

Pregnancy, Parenting and Breastfeeding

Our most popular resources



These resources can be borrowed by our library members. NHS staff and people who work in health promotion in the Bradford and Airedale area are eligible for membership. To join please complete a membership form in person at the library.

There is no standard loan on these items. We ask for loans to be under two weeks to allow other library users to borrow our resources.

We recommend placing advanced bookings on items by contacting us with your required resources and the dates that you need them for. This ensures that the resources are available when you need to borrow them.

To see our full range of resources search our library catalogue at <http://bradford.nhslibraries.com> or come to the library with a work ID badge to see them in person. We are based in the old building to the right of main reception, our address is:

**Library and Health Promotion Resources,
Lynfield Mount Hospital,
Heights Lane,
Bradford,
West Yorkshire,
BD9 6DP**

MODELS & DISPLAYS

Pregnancy, Parenting & Breastfeeding



Breastfeeding Benefits Display Box

B49018, B49235

A collection of fourteen objects to represent the benefits of breastfeeding and a guidance sheet. The collection includes toy money to show it saves money and a timer to show the time savings.

WQ 600 CHI

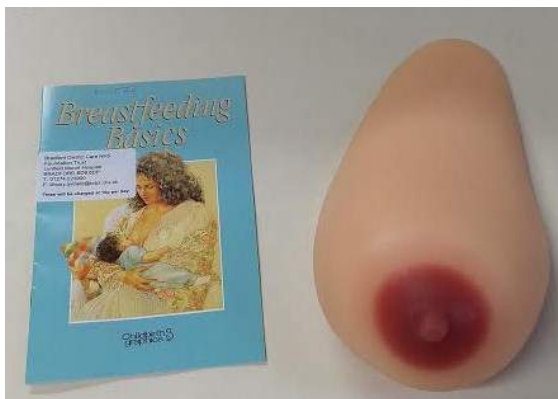


Mother's Own Milk Breastfeeding Trainer Model

B48465

Cloth model for breastfeeding training and correct positioning practice. Includes gingham cloth to tie model onto body.

WQ 600 CHI

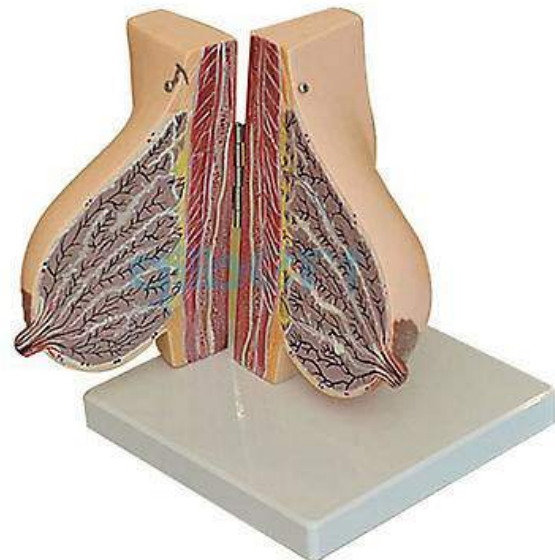


Breastfeeding Basics - lactation model

B49022 (white), B49021 (black)

A life size model of a female breast for use in breastfeeding education. The model is made out of a synthetic tissue. Also includes an information booklet.

WQ 600 CHI



Mammary Gland of Nursing Woman

B27892

A life size anatomical model showing the mammary glands of a woman who is breastfeeding.

WQ 600 MAM

Pregnancy, Parenting & Breastfeeding



Breastmilk Composition Display

Model

B49020

Set of three beakers showing the relative proportions of colostrum, foremilk and hindmilk. An information card explains the benefits of each kind of milk.

WQ 600 CHI



Dirty Details - Breastfed Baby Stools Story

B49062

This unique, realistic display shows the colour and texture of a breastfed baby's stools through the first days in life.

WQ 600 CHI



Large Baby and Placenta

B49024

A life sized and realistically weighted newborn baby with a plastic realistic head, hands and feet and a cloth body and detachable placenta. Can be used for antenatal classes.

QS 4 LAR



Black and White Anatomically Correct Dolls

B60026

A set of four anatomically correct newborns. A black male, black female, white female and white male.

QS 4 BAB



Uterus with Foetus Anatomical Model Set (5 stages)

B49491

Set of 5 models showing the true to life size of a uterus and foetus at 5 different stages in pregnancy.

QS 4 HEA



Foetus 5 Months

B27888, B48263

This life size model shows the size of the uterus and foetus at five months of pregnancy.

QS 4 FOE



Pelvis with Foetus

B27887, B48974

A life size model showing the position and size of a 9 month foetus though the female pelvis. The foetus is also removable.

QS 4 FOE



The Bump—Pregnancy Simulator

B49322

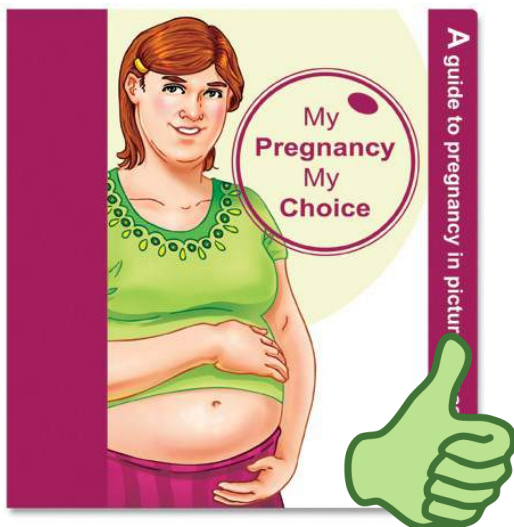
A unique pregnancy simulator to replicate the weight gain and changing body shape that occurs in pregnancy. Stored in travel backpack.

WQ 205 LIF

BOOKS, TEACHING PACKS & GAMES

Pregnancy, Parenting & Breastfeeding

Pregnancy, Parenting & Breastfeeding

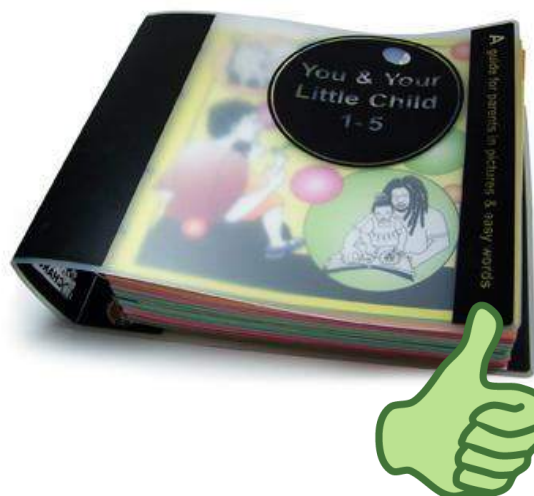


My Pregnancy My Choice

B49229

This easy read folder by CHANGE covers knowing if you are pregnant, antenatal care, your developing baby, first days with your baby and problems in pregnancy. Pages can be easily photocopied.

WQ 520 CHA

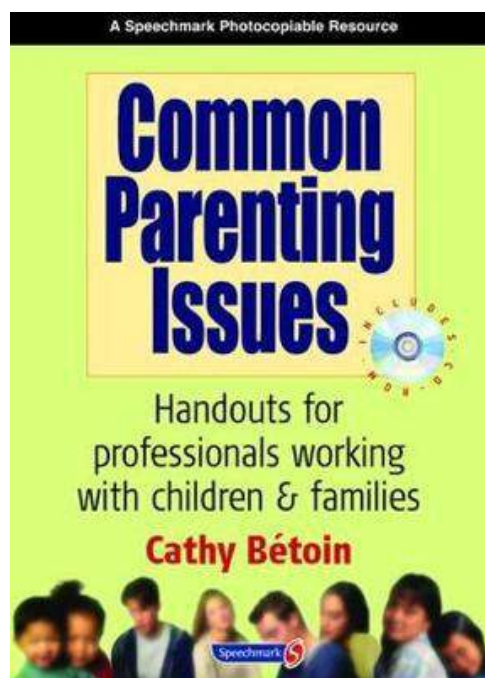


You and Your Little Child 1-5

B49300

This easy read folder by CHANGE covers guidance for parents of a young child on a range of topics including routines, parenting skills, food and health. Pages can be easily photocopied.

WQ 520 CHA



Common Parenting Issues

B49450, B32058, B27831

This spiral bound A4 teaching pack provides photocopiable handouts on a range of parenting topics including behaviour, communication and relationships. Includes a CD-ROM.

WQ 520 BET



Breastfeeding Step by Step

B49056, B49057

A collection of laminated A4 cards showing photographs of a baby breastfeeding. Includes an information sheet explaining each picture.

WQ 520 NCT

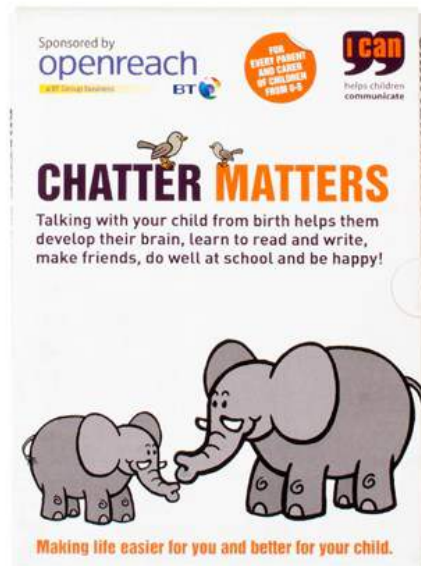
DVDs



The Essential Baby Care Guide

B49460

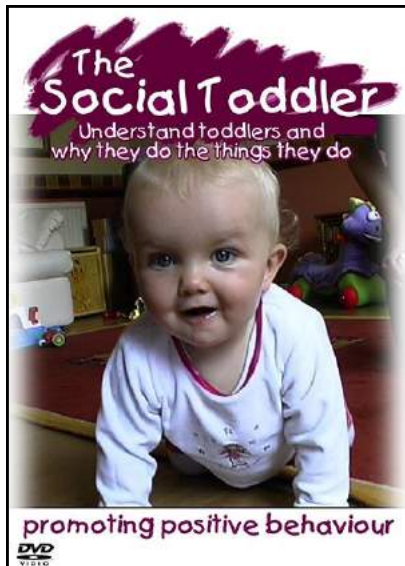
A set of 4 DVDs covering feeding, care and development, sleeping and first aid. Advised and narrated by Professor Robert Winston.
Running Time: 8 hours (across 4 DVDs)



Chatter Matters

B49183, B49184

An insightful DVD explaining the benefits of talking to your baby for their development. It offers ideas for how to support your child's language development.
Running Time: Interactive DVD with 5 –10 min clips.



The Social Toddler

B44248

This DVD explores why toddlers do certain things and offers tips for how to respond positively.

Running Time: 30 mins

WQ 520 CHI



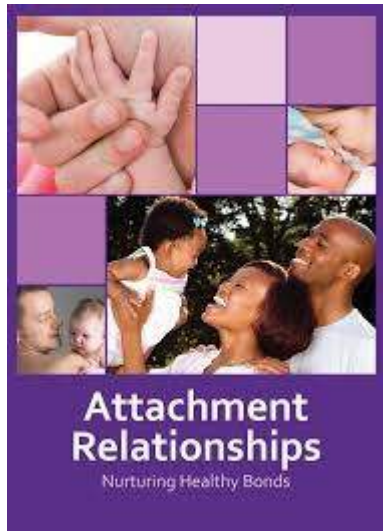
Playing and Learning Together

B29527

This parenting DVD is divided into 5 sections including communication, bonding with a father and day trips out with a child.

Running Time: 30 minutes

WQ 520 DEP



Attachment Relationships: Nurturing Healthy Bonds

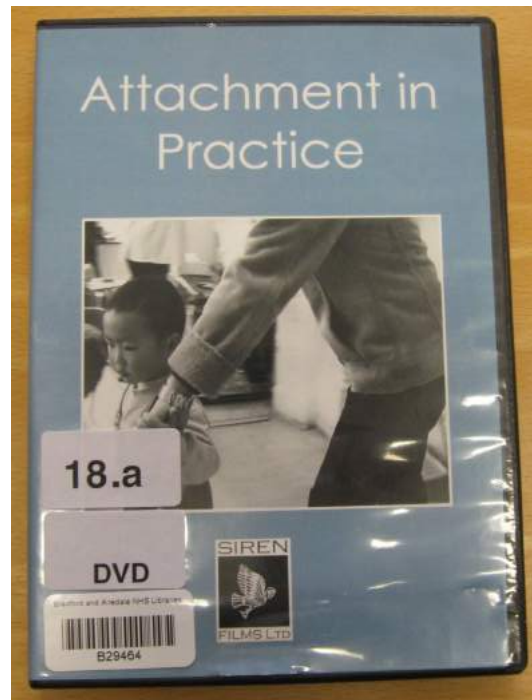
B43546

Follows the journey of attachment from birth to two.

Also comes with teaching notes.

Running Time: 30 minutes

WS 100 ATT



Attachment in Practice

B29464, B40192

A film showing the development of attachment behaviour from pre-attachment to increasing independence from birth to three.

Running Time: 42 minutes

WS 100 ATT