

# San Maternity

## Useful Websites & Resources

Patient Information Handout

Updated Jun 2023

These are some websites and resource centres that you as new parents may find helpful.

### ONLINE CHILDBIRTH EDUCATION PROGRAMS

**NOURISH BABY** - [www.nourishbaby.com.au/](http://www.nourishbaby.com.au/)

Your complete online guide to pregnancy, birth and the first 3 years of your baby's life - personalised for exactly where you are on your parenting journey.

**PREGNANCY BIRTH & BABY** - [www.pregnancybirthbaby.org.au](http://www.pregnancybirthbaby.org.au)

National helpline, video and website service that supports expecting parents, parents, families and carers of children aged up to five years.

### IMMUNISATION / VACCINATION

**NSW HEALTH** - [www.health.nsw.gov.au/immunisation](http://www.health.nsw.gov.au/immunisation)

Information on immunisation - a simple, safe and highly effective way of protecting children and adults from harmful diseases before they come into contact with them. It is estimated that vaccinations currently save up to three million lives worldwide each year.

**SKAI** - [www.talkingaboutimmunisation.org.au](http://www.talkingaboutimmunisation.org.au)

Sharing Knowledge about Immunisation

**NATIONAL HEALTH & MEDICAL RESEARCH COUNCIL** - [www.nhmrc.gov.au](http://www.nhmrc.gov.au)

Guidelines on various aspects of health, health care and health research, including Vitamin K injections for newborns.

**AUSTRALIAN GOVERNMENT DEPARTMENT OF HEALTH** -  
[www.health.gov.au/topics/immunisation/when-to-get-vaccinated](http://www.health.gov.au/topics/immunisation/when-to-get-vaccinated)

### BABYCARE & BREASTFEEDING INFORMATION

**AUSTRALIAN BREASTFEEDING ASSOCIATION** - [www.breastfeeding.asn.au/](http://www.breastfeeding.asn.au/)

Phone: 1800 mum2mum (1800 686 268)

Excellent information on all aspects of breastfeeding.

**RED NOSE - SAVING LITTLE LIVES (formerly SIDS)** - [www.rednose.com.au](http://www.rednose.com.au)

Information on infant sleeping positions, bedding and the latest research.

**RAISING CHILDREN NETWORK** - [www.raisingchildren.net.au](http://www.raisingchildren.net.au)

The Australian Parenting website - complete Australian resource for parenting newborns to teens.

### COMMUNITY SUPPORT

**KARITANE PARENTING SERVICES** - [www.karitane.com.au](http://www.karitane.com.au)

Careline: (02) 9794 2300 or 1300 227 464

Offer a range of services to support families with young children, including residential and day services and resources to support parent and carers in the community.

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### TRESILLIAN FAMILY CARE - [www.tresillian.org.au](http://www.tresillian.org.au)

Helpline: 1800 459 540 or 1300 272 736

Early parenting service offering families guidance in the early years of their child's life. They support new parents around breastfeeding and settling baby, as well as dealing with post-natal depression and nutrition.

### KIDS HEALTH (the Children's Hospital at Westmead) - [www.kidshealth.schn.health.nsw.gov.au/cpr](http://www.kidshealth.schn.health.nsw.gov.au/cpr)

Free online program 'CPR Training for Parents' and other child health and safety information.

### MULTIPLE BIRTH ASSOCIATION - [www.amba.org.au/](http://www.amba.org.au/)

Information and resources for families with twins, triplets or more.

## SUPPORT FOR EXPECTANT & NEW PARENTS

### GIDGET FOUNDATION AUSTRALIA - [www.gidgetfoundation.org.au](http://www.gidgetfoundation.org.au)

Phone: 1300 851 758

Free psychological services aimed at supporting the emotional wellbeing of expectant and new parents.

### BEYOND BLUE - [www.beyondblue.org.au](http://www.beyondblue.org.au)

Phone: 1300 224 636

Support for the wellbeing of new and expectant parents, from bonding with your baby to spotting the signs of anxiety and depression.

### PREGNANCY, BIRTH AND BABY HELPLINE - [www.pregnancybirthbaby.org.au](http://www.pregnancybirthbaby.org.au)

Phone: 1800 882 436

Free, confidential and professional information and counselling for women, their partners and families, relating to issues of conception, pregnancy, birthing and postnatal care.

### PREPARE FOUNDATION - [www.prepare.org.au](http://www.prepare.org.au)

Birth support education for dads.

## OTHER USEFUL WEBSITES

### CHILD CAR SEATS - [www.childcarseats.com.au](http://www.childcarseats.com.au)

Safety ratings and information to help choose car seats.

### TRANSPORT FOR NSW - CENTRE FOR ROAD SAFETY -

[www.roadsafety.transport.nsw.gov.au/stayingsafe/children](http://www.roadsafety.transport.nsw.gov.au/stayingsafe/children)

Information on regulations regarding child restraints and authorised restraint fitting services.

### KIDSAFE - [www.kidsafe.com.au](http://www.kidsafe.com.au)

Phone: (02) 9845 0890

Information about child safety at home.

### FIRST AID - [www.stjohnnsw.com.au/](http://www.stjohnnsw.com.au/)

Phone: 1300 360 455

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**DEPARTMENT OF FAIR TRADING** - [www.fairtrading.nsw.gov.au/](http://www.fairtrading.nsw.gov.au/)

Information about baby furniture, equipment and safety.

**NSW HEALTH DEPARTMENT MULTICULTURAL COMMUNICATION** - [www.mhcs.health.nsw.gov.au/](http://www.mhcs.health.nsw.gov.au/)

Information on pregnancy, birth and childhood in English and selected other languages.

**CENTRELINK** - [www.servicesaustralia.gov.au](http://www.servicesaustralia.gov.au)

Information on parenting and childcare benefits.

**AUSTRALIAN TAXATION OFFICE** - [www.ato.gov.au](http://www.ato.gov.au)

Information on the Australian tax system.

**THE SYDNEY CHILDREN'S HOSPITAL NETWORK** - [www.schn.health.nsw.gov.au](http://www.schn.health.nsw.gov.au)

Phone: (02) 9845 0000

Incorporating The Children's Hospital at Westmead, Sydney Children's Hospital, Randwick, Bear Cottage, the Newborn and paediatric Emergency Transport Service (NETS), the Pregnancy and newborn Services Network (PSN) and the Children's Court Clinic

### OTHER IMPORTANT PHONE NUMBERS

**MOTHERSAFE** - Phone: (02) 9382 6539

Information on medication in pregnancy and lactation service.

**POISONS INFORMATION SERVICE** - Hotline: 13 11 26

**HEALTH DIRECT AUSTRALIA** - Phone: 1800 022 222

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