

Helpful Information

For your

Fourth Trimester



2025

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After your birth

Baby Blues

[What are the baby blues?](#)

[Feeling depressed after childbirth](#)

[Baby blues or Postnatal depression?](#)

Birth Debrief

[Birth De-briefing – what is it?](#)

[Is a healthy baby all that matters during childbirth?](#)

Birth Reflections / Listening Service, Royal Surrey County Hospital: 01483 571122 ext: 2778

Birth Trauma

[How to heal from a traumatic birth and bond with your baby](#)

[What is it and how can I get support?](#)

[The Birth Trauma Association](#)

[Pandas PND Awareness and Support](#)

[Understanding PTSD Symptoms and 3 Step Rewind Process](#)

Bonding with your baby

[NHS](#)

[Family Lives](#)

[All 4 Birth](#)

[Bonding with Twins](#)

Caesarean Recovery Tips

[NHS-Caesarean Birth Recovery](#)

[NCT-Caesarean Birth Recovery Tips](#)

[Tommy's-Recovering at home after a Caesarean Birth](#)

[Caesarean Birth Recovery-Holistic Healing Hacks](#)

Golden Hour

[What happens straight after the birth](#)

[The first hour following birth](#)

[The Magical Golden Hour – what is it and why is it so important?](#)

[The Magical Hour](#)

Mental Health

[Your mental health postpartum](#)

[Planning for mental wellbeing after birth – Tommys](#)

[The Nourish App](#)

[Postnatal Depression Symptoms](#)

[What is the difference between postnatal depression and the baby blues?](#)

[Postnatal Anxiety](#)

[Dads Matter](#)

[Infant Mental Health](#)

NICU (Neonatal Intensive Care Unit)

[What is Neonatal Care](#)

[About Neonatal Care](#)

[NHS Information](#)

[FAQs – Tommy’s Charity](#)

[Emotional and practical support](#)

[Support from various Organisations](#)

[Feeding small and sick babies](#)

[Successfully breastfeeding your premature baby](#)

[Kangaroo Mother Care](#)

[Bliss Charity](#)

[Rainbow Trust Children’s Charity](#)

[Spoons Charity](#)

[Twins Trust](#)

Twins

[Twin development and common questions](#)

[Twins Club](#)

[Home Start Charity](#)

[NHS – Your Newborn Twins](#)

[Breastfeeding Twins & Triplets UK](#)

[Tandem Babywearing](#)

[Safe sleep](#)

[Sleep tips](#)

[Twin infant Sleep](#)

Physical Recovery

[Your body after birth](#)

[Postnatal Physical Rehab](#)

[What is a Padsicle?](#)

[What is a sitz bath?](#)

[How can a Peri Bottle help?](#)

[First Bowel Movement](#)

[How to exercise your Pelvic Floor](#)

[The Pelvic Partnership](#)

[Squeezy App – pelvic floor muscles exercise programmes](#)

[Find a Physio near you](#)

[Mummy MOT-online video consultation](#)

[Surrey Women’s Health Physio](#)

[West Sussex Women’s Health Physio](#)

[The Medically recommended online exercise programme for mums](#)

Fourth Trimester

4th Trimester

[What is the Fourth Trimester?](#)

[Top Ten Babymoon Tips](#)

[The First Fortnight: Simple Rhythms](#)

[Royal Surrey Hospital – all about Postnatal Care](#)

Baby behaviour

[Why your baby is only happy in your arms](#)

[What's normal and what's not](#)

Caring for your newborn

[Your baby after birth](#)

[What you need for baby](#)

[Your baby's check-ups after birth](#)

[Why getting babies into strict routines isn't all it's cracked up to be](#)

[Technique for calming baby](#)

[Harvey Karp's 5 s's for soothing babies](#)

[Tips for Juggling a newborn and a toddler](#)

[Essential Guide to feeding and caring for your newborn](#)

[Flat Head Syndrome](#)

[Healthier Together – new parent and baby](#)

Colic

[What is Colic and how can we help baby to manage it?](#)

[Why is my baby fussing?](#)

[NHS-Colic explained](#)

[What causes Colic in babies: An Evidence Based Guide](#)

[Colic and Breastfeeding](#)

[10 Myths about Colic](#)

[Managing the baby with Colicky symptoms](#)

[Useful Links](#)

Jaundice

[NHS-Jaundice](#)

[All about Jaundice](#)

Nappies

[How to change a nappy](#)

[Nappy rash](#)

[A beginners guide to using reusable nappies](#)

[The Nappy Lady](#)

[Surrey Cloth Nappy Trial Kit](#)

[Newborn Baby Poo – what to expect](#)

Reflux

[Useful Links](#)

[Does my baby have reflux?](#)

[Reflux in Babies](#)

[GORD](#)

[Feeding Infants with GOR](#)

Baby sleep

Baby Carrying / Slings

[Why carrying children matters](#)

[The Benefits of Babywearing](#)

[Secure Attachment and the Fourth Trimester](#)

[Directory of Sling and Carrier Support Services](#)

[How to use a sling safely](#)

[The T.I.C.K.S. Rule for Safe Baby Wearing](#)

[Types of slings](#)

[Which Sling?](#)

[Slings and babywearing – Basis Online](#)

[Common Queries](#)

[Sling Libraries](#)

[South East Slings](#)

Infant Sleep

[Baby Sleep Information Source](#)

[Safer Sleep for babies](#)

[Sleepy Baby – why and what to do](#)

[Helping your baby Sleep](#)

[Safe Sleep Resources for Parents](#)

[How babies sleep](#)

[The safest room temperature for babies](#)

[Coping with sleep deprivation as a new parent](#)

[Swaddling and slings](#)

[How to swaddle a baby](#)

[A Guide to buying safer sleep essentials](#)

[Why Babies cannot self soothe](#)

Infant Feeding

Responsive Feeding

Bottle Feeding

[First Steps Nutrition Trust – independent public health nutrition charity](#)

[Feeding your baby-various](#)

[Sterilising Baby Bottles](#)

[Guide to Bottle Feeding](#)

[What is Paced Bottle Feeding?](#)

[Paced Bottle Feeding and how to do it - video](#)

[Technique for getting gas out of baby's stomach - video](#)

[Combination Feeding](#)

Breastfeeding

Resources and Helplines

[Royal Surrey, 24-hour maternity advice line – 03001 235 473](#)

[Royal Surrey Hospital – all about feeding](#)

[Breastfeeding, Helplines, Information and Support Groups](#)

[Excellent round of breastfeeding videos and information](#)

[The Breastfeeding Network](#)

[The National Breastfeeding Helpline](#)

[Association of Breastfeeding Mothers](#)

[KellyMom](#)

[La Leche League](#)

[NCT](#)

[The Breastcrawl](#)

[Free 'Team Baby Online Course' re breastfeeding](#)

[All about Breastfeeding – Lyndsey Hookway, IBCLC](#)

[Natural Breastfeeding – for an easier start](#)

[9 things to expect when you're breastfeeding-By Professor, Amy Brown](#)

[Breastfeeding positions for newborns](#)

[How to attach your baby to your breast](#)

[Latching and positioning resources](#)

[Various helpful Breastfeeding Videos](#)

[More videos](#)

[A Dad's Guide to Breastfeeding](#)

[How you can help support a breastfeeding mum](#)

[The Breastfeeding Network-Drugs Factsheets](#)

[Find a Lactation consultant near you](#)

[International Breastfeeding Centre-Breastfeeding Information Sheets](#)

[Beginning Breastfeeding – La Leche League](#)

[Comfortable Breastfeeding](#)

[Breastfeeding after a Caesarean Birth](#)

[Myth Busting](#)

FAQs / Common Issues

[Common Questions in the early weeks](#)

[Frequent feeding – what's normal for newborns](#)

[How to get your milk supply set up in the early days of breastfeeding](#)

[Why does breastfeeding hurt](#)
[Why do I need to do skin to skin](#)
[Is this normal](#)
[How often should a newborn feed](#)
[Engorgement](#)
[Blocked Milk duct](#)
[Mastitis](#)
[Cluster Feeding – what’s it all about](#)
[How does milk production work?](#)
[Why is my baby feeding so much?](#)
[Is my baby getting enough milk?](#)
[How to know your baby is getting enough milk](#)
[Signs of effective feeding](#)
[When can I express milk and how do I store it](#)
[What is a breast compression](#)
[Hand Expressing](#)
[Best Breastfeeding Diet and foods to avoid](#)
[Foremilk and Hindmilk](#)
[Nipple Shields](#)
[Fungal Infections and breastfeeding](#)
[Fast Let-down](#)
[One breast or two per feed](#)
[My baby makes a clicking sounds](#)
[My baby won’t breastfeed](#)
[How to deal with breast refusal / nursing strike](#)
[Breastfed baby poo](#)
[Growth Spurts – frequent feeding days](#)
[What is a galactagogue?](#)
[Breastfeeding Friendly Retailers – Guildford](#)

Breastfeeding Support Groups

[Royal Surrey Guildford Support Groups](#)
[Find a Support Group in your area](#)
[Find a LLLB Group near you](#)
[Godalming Breastfeeding Support Group](#)
[Support Groups in Surrey](#)
[Other Support Groups in Surrey](#)

Tongue Tie

[NHS – Tongue Tie](#)
[Association of Tongue-tie Practitioners](#)
[Great basic information on breastfeeding and tongue tie](#)

Surrey Tongue Tie Specialists

[Lotus Midwife](#)
[Positive Health](#)
[Polly Powell](#)

New Parents

First Aid

[St John's Ambulance – Paediatric First Aid Advice](#)

[Daisy First Aid Parent Classes](#)

Information for Partners

[The Essential Guide for new dads, developed with the NHS – The Dad Pad](#)

[How can you help Mum after your baby's birth](#)

[Birthing 4 Blokes](#)

[The UKs Fatherhood Think and Do Tank](#)

[Patrescence – the process of becoming a father](#)

[Free 'Team Baby Online Course' re breastfeeding](#)

Keeping fit and healthy

[Your body after childbirth](#)

[Postpartum Meal Plan](#)

[Keeping fit and healthy](#)

[Postnatal Exercise – how soon can I start again?](#)

[The truth about bouncing back after baby](#)

Parenting

[Becoming a parent](#)

[Parenting tips and tools](#)

[Gentle Parenting Expert](#)

[The Power of self forgiveness](#)

[Why it's completely normal for new parents to have negative thoughts](#)

[Matrescence: - The Developmental Transition to Motherhood](#)

[Motherhood - Motherkind](#)

Postnatal groups, classes and information for families in Surrey

[Surrey Family Information Directory](#)

[Pregnancy, mum and baby yoga, Guildford & Woking](#)

[Baby Massage, Surrey](#)

[Baby Sensory](#)

[Baby Swimming](#)

[Water Babies](#)

[Puddle Ducks](#)

[Monkey Music](#)

Fitness Classes

[Movement for Modern life – Online Yoga and Wellbeing](#)

[Buggy Fit](#)

[Totally Mama](#)

[BoCo Yoga and Pilates, Surbiton](#)

[The Well Woman Fitness Foundation, Surrey](#)

Relationship with partner as new parents

[How to maintain a healthy relationship after baby has been born](#)

[NHS – Sex and Contraception after birth](#)

[Nurturing intimacy and connection after birth](#)

Self Care

[What is self care and why do we need it?](#)

[12 ways to take better care of yourself](#)

[10 self care tips for new mums](#)

[What is Mindfulness](#)

[Free Meditations](#)

[Just Breathe App](#)

[Nourish App](#)

[Calm App](#)

[Headspace App](#)