

Healthy Families, Healthy Children Information Pathway



Introduction

The Healthy Families, Healthy Children Information Pathway is designed to assist NHS Greater Glasgow and Clyde staff, who have contact with pregnant women, families and children. It identifies publications which are available to support effective communication with parents and carers to improve maternal and child health outcomes. It covers the stages:

- Preconception
- Pregnancy
- Infancy
- Toddler
- Up to 5 years of age

The publications identified are used to help raise the subject of important health issues, support health related behaviour change and should be provided to parents and carers for their information and support as part of these discussions.

Meeting the resource needs

The publications listed are reliable sources of information, produced by NHS Greater Glasgow and Clyde, NHS Health Scotland and other reputable agencies. Health professionals will be familiar with many of the recommended publications which are available, to order from:

www.phrd.scot.nhs.uk/



Ordering

The Public Health Resource Directory provides access to a range of publications available to clients across the NHS Greater Glasgow & Clyde area. The online ordering facility is easy to use. To find details of how to register and order publications, please go to: www.phrd.scot.nhs.uk

A national Early Years Information Pathway for Professionals is produced by NHS Health Scotland and provides further information and guidance on all NHS Health Scotland publications. Key resources produced by NHS Health Scotland are included in the NHS Greater Glasgow & Clyde Healthy Families, Healthy Children Information Pathway, please go to:

www.healthscotland.scot/population-groups/pregnancy-and-early-years

Ready Steady Baby! and **Ready Steady Toddler!** are key parenting resources.

Ready Steady Baby! (RSB!) is aimed at expectant and new parents and provides important information that they will need before, during and after pregnancy. Ready Steady Toddler! (RST!) is a guide for parents as they experience the changes their child goes through when they leave the baby stage and become a demanding toddler. It gives practical information and has sections on understanding toddler behaviour and ways for parents to tackle new challenges.

Both publications are useful for all professionals who have contact with women and their partners throughout pregnancy and early parenting. They should go through RSB! And RST! with parents and make a point of referring to these key resources, which have been designed to reduce the need for many different leaflets.

Health Literacy in NHS Greater Glasgow & Clyde

Low health literacy is a significant public health concern in Scotland. Health Literacy is about people having the knowledge, understanding, skills and confidence to use health information, to be more active partners in their care and to navigate health and social care systems. It is therefore important to ensure that the information we provide is given to our clients in a way that they fully understand.



Making our information accessible

NHS Greater Glasgow & Clyde is committed to providing high quality accessible information. The Clear to all portal provides colleagues with a Step by Step guide on how to produce accessible information. For further information contact: Cleartoall@ggc.scot.nhs.uk

Health & Wellbeing Directory

The NHSGGC Health & Wellbeing Directory is a gateway to information about a wide range of health improvement & wellbeing services which are provided by NHS Greater Glasgow & Clyde and our partner organisations. The directory includes services that provide support, complimenting the publications listed in the Healthy Families, Healthy Children Information Pathway. <http://infodir.nhsggc.org.uk/>

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- Toolkits and resources for Health Professionals
- Useful websites



Patient Information: Preconception

Key messages and recommended publications

| Stage given out | Publication title | Professional involved | Other languages and formats available |
|-----------------|---|---|---|
| Preconception | NHS Greater Glasgow & Clyde Pregnant? What you need to do next (leaflet & A3 poster and card) – 2019 edition | Family nurse/ Maternity services/ Health Visiting teams | Available to order: Arabic; Chinese; Polish; Punjabi Romanian; Slovakian and Urdu www.phrd.scot.nhs.uk |
| | NHS Greater Glasgow & Clyde Being Alcohol free is the best choice for me (campaign materials: flyer and A4 poster) | Family nurse/ maternity services | Available to order: www.phrd.scot.nhs.uk |
| | NHS Greater Glasgow & Clyde Alcohol before, during and after pregnancy (leaflet) | Family nurse/ maternity services | Available to order: www.phrd.scot.nhs.uk |
| | NHS Health Scotland Folic Acid: Before and during pregnancy (card) – 2019 edition | Family nurse/ maternity services | Available to order: www.phrd.scot.nhs.uk |
| | Social Security Scotland Best Start Grant – Pregnancy and Baby Payment | Family nurse/ maternity services | Virtual publication only www.phrd.scot.nhs.uk |

Patient Information: Maternity Services

Key messages and recommended publication

| Stage given out | Publication title | Professional involved | Other languages and formats available |
|--------------------------------------|--|-------------------------|--|
| Sent with booking appointment letter | NHS Health Scotland You're pregnant: scans & tests (Where available a Language version of booklet is sent out with booking appointment letter) | Maternity services | Available to order: www.phrd.scot.nhs.uk Arabic; Simplified Chinese (Mandarin); Latvian; Polish; Romanian and Urdu |
| Antenatal publications | NHS Greater Glasgow & Clyde Alcohol before, during & after pregnancy (leaflet) | Midwife | Available to order: www.phrd.scot.nhs.uk |
| | NHS Greater Glasgow & Clyde Care of your body in pregnancy (leaflet) Targeted publication: issued by Physiotherapist | Physiotherapist | Available to order: www.phrd.scot.nhs.uk |
| | NHS Health Scotland Feed good Factor (folder issued with Ready Steady Baby) | Midwife | Available to order: www.phrd.scot.nhs.uk |
| | FGM Aware campaign Female genital mutilation information to help (leaflet) Targeted publication: issued by SNIPS Midwife | Midwife | Virtual publication only www.fgmaware.org |
| | NHS Health Scotland Folic Acid: Before and during pregnancy (card) | Family nurse or midwife | Available to order: www.phrd.scot.nhs.uk |

| Stage given out | Publication title | Professional involved | Other languages and formats available |
|-----------------|---|--------------------------|---|
| | <p>NHS Health Scotland Flu I'm ready for you (leaflet)</p> <p>(Include in booking pack from October to March)</p> | Midwife or family nurse | Download: Traditional Chinese (Cantonese); Polish; Urdu and Easy read format Website: www.nhsinform.scot |
| | <p>NDR How do I watch my weigh during pregnancy? (leaflet) Targeted publication</p> | Midwife | Available to order: www.phrd.scot.nhs.uk |
| | <p>NHS Health Scotland I Quit – stopping smoking when you're pregnant (leaflet)</p> | Midwife/ smoking advisor | Available to order: www.phrd.scot.nhs.uk |
| | <p>NHS Greater Glasgow & Clyde Keep your family safe from Second Hand Smoke (leaflet)</p> | Midwife | Available to order: www.phrd.scot.nhs.uk |
| | <p>CHANGE Manual / NHS Health Scotland My Pregnancy, My Choice</p> <p>Targeted publication for parents with learning disabilities: should be issued with copy of ante natal booking pack</p> | Midwife | Available to order: www.phrd.scot.nhs.uk Easy Read version |

| Stage given out | Publication title | Professional involved | Other languages and formats available |
|-------------------------|--|-------------------------|---|
| | <p>NHS Health Scotland Ready Steady Baby! 2019 edition</p> <p>(Language versions of publication available to order)</p> | Midwife | <p>Available to order: www.phrd.scot.nhs.uk</p> <p>Available as hardcopy & download: Arabic; Polish;</p> <p>Online version of publication available on NHS Inform: www.nhsinform.scot/</p> |
| | <p>NHS Greater Glasgow & Clyde Smoke free services: maternity (postcard)</p> | Midwife/smoking advisor | <p>Available to order: www.phrd.scot.nhs.uk</p> |
| | <p>NHS Health Scotland Vitamin D and you (leaflet)</p> | Midwife or family nurse | <p>Available to order: www.phrd.scot.nhs.uk</p> <p>Download only: traditional Chinese (Mandarin); Polish and Urdu</p> |
| | <p>NHS Health Scotland Whooping cough: help protect your baby (booklet: invites women to make appointment from 16 weeks in pregnancy)</p> | Midwife or family nurse | <p>Available to order: www.phrd.scot.nhs.uk</p> <p>Download only: traditional Chinese; Polish; Urdu and Easy Read format</p> |
| 22 – 25 weeks pregnant: | <p>NHS Health Scotland From Bump to Breastfeeding</p> <p>The full set of DVD video clips are available online on the Best Beginnings website</p> | Midwife | <p>Virtual publication only</p> <p>www.bestbeginnings.org.uk/</p> |

| Stage given out | Publication title | Professional involved | Other languages and formats available |
|-----------------|--|---------------------------------|--|
| | <p>NHS Health Scotland Off to a good start (booklet)</p> | <p>Midwife</p> | <p>Available to order: www.phrd.scot.nhs.uk</p> <p>Language download only: Arabic and Polish Audio file: https://soundcloud.com/nhs-health-scotland/sets/breastfeeding-off-to-a-good-start</p> |
| | <p>Screening: Public Health England: targeted publications. (booklets)</p> <p>Public Health England Your baby carries a gene for unusual haemoglobin. Information for mums and dads</p> | <p>Midwife / Screening team</p> | <p>Available to order: www.phrd.scot.nhs.uk</p> <p>Further information available from www.nhsggc.org.uk/your-health/public-health/public-health-screening-unit/</p> |
| | <p>Public Health England Your baby carries a gene for sickle cell. Information for mums and dads</p> | <p>Midwife / Screening team</p> | <p>Available to order: www.phrd.scot.nhs.uk</p> |
| | <p>Public Health England Sickle cell and thalassaemia screening: You are a beta thalassaemia carrier</p> | <p>Midwife / Screening team</p> | <p>Available to order: www.phrd.scot.nhs.uk</p> |
| | <p>Public Health England Sickle cell and thalassaemia screening: You are a delta beta thalassaemia carrier</p> | <p>Midwife/Health Visitors</p> | <p>Available to order: www.phrd.scot.nhs.uk</p> |

| Stage given out | Publication title | Professional involved | Other languages and formats available |
|-----------------|---|----------------------------|---|
| | Public Health England Sickle cell and thalassemia screening You are a sickle cell carrier | Midwife/Health Visitors | Available to order: www.phrd.scot.nhs.uk |
| | Public Health England You are a haemoglobin Lepore carrier | Midwife/Health Visitors | Available to order: www.phrd.scot.nhs.uk |
| | Public Health England You are a haemoglobin E carrier | Midwife/Health Visitors | Available to order: www.phrd.scot.nhs.uk |
| | Public Health England You are a haemoglobin C carrier | Midwife/Health Visitors | Available to order: www.phrd.scot.nhs.uk |
| | Public Health England You are a haemoglobin O Arab carrier | Midwife/Health Visitors | Available to order: www.phrd.scot.nhs.uk |
| | Public Health England You are a haemoglobin D carrier | Midwife/Health Visitors | Available to order: www.phrd.scot.nhs.uk |

| Stage given out | Publication title | Professional involved | Other languages and formats available |
|---|--|-------------------------|--|
| 28 weeks pregnant | NHS Health Scotland Steps to deal with stress (booklet) | Midwife or family nurse | Available to order: www.phrd.scot.nhs.uk Download: traditional Chinese (Cantonese); Polish; Urdu; Easy read The information within this resource, including the relaxation exercises, is available from the Healthy Living section at NHS Inform: https://www.nhsinform.scot/healthy-living/mental-wellbeing/stress/struggling-with-stress |
| Health Visitor antenatal contact 32-34 weeks pregnant | Important: check and refer parent(s) to the resources given out at the booking appointment (particularly Ready Steady Baby!) | Health Visitor | |
| Post birth publications | NHS Health Scotland BCG and your baby: protecting babies against TB Targeted leaflet for non-routine immunisation – offered to babies who are more likely to come into contact with tuberculosis | Midwife or family nurse | Available to order: www.phrd.scot.nhs.uk Download available: Arabic; traditional Chinese; Polish; Urdu and Easy Read format |

| Stage given out | Publication title | Professional involved | Other languages and formats available |
|-----------------|---|-------------------------|--|
| | <p>NHS Health Scotland Formula feeding: How to feed your baby safely (booklet)</p> <p>Should be given once an informed decision about formula feeding has been made. This could be on discharge from hospital, if formula feeding replaces breastfeeding or mixed feeding is the method of choice – could be any time in the first year of baby’s life</p> | Midwife | <p>Available to order: www.phrd.scot.nhs.uk</p> <p>Download available: Polish</p> <p>Now available as Easy read version</p> |
| | <p>NHS Health Scotland Hepatitis B:how to protect your baby</p> <p>Targeted leaflet for non-routine immunisation – offered to babies who are more likely to come into contact with hepatitis</p> | Midwife or family nurse | <p>Available to order: www.phrd.scot.nhs.uk</p> <p>Download available: traditional Chinese; Polish; Urdu and Easy Read format</p> |
| | <p>NHS Greater Glasgow & Clyde Keep your family safe from second hand smoke (leaflet)</p> | Midwife or family nurse | <p>Available to order: www.phrd.scot.nhs.uk</p> |
| | <p>Scottish Government Protect your baby’s natural headshape (leaflet)</p> | Midwife | <p>Available to order: www.phrd.scot.nhs.uk</p> |
| | <p>Scottish Government Reduce the risk of cot death (leaflet)</p> | Midwife | <p>Available to order: www.phrd.scot.nhs.uk</p> <p>Arabic; Traditional Chinese (Cantonese); Polish; Punjabi; Urdu Braille</p> |
| | <p>Scottish Cot Death Trust Reduce the risk by avoiding these things - safe sleep (leaflet)</p> | Midwife/Health Visitor | <p>Available to order www.phrd.scot.nhs.uk</p> <p>Easy Read format only</p> |

| Stage given out | Publication title | Professional involved | Other languages and formats available |
|-----------------|--|-------------------------|---|
| | NHS Health Scotland Your Baby! Tests offered (booklet) (Language versions of publication available to order) | Midwife | Available to order: www.phrd.scot.nhs.uk Hardcopy and Download available in: Arabic; Simplified Chinese (Mandarin); Polish, Urdu, Russian and Easy Read |
| | NHS Health Scotland Longer lasting contraception (leaflet) | Midwife or family nurse | Available to order: www.phrd.scot.nhs.uk Download available: Arabic; Bengali; traditional Chinese; Polish, Urdu and Romanian |

Patient Information: Health Visiting Services

Key messages and recommended publication

| Stage given out | Publication title | Professional involved | Other languages and formats available |
|--------------------------------|---|-----------------------|---|
| Issued at 10 – 14 day visit | NHS Greater Glasgow & Clyde Alcohol before, during and after pregnancy (leaflet) | Health Visiting Team | Available to order: www.phrd.scot.nhs.uk |
| | NHS Health Scotland Protect your child against serious diseases Baby & child vaccines (Easy read and language versions of booklet available to order) | Health Visiting Team | Available to order: www.phrd.scot.nhs.uk |

| Stage given out | Publication title | Professional involved | Other languages and formats available |
|-------------------------------|---|-----------------------|--|
| | <p>NHS Health Scotland BCG and your baby: protecting babies against TB Targeted leaflet for non-routine immunisation – offered to babies who are more likely to come into contact with hepatitis</p> | Health Visiting Team | <p>Available to order: www.phrd.scot.nhs.uk</p> <p>Downloads available: Traditional Chinese (Cantonese); Polish, Urdu and Easy read</p> |
| *Issued by maternity services | <p>NHS Health Scotland Formula feeding: how to feed your baby safely (booklet) Should be given once an informed decision about formula feeding has been made. This could be on discharge from hospital, if formula feeding replaces breastfeeding or mixed feeding is the method of choice – could be any time in the first year of baby’s life</p> | Health Visiting Team | <p>Available to order: www.phrd.scot.nhs.uk</p> <p>Downloads: Polish</p> <p>Now available as Easy read version</p> |
| *Issued by maternity services | <p>NHS Health Scotland I Quit – stopping smoking when you’re pregnant (booklet)</p> | Health Visiting Team | <p>Available to order: www.phrd.scot.nhs.uk</p> |
| | <p>NHS Greater Glasgow & Clyde Keep your family safe from second hand smoke (leaflet)</p> | Health Visiting Team | <p>Available to order: www.phrd.scot.nhs.uk</p> |
| | <p>Meningitis Research Foundation Meningitis baby watch: (postcard and poster)</p> | Health Visiting Team | <p>Limited free copies available to order www.meningitis.org/about-us/</p> |
| *Issued by maternity services | <p>Scottish Government Protect your baby’s natural head shape (leaflet)</p> | Health Visiting Team | <p>Available to order: www.phrd.scot.nhs.uk</p> |

| Stage given out | Publication title | Professional involved | Other languages and formats available |
|---|---|------------------------------|--|
| *Issued by maternity services | Scottish Government Reduce the risk of cot death (leaflet) | Health Visiting Team | Available to order: www.phrd.scot.nhs.uk Arabic; Traditional Chinese (Cantonese); Polish; Punjabi; Urdu, Braille |
| | Scottish Cot Death Trust Reduce the risk by avoiding these things - safe sleep (Easy Read leaflet) | Midwife/Health Visiting Team | Available to order: www.phrd.scot.nhs.uk |
| *Issued by maternity services or health visitor on earlier visits | NHS Health Scotland Steps to deal with stress (booklet) | Health Visiting Team | Available to order: www.phrd.scot.nhs.uk Download: traditional Chinese (Cantonese); Polish; Urdu; Easy read The information within this resource, including the relaxation exercises, is available from the Healthy Living section at NHS Inform: https://www.nhsinform.scot/healthy-living/mental-wellbeing/stress/struggling-with-stress |
| *Issued by maternity services | NHS Health Scotland Your guide to longer-lasting contraception (leaflet) | Health Visiting Team | Available to order: www.phrd.scot.nhs.uk |

| Stage given out | Publication title | Professional involved | Other languages and formats available |
|--|--|-----------------------|--|
| *Issue after each immunisation | <p>NHS Health Scotland What to expect after immunisations: babies and children up to 5 years</p> <p>(Easy read and language versions of tear off fact sheet available to order)</p> | Health Visiting Team | <p>Available to order: www.phrd.scot.nhs.uk</p> <p>Hardcopies & Downloads available: Easy read; Traditional Chinese (Cantonese); Polish & Urdu</p> |
| | <p>CHANGE: You and Your Baby (0-1 years) Targeted resource: should be given as an alternative to or offered in addition to Ready Steady Baby! to parents with learning disabilities</p> | Health Visiting Team | <p>Available to order: www.phrd.scot.nhs.uk</p> |
| | <p>SIGN Mood disorders during pregnancy and after the birth of your baby</p> | Health Visiting Team | <p>Download available: https://www.sign.ac.uk/patient-involvement.html</p> |
| Issued at 6-12 weeks up to 16 week visit | <p>NHS Health Scotland Breastfeeding and returning to work</p> | Health Visiting Team | <p>Available to order: www.phrd.scot.nhs.uk</p> |
| | <p>NHS Health Scotland Play@Home (baby) (booklet)</p> | Health Visiting Team | <p>Available to order: www.phrd.scot.nhs.uk</p> |
| | <p>NHS Health Scotland / Child smile Child smile Practice (leaflet) First Teeth, Healthy Teeth (leaflet) Drinks for babies and young children (leaflet) How to protect your children's teeth (DVD) Toothbrush / cup (dental pack)</p> | Health Visiting Team | <p>Order via Child smile project</p> |

| Stage given out | Publication title | Professional involved | Other languages and formats available |
|----------------------------|---|-----------------------|---|
| | CAPT I'm only a baby but.... Targeted booklet for parents with low literacy skills | Health Visiting Team | Available to order: www.phrd.scot.nhs.uk |
| | Scottish Book Trust Book bug baby | Health Visiting Team | Scottish Book Trust website Http://scottishbooktrust.com/ |
| Issued at 12-24 week visit | NHS Health Scotland Fun first foods: An easy guide to introducing solid foods Discuss delaying until around 6 months (language versions of booklet available to order) | Health Visiting Team | Available to order: www.phrd.scot.nhs.uk Hardcopies and Downloads available: Arabic; traditional Chinese (Cantonese); Polish; Urdu |
| | NHS Greater Glasgow & Clyde Not for play (Home safety pack with cupboard catches) | Health Visiting Team | Available to order: www.phrd.scot.nhs.uk Order by box quantity |
| Issued at 1 year visit | NHS Greater Glasgow & Clyde Talk to your toddler and listen too (Easy read booklet) | Health Visiting Team | Available to order: www.phrd.scot.nhs.uk |
| | NHS Health Scotland Play@Home (toddler) (booklet) | Health Visiting Team | Available to order: www.phrd.scot.nhs.uk Downloads available simplified Chinese (Mandarin) and Polish |

| Stage given out | Publication title | Professional involved | Other languages and formats available |
|--------------------------------|---|-----------------------|--|
| | <p>NHS Health Scotland Ready Steady Toddler!</p> <p>(language versions of publication available to order)</p> | Health Visiting Team | <p>Available to order: www.phrd.scot.nhs.uk</p> <p>Hardcopies and downloads available: traditional Chinese (Cantonese) and Polish</p> |
| *Issue after each immunisation | <p>NHS Health Scotland Protect your child against serious diseases Baby & child vaccines</p> <p>(Easy read and language versions of tear off factsheet available to order)</p> | Health Visiting Team | <p>Available to order: www.phrd.scot.nhs.uk</p> <p>Hardcopies and downloads available: Traditional Chinese (Cantonese), Polish, Urdu and Easy Read</p> |
| | <p>CAPT Now I'm a baby I can.....</p> <p>Targeted booklet for parents with low literacy skills</p> | Health Visiting Team | <p>Available to order: www.phrd.scot.nhs.uk</p> |
| | <p>CHANGE Manual (provided by NHS Health Scotland)</p> <p>You and your little child (1-5 years)</p> <p>Resource to be issued as an alternative to or in addition to Ready Steady Toddler! Aimed at parents with Learning disabilities</p> | Health Visiting Team | <p>Available to order: www.phrd.scot.nhs.uk</p> |
| | <p>ROSPA Child Safety (height chart)</p> | Health Visiting Team | <p>Available to order: www.phrd.scot.nhs.uk</p> |
| | <p>Scottish Book Trust Book Bug Toddler</p> | Health Visiting Team | <p>Scottish Book Trust website http://scottishbooktrust.com/</p> |

| Stage given out | Publication title | Professional involved | Other languages and formats available |
|----------------------------|---|------------------------------|---|
| Issued at 30month check | NHS Greater Glasgow & Clyde Keep your family safe from second hand smoke (leaflet) | Health Visiting Team | Available to order: www.phrd.scot.nhs.uk |
| | NHS Greater Glasgow & Clyde Stop! First aid for burns and scalds (fridge magnet) | Health Visiting Team | Available to order: www.phrd.scot.nhs.uk |
| | NHS Health Scotland Head Lice (leaflet) | Health Visiting Team | Available to order: www.phrd.scot.nhs.uk |
| | NHS Health Scotland Play@Home (pre-school) (booklet) | Health Visiting Team/Nursery | Available to order: www.phrd.scot.nhs.uk |
| | NHS Health Scotland Help protect your child against flu Seasonal leaflet issued October – March | Child Health Team | Available to order: www.phrd.scot.nhs.uk Downloads available: Arabic; Polish; simplified Chinese (Mandarin); traditional Chinese (Cantonese); Punjabi; Romanian; Slovakian and Urdu |
| | Scottish Book Trust Book bug explorer | Health Visiting Team/Nursery | Scottish Book Trust website http://scottishbooktrust.com/ |
| Issued at 4 – 5 year check | CAPT It's fun to go out but.... Targeted booklet for parents with low literacy skills | Health Visiting Team | Available to order: www.phrd.scot.nhs.uk |
| | CAPT Now I'm getting bigger I can.... Targeted booklet for parents with low literacy skills | Health Visiting Team | Available to order: www.phrd.scot.nhs.uk |

| Stage given out | Publication title | Professional involved | Other languages and formats available |
|--------------------------------|---|-----------------------|---|
| | <p>NHS Health Scotland Protect your child against serious diseases Baby & child vaccines (Easy read and language versions of booklet available to order)</p> | Health Visiting Team | <p>Available to order: www.phrd.scot.nhs.uk</p> <p>Hardcopies and downloads available in traditional Chinese (Cantonese), Polish, Urdu and Easy Read and Audio file (English)</p> |
| *Issue after each immunisation | <p>NHS Health Scotland What to expect after immunisation (Babies and young children) (Easy read and language versions of tear off factsheet available)</p> | Health Visiting Team | <p>Available to order: www.phrd.scot.nhs.uk</p> <p>Hardcopies and downloads available in traditional Chinese (Cantonese), Polish, Urdu and Easy Read</p> |
| | <p>NHS Health Scotland Play@Home pre-school (booklet)</p> | Health Visiting Team | <p>Available to order: www.phrd.scot.nhs.uk</p> |

Health and wellbeing section

Key messages and recommended publications

| Stage given out | Publication title | Professional involved | Other languages and formats available |
|------------------------------|--|-------------------------------|--|
| Health and wellbeing section | NHS Greater Glasgow & Clyde publications and web information | | |
| | Alcohol unit and calorie calculator: Disc which can be used to calculate and monitor alcohol consumption and calories/units contained in each drink | Midwife/Health visiting teams | Available to order: www.phrd.scot.nhs.uk |
| | Carers Information Are you looking after someone? Card, Flyer and Poster | Midwife/Health visiting teams | Available to order: www.phrd.scot.nhs.uk Flyer Download available: Arabic/Chinese (Mandarin) / Polish/Romanian/Urdu |
| | Emotional & Mental Health Wellbeing services south Glasgow: a better you, for a brighter tomorrow. Series of booklets: Anger / Anxiety / Health Anxiety / Low Mood / Panic Attacks / Self esteem / Stress / Trouble Sleeping | Midwife/Health visiting teams | Available to order: www.phrd.scot.nhs.uk |
| | Health and wellbeing services information Postcards and credit cards which promote the NHS Greater Glasgow & Clyde Health & Wellbeing Directory | Midwife/Health visiting teams | Available to order: www.phrd.scot.nhs.uk |

| Stage given out | Publication title | Professional involved | Other languages and formats available |
|-----------------|---|-------------------------------|---|
| | Physical Activity Are you looking to become more active? Leaflet which provides information on the physical activity opportunities within Greater Glasgow & Clyde | Midwife/Health visiting teams | Available to order: www.phrd.scot.nhs.uk |
| | Tobacco How to stop smoking and stay stopped This booklet is for smokers who are seriously thinking about stopping smoking | Midwife/Health visiting teams | Available to order: www.phrd.scot.nhs.uk |
| | Weight Management Eat Well Look Good Feel Great Lose Weight The leaflet will help support patients to lose weight | Midwife/Health visiting teams | Available to order: www.phrd.scot.nhs.uk |

Virtual publications

Key messages

| Stage given out | Publication title | Professional involved | Other languages and formats available |
|-----------------|--|---|---|
| | NHSGGC Child Home Safety checklist | Maternity services/ Health Visiting services | Available to download: www.phrd.scot.nhs.uk |
| | Scottish Government Baby Box information | | Scottish Government Parent club www.parentclub.scot/baby-box |
| | Social Security Scotland Best Start Foods Best Start Grant – Early Years Best Start Grant – School Age Payment | | |

Waiting areas: Maternity Units and Health visiting teams

Recommended publications

| Stage given out | Publication title | Professional involved | Other languages and formats available |
|-----------------|--|---|---|
| | NHS Greater Glasgow & Clyde Keep your family safe from second hand smoke (leaflet) | Maternity services/ Health Visiting services | Available to order: www.phrd.scot.nhs.uk |
| | Scottish Government Pregnant Women and Physical Activity (A3 Poster) | Maternity services/ Health Visiting services | Available to order: www.phrd.scot.nhs.uk |
| | NHS Greater Glasgow & Clyde Pregnant: There's no need to see your GP – you can book direct (card) | Maternity services/ Health Visiting services | Available to order: www.phrd.scot.nhs.uk |
| | NHS Health Scotland How Smoke Harms your unborn baby (A3 poster) | Maternity services/ Health Visiting services | Available to order: www.phrd.scot.nhs.uk |
| | NHS Health Scotland Smoking and pregnancy – Why Quit (A3 poster) | | Available to order: www.phrd.scot.nhs.uk |
| | Social Security Scotland Best Start Grant – Early Learning Payment | Maternity services/ Health Visiting services | Virtual publication only: www.phrd.scot.nhs.uk |
| | Social Security Scotland Best Start Grant – School Age Payment | Maternity services/ Health Visiting services | Virtual publication only: www.phrd.scot.nhs.uk |

Toolkits and resources for health professionals

| Stage given out | Publication title | Other languages and formats available |
|-----------------|--|---|
| | <p>NHSGGC Making your information clear: A Step by Step guide</p> | <p>The Clear to all portal on Staffnet provides colleagues with a Step by Step guide on how to produce accessible information. Cleartoall@ggc.scot.nhs.uk</p> |
| | <p>Health Literacy in Scotland Making it Easy – Video link</p> | <p>Health Literacy video www.healthliteracyplace.org.uk/</p> |
| | <p>Health Literacy in Scotland: Teach-Back technique – postcard A postcard which outlines what the teach-back technique is and how it can be used in a simple way to check patients understanding</p> | <p>Available to order: www.phrd.scot.nhs.uk</p> |
| | <p>NHS Health Scotland: Early Years Information pathway</p> | <p>www.healthscotland.com/documents/3708.aspx</p> |
| | <p>NHS Health Scotland: Ensuring understanding: Pregnancy and Newborn Screening Resources: Health Information checklist</p> | <p>Available to order: www.phrd.scot.nhs.uk</p> |
| | <p>NHS Health Scotland: iQuit Practitioners Guide: Talking to women about smoking in pregnancy (A4)</p> | <p>Available to order: www.phrd.scot.nhs.uk</p> |
| | <p>Reducing sudden unexpected death in infants in NHS Greater Glasgow and Clyde. An information pathway for staff This prevention pathway has been developed as part of a wider strategy to reduce these risk factors. All staff will provide consistent health advice when working with pregnant women and families in NHSGGC</p> | <p>Available as download only: www.phrd.scot.nhs.uk</p> |

Useful Websites:

Please see below a list of useful websites that can be shared with pregnant women, parents and carers. Book bug is the Scottish Book Trust's Early Years programme which encourages reading by providing free packs to every baby, toddler, and 3-year olds in Scotland

CAPT (Child Accident Prevention Trust)

www.capt.org.uk

CHANGE

www.changepeople.co.uk

Child smile national programme to improve the oral health of children in Scotland

www.child-smile.co.uk

Healthy start booklet and application form

www.healthystart.nhs.uk

NHS Health Scotland

www.healthscotland.com

NHS Inform

www.nhsinform.scot or call 111

Immunisation

<https://www.nhsinform.scot>

Meningitis baby watch materials

<https://www.meningitis.org/shop>

Money advice Service

www.moneyadvicescotland.org.uk/content/about-us

Ready Steady Baby!

<https://www.nhsinform.scot>

Ready Steady Toddler!

www.readysteadytoddler.org.uk

Scottish Cot Death Trust

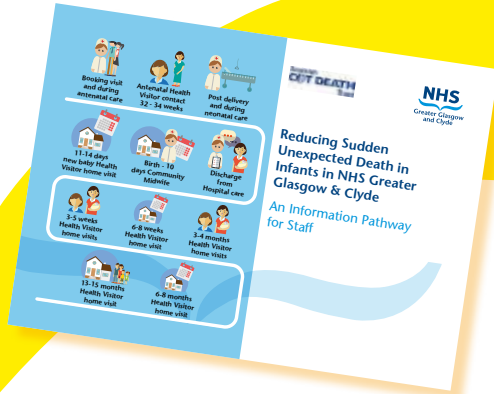
www.scottishcotdeathtrust.org

Smoke Free Services

www.nhsggcsmokefree.org.uk

Health Literacy Place

www.healthliteracyplace.org.uk



For further information please contact:

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