved in their care.

La Leche League Great Britain (LLLGB)

www.laleche.org.uk

La Leche League is an international charitable organisation founded to give information and encouragement, mainly through mother-to-mother support, to all women who want to breastfeed their babies.

LactMed

LactMed is a reliable source of information that is geared to the healthcare practitioner and nursing mother. It includes information on the levels of drugs and other chemicals in breastmilk and infant blood, and the possible adverse effects in the nursing infant.

<http://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>

Other support after the birth

The Association for Postnatal Illness

www.apni.org

The Association provides a telephone helpline, information leaflets for sufferers and healthcare professionals as well as a network of volunteers, (telephone and postal), who have themselves experienced postnatal illness/postnatal depression.

The Birth Trauma Association (BTA)

www.birthtraumaassociation.org.uk

The BTA supports all women who have had a traumatic birth experience. The website provides information and advice, including the possibility to share birth stories, counsellor contacts and further reading.

BLISS

www.bliss.org.uk

Bliss is a support group for parents who have a baby requiring special care.

Stillbirth and Neonatal Death Society (SANDS)

www.uk-sands.org

Support for parents and families whose baby is stillborn or dies soon after birth.

Twin and Multiple Births Association

www.tamba.org.uk

Information and mutual support networks for families of twins, triplets and more. Tamba operates a Freephone helpline, Twinline, a national, confidential, support, listening and information service for all parents of twins, triplets and more, and the professionals involved in their care.