

Making sense of information overload after baby is born!

Welcome to parenthood. There is a lot of information to get your head around and this is a very steep learning curve!

There are conversations to have with family, friends and health professionals as well as information rich sources such as books and websites.

www.maternity-matters.com.au was built to link you to good sources of information as well as attempting to answer commonly asked questions. Please have a look through the resources, which include blogs, video clips and hyperlinks to other sites. The following topics are particularly relevant to the parenting journey.

Stage of pregnancy or location of blog or website hyperlink	Recommended blogs or specific information (they may be on multiple pages)	Recommended websites (links may be on multiple pages)
After pregnancy	<input type="checkbox"/> Seriously, do we need another visit to the doctor!	<input type="checkbox"/> Raising children <input type="checkbox"/> PBB <input type="checkbox"/> Possums online
	<input type="checkbox"/> What to do with all of that advice!	<input type="checkbox"/> RCH (Melbourne) <input type="checkbox"/> Triple P
	<input type="checkbox"/> It really does take a village to raise a child	<input type="checkbox"/> Safe Sleeping <input type="checkbox"/> Making up a cot
	<input type="checkbox"/> Information on the first few weeks following birth	<input type="checkbox"/> COPE <input type="checkbox"/> ABA
	<input type="checkbox"/> Sex after baby is born – the first two months	<input type="checkbox"/> Parents to partners
	<input type="checkbox"/> Returning to sport or exercise after birth	<input type="checkbox"/> Pelvic floor
	<input type="checkbox"/> How to introduce solid foods to baby for allergy prevention	<input type="checkbox"/> Prevent Allergies
	<input type="checkbox"/> The answer is always yes	<input type="checkbox"/> Raising children
	<input type="checkbox"/> Just. Say. No.	<input type="checkbox"/> Choice (ACA)
	<input type="checkbox"/> Let's talk about sex	<input type="checkbox"/> Dr Rosie King
	<input type="checkbox"/> Sleep	<input type="checkbox"/> Raising children <input type="checkbox"/> PBB <input type="checkbox"/> Possums online <input type="checkbox"/> Parentline
	<input type="checkbox"/> Rashes	<input type="checkbox"/> Dermnetnz
	<input type="checkbox"/> Birthmarks	<input type="checkbox"/> Dermnetnz

Stage of pregnancy or location of blog or website hyperlink	Recommended blogs or specific information (they may be on multiple pages)	Recommended websites (links may be on multiple pages)
	<input type="checkbox"/> Eczema	<input type="checkbox"/> Dermnetnz <input type="checkbox"/> Prevent Allergies <input type="checkbox"/> RCH <input type="checkbox"/> BMJ (bath oils) <input type="checkbox"/> Kids Health NZ
	<input type="checkbox"/> Lumps and bumps	<input type="checkbox"/> Raising Children <input type="checkbox"/> Sydney Children's Hospital <input type="checkbox"/> RCH <input type="checkbox"/> PBB
	<input type="checkbox"/> When the bough breaks	<input type="checkbox"/> COPE <input type="checkbox"/> PBB <input type="checkbox"/> Possums online <input type="checkbox"/> Parentline
	<input type="checkbox"/> Germ transfer units	<input type="checkbox"/> CDC

Further recommendations:
