

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**



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.



Mother's Own Milk Breastfeeding Trainer Model

B48465

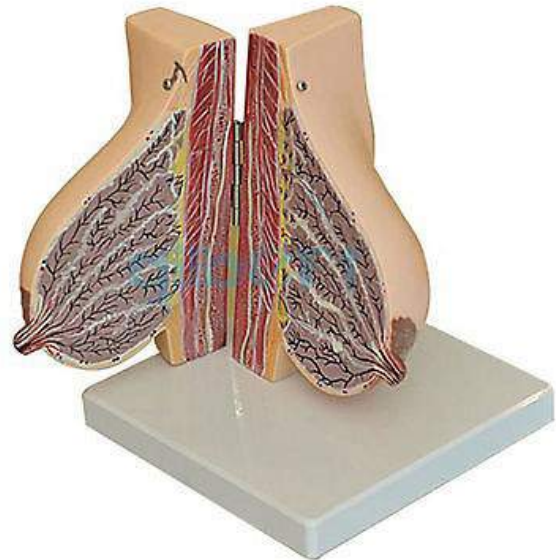
Cloth model for breastfeeding training and correct positioning practice. Includes gingham cloth to tie model onto body.



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.



Mammary Gland of Nursing Woman

B27892

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



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.



Breastfeeding Belly Balls

B61223

Three balls which show the average size of a newborn's stomach on the first day, third day and fifth day. Belly Balls are a helpful aid to show how small a newborn's stomach is and also to show that the available amount of milk is, as a rule, completely sufficient.



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.



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.



Foetus 5 Months

B27888, B48263

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



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.



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.



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.

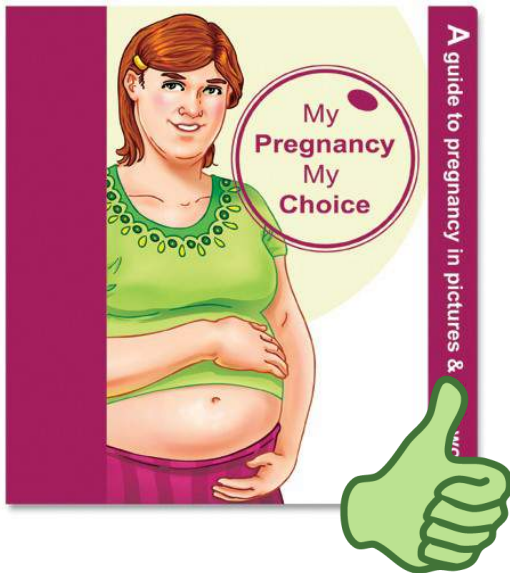
We also have a range of baby models for safety, alcohol and drug awareness. To view these models please consult the relevant picture catalogue.



Black and White Anatomically Correct Dolls

B60026

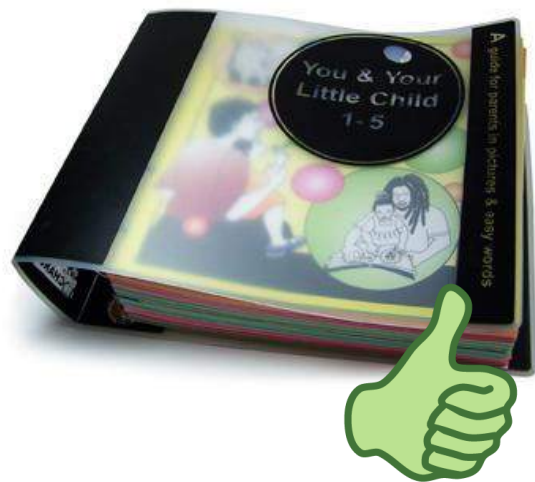
A set of four anatomically correct newborns. A black male, black female, white female and white male.



My Pregnancy My Choice

B49299

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.



You and Your Little Child 1-5

B49300

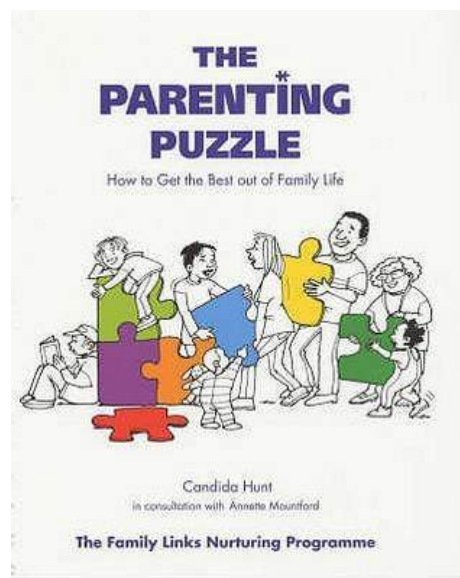
This easy read folder by CHANGE covers guidance for parents of a young child on a range of topics including routines, parenting skills, food and health. Pages can be easily photocopied.



Promoting Attachment with a Wiggle, Giggle, Hug and Tickle

B61362

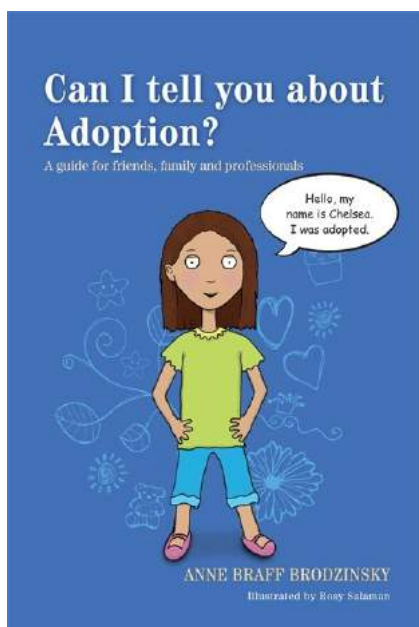
Teaching pack to promote secure and positive attachments between children aged 0-2 and their parent or carer. Features exercises involving singing, movement and sensory activities



The Parenting Puzzle

B28397, B28892

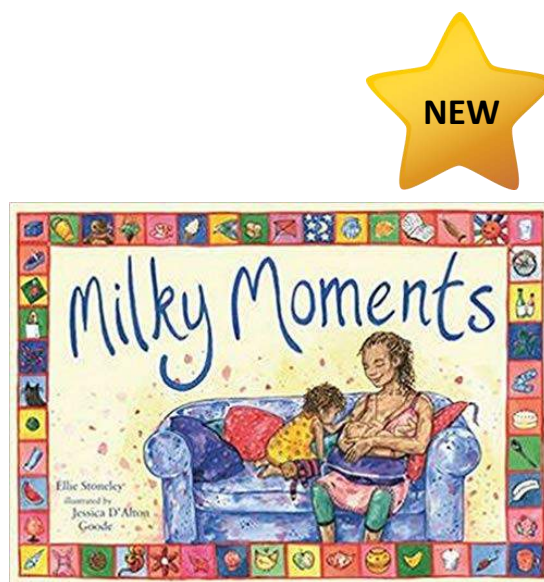
A workbook to help parents and carers parent in a positive way to boost self-esteem and gain understanding of their child's emotions.



Can I tell you about adoption?

B49722

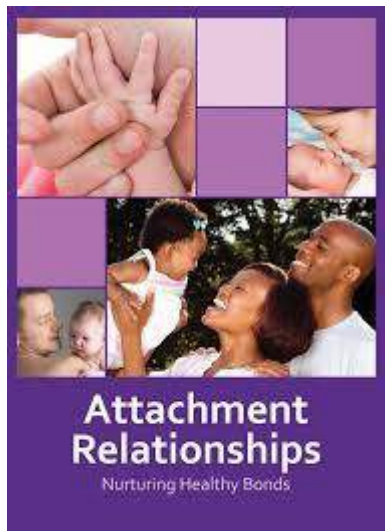
An illustrated book to explain adoption for children aged 7 and over.



Milky moments

B61363

A picture book with accompanying rhyming text about breastfeeding. The breastfed children's ages range from newborn to 5 years old, baby and child breastfeeding positioning is accurate and realistic.



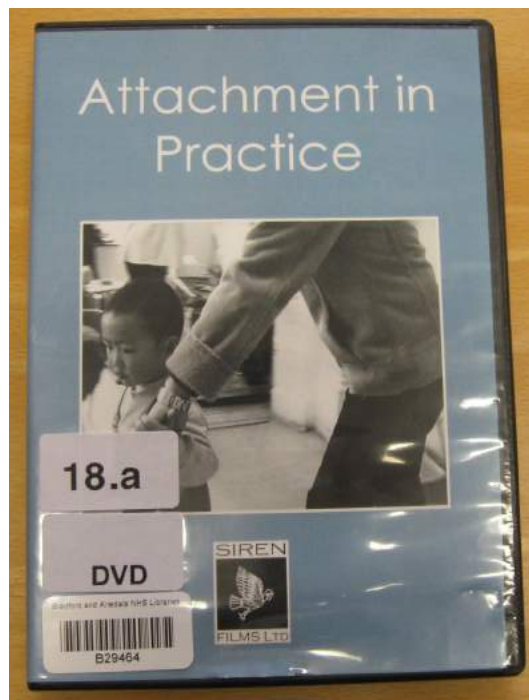
Attachment Relationships: Nurturing Healthy Bonds

B43546

Follows the journey of attachment from birth to two.

Also comes with teaching notes.

Running Time: 30 minutes



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