

## Highland's Information Trail

### Useful websites for parents & professionals – July 2015

[www.babyfriendly.org.uk](http://www.babyfriendly.org.uk)

[www.breastfeedingnetwork.org.uk](http://www.breastfeedingnetwork.org.uk) Tel: 0300 100 0210 (Support Line)

[www.bestbeginnings.org.uk](http://www.bestbeginnings.org.uk) Baby buddy App available

[www.capt.org.uk](http://www.capt.org.uk) Child Accident Prevention Trust

[www.chipplus.org.uk/](http://www.chipplus.org.uk/) CHIP+ (Children in the Highlands Information Point)

[www.children1st.org.uk](http://www.children1st.org.uk) Parentline Scotland

[www.child-smile.org.uk](http://www.child-smile.org.uk)

[www.clearingtheairscotland.com](http://www.clearingtheairscotland.com)

[www.canstopsmoking.com](http://www.canstopsmoking.com) Smokeline number Tel: 0800 848484

<http://smokefreehighland.co.uk/>

[www.depressionalliance.org](http://www.depressionalliance.org)

[www.eatwell.gov.uk](http://www.eatwell.gov.uk)

[www.forhighlandschildren.org](http://www.forhighlandschildren.org)

[www.fathersnetworkscotland.org.uk](http://www.fathersnetworkscotland.org.uk)

[www.gosafewithziggy.com](http://www.gosafewithziggy.com) (Road safety)

[www.healthinmylanguage.com](http://www.healthinmylanguage.com)

[www.healthscotland.com](http://www.healthscotland.com)

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

[www.homesafetyscotland.org.uk](http://www.homesafetyscotland.org.uk)

[www.immunisationscotland.org.uk](http://www.immunisationscotland.org.uk)

<http://jobcentreplusadvisor.co.uk/>

[www.laleche.org.uk](http://www.laleche.org.uk) Breastfeeding support. Tel: 0845 120 2918

<http://www.nmc-uk.org/Documents/NMC-Publications/NMC%20Supervisor%20of%20midwives.pdf>

Information about Supervisors of Midwives

[www.moneyadvice.service.org.uk/en/tools/baby-money-timeline](http://www.moneyadvice.service.org.uk/en/tools/baby-money-timeline) [Having a baby – interactive money timeline - Money Advice Service](#)

[www.nspcc.org.uk](http://www.nspcc.org.uk)

<https://www.nct.org.uk/pregnancy>

[www.opfs.org.uk](http://www.opfs.org.uk) One Parent Families Scotland

[www.playtalkread.org](http://www.playtalkread.org)

[www.parentingacrossscotland.org](http://www.parentingacrossscotland.org)

[www.readysteadybaby.org.uk](http://www.readysteadybaby.org.uk) App available

[www.readysteadytoddler.org.uk](http://www.readysteadytoddler.org.uk)

[www.scottishbooktrust.com/bookbug](http://www.scottishbooktrust.com/bookbug)

[www.scottishfamilies.gov.uk](http://www.scottishfamilies.gov.uk)

[www.scottishcotdeathtrust.org](http://www.scottishcotdeathtrust.org)

[www.sleepscotland.org](http://www.sleepscotland.org)

[www.stepsforstress.org/gettingready](http://www.stepsforstress.org/gettingready)

[www.takelifeon.co.uk](http://www.takelifeon.co.uk)

[www.vegsoc.org](http://www.vegsoc.org)

### **Commercial websites**

[www.babycentre.co.uk](http://www.babycentre.co.uk)

[www.everything-baby.org.uk](http://www.everything-baby.org.uk)

[www.nappynetwork.org.uk](http://www.nappynetwork.org.uk)

[www.netmums.com](http://www.netmums.com)

