



Your important health information

Parenting Website Resources

Organisation	Website
Healthy Eating during Pregnancy Advice on eating for mother and baby	www.eatforhealth.gov.au
Australian Breastfeeding Association Breastfeeding education, support and advocacy	www.breastfeeding.asn.au
Continence Foundation Good bladder habits to improve bladder control	www.continence.org.au
Rednose (Sids and Kids) How to sleep baby safely and avoid sleep accidents	www.sidsandkids.org
Raising Children Network For Parenting basics from birth to 5 years	www.raisingchildren
Panda Post and antenatal depression and anxiety	www.panda.org.au
Beyond Blue Guide to emotional health and wellbeing	www.beyondblue.org.au
Australian Competition & Consumer Commission A guide to infant and nursery products	www.accc.gov
VicRoads Safety advice for using infant restraints	www.vicroads.vic.gov.au
Pet Safety Guide to nurturing the child and pet relationship from pregnancy to preschool	www.pets.dpi.vic.gov.au

<p>Quit Smoking</p> <p>Information and help to quit smoking</p>	<p>www.quit.org.au</p>
<p>The Safety Centre</p> <p>Resources and information services for families</p>	<p>www.rch.org.au/safetycentre</p>
<p>Nappy Education</p>	<p>www.thenappyexperts</p>
<p>Better Health Channel Victoria</p>	<p>www.betterhealth.vic.gov.au</p>
<p>NSW Health: Pregnancy Birth & Baby</p>	<p>www.pregnancybirthbaby.org.au</p>
<p>Maternal and Child Health</p> <p>Health and development checks from birth to 4 years</p>	<p>www.education.vic.gov.au/childhood/parents/mch/</p>
<p>O'Connell Family Centre</p> <p>Support and education for new families</p>	<p>www.mercyhealth.com.au</p>
<p>Australian Multiple Birth Association</p> <p>Twins or more</p>	<p>www.amba.org.au</p>
<p>Child Accident Prevention Foundation Australia</p>	<p>www.kidsafevic.com.au</p>
<p>Royal Children's Hospital</p> <p>Fact Sheets</p>	<p>www.rch.org.au</p>
<p>Family Planning Victoria</p> <p>Contraception</p>	<p>www.fpv.org.au</p>
<p>Billings Ovulation Method</p> <p>Contraception</p>	<p>www.thebillingsovulationmethod.org</p>

Further Information

If you have any questions regarding this information, please contact Parent Education:
 Mercy Hospital for Women Phone: 8458 4152
 Werribee Mercy Hospital Phone: 8754 3412

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