

Highland's Information Trail

Delivering Integrated Children's Services in Highland

Introduction

This *Highland Information Trail* guides professionals to resources available to support and improve maternal and child health across Highland. It covers information from both a national and local perspective from pre pregnancy through to the age of five. A number of useful websites are also listed to further support families.

This resource combines the [Public Health Scotland Early Years Pathway](#) and is structured to complement the core programme of contacts as detailed in [Maternity pathway and schedule of care](#) and [The National Health Visiting Pathway for Scotland](#) ensuring integrated services and seamless transitions. It also supports [The Best Start: A Five-Year Forward Plan for Maternity and Neonatal Care in Scotland](#) by empowering parents to make choices based on high quality information. Additional support and contact is given if necessary following assessment.


Health Literacy

Health Literacy is about people having enough knowledge, understanding, skills and confidence to use health information, to be active partners in their care, and to navigate health and social care systems. One in five adults in Scotland has difficulty with reading/numeracy and learning acquisition, therefore it is important to ensure that any information leaflets given out are complimented with a full explanation and discussion of their contents. Check directly with the person how best to communicate information which may be better in DVD or picture formats, several materials are available in easy read versions. *Ready Steady Toddler!* is no longer available, as an alternative for parents with learning disabilities, resources are available to order from the HIRS library. These include ***You and Your Baby 0 – 1***; and ***You and Your Little Child 1 – 5*** (order one per client). [The Health Literacy Place](#) is a useful resource for developing your health literacy skills with useful tools and techniques such as Teach back, chunk and check, using simple language and pictures. There is further information on health literacy from NHS Education for Scotland [Health Literacy](#) on the Turas platform.

Health Improvement/Health Behaviour Change

Taking a motivational interviewing (MI) approach in supporting health behaviour change is more effective than simply giving advice, how we present information is of great importance. Local health behaviour change and MI training is provided by NHS Highland Health Improvement Team, their prospectus, training calendar and booking forms can be accessed here [Learning & Development for Health Improvement 2025-2026](#)

BadgerNet – Maternity

The BadgerNet Maternity system is an electronic maternity record (EMR). Women are offered the option to consent to an online portal and application (Badger Notes) to view their maternity records and access leaflets over the internet through PC, tablet device or mobile phone. Please note that women who do not opt into this service, have no access to a personal smartphone/device or have limited or no English should continue to be provided with printed copies. This also applies to any woman who you feel will benefit from a printed copy. Universal resources will be automatically assigned to the recommended reading list at the relevant gestation and targeted resources should be assigned by the midwife as appropriate. **All women should be OFFERED the hard copy version of 'Ready Steady Baby!' - standard order is 20 copies (email HIRs if more is required).** Resources available on women's portal are annotated with the BadgerNet icon 

Health Improvement Resource Service (HIRS) hirs.mailbox@nhs.scot Website: <http://healthyhighlanders.co.uk/HPAC> Telephone: 01463 704 647,

The Health Information and Resources Service (HIRS) has a Library which offers a wide range of health-related materials for loan, free of charge to those working or living within the Highlands. Materials consist of: Leaflets, Posters, Training Packs, Games, Models & Equipment. Most Leaflets can be viewed online and downloaded from the website where clients need to register with HIRS at <http://healthyhighlanders.co.uk/HPAC>. NHSH, Rowans, Room 38 Flat 3, New Craigs, Leachkin Road, Inverness, IV38NP.

Information for Health Professionals

New for 2025

Perinatal Mental Health Condition- Advice for women, birthing parents and their partners phone app

Birthplace decisions: information for pregnant women and partner on planning where to give birth

FGM: a statement opposing FGM

Information on deinfibulation

Ready Steady Baby! is a key resource for parents and provides most of the information that they will need before, during and after pregnancy. The different professionals who have contact with women throughout this time should make a point of referring to this resource. It covers pregnancy and 6-8 weeks post birth and has been designed to reduce the need for many different leaflets. ***A hard copy should be offered to all pregnant women.*** An easy read version of RSB has been developed by Public Health Scotland.

Off to a Good Start is a key resource for supporting breastfeeding. Professionals who have contact with women at all stages should refer back to it and work through it with women.

Pre-pregnancy Care - All professionals who have contact with women and partners who may be contemplating pregnancy should advise them about safe medications, healthy diet, and lifestyle, e.g., physical activity, healthy weight, smoking, alcohol and

substance use. This discussion should also include the importance of folic acid and vitamin D supplements.

Nutrition – Preconception & maternal healthy weight: Eating well in pregnancy guidance offers best practice in promoting healthy weight in the pre-pregnancy, pregnancy and postnatal period. It aims to reduce pregnancy risks linked to a high BMI by improving nutrition, fitness, and access to services.

Healthy Weight in Pregnancy
Preconception and healthy weight eating well in pregnancy

Infant Feeding Policy- Maternity

Infant Feeding Policy- Health Visiting

Healthy Start Maternal Vitamins It is recommended that women take 400 micrograms supplement of folic acid for 3 months before conception and until 12 weeks pregnant and a daily supplement of Vitamin D 10 micrograms throughout pregnancy. **Vitamins in pregnancy** . **All pregnant women in Highland are entitled to free Healthy Start Vitamins for the duration of their pregnancy.**
They should be offered with a supporting conversation at:

- Booking- 2 bottles
- 22-week appointment- 2 bottles

Healthy Start Vitamins Breastfeeding mothers are provided free to all breastfeeding mothers up to 1 year. Thereafter breastfeeding women are encouraged to take a Vitamin D supplementation.

Healthy Start Children's drops

Are provided free to all children under 12 months old and free to infants that are eligible for Best Start Foods/Grants from age 1 – 3

Please note that vitamin drops are only for breastfed children and formula feeding children that are taking less than 500ml of formula daily

Midwives and Health Visitors can order these via HIRS

Oral Health Care - Pregnancy offers an opportunity to remind women to register with a dentist. NHS dental treatment is free during pregnancy and until the baby is 1 year old.

Remind women:

- Maintain good oral hygiene by brushing twice daily with 1500 ppm fluoride toothpaste and flossing to prevent gum issues.
- Baby teeth start calcifying at 5 months in utero.
- Adult teeth begin calcifying just before or shortly after birth.

If women experience any problems registering with a dentist then the NHS Dental Help Line number should be given:
North Highland - 08001412362 or
Argyll & Bute CHP - 0845 833 2310.

For further information to help care for your child's teeth, see **www.child-smile.org.uk**

Flu, pertussis & RSV - vaccinations must be discussed with women and relevant information leaflets provided.

Best Start Grant Is a package of four payments to give money to lower income families during the key early years of a child's life. These payments will not affect other benefits and are eligible to the mother of the child, her partner or someone who has a young mother dependent on them if they are on the following benefits. Universal Credit, Income support, income-based jobseekers' allowance, income-related employment and support allowance, pension credit, housing benefit, child tax credit and working tax credit. Under 18's or 18- & 19-year-olds who are still in full time education do not need to be on a qualifying benefit.

Best Start Foods replaced the healthy start voucher scheme in Scotland in 2019. It **provides** eligible women with a pre-paid card that can be used to buy healthy foods for children under 3. The card can be used in shops and online. The payments are:

- £21.60 every 4 weeks during pregnancy
- £43.20 every 4 weeks from your child being born up until they're a 1-year-old.
- £21.60 every 4 weeks between the ages of 1 and 3

Pregnancy and Baby Payment

- £767.50 for the first child, £383.75 for subsequent children, and an additional £383.75 for multiple births.
- To help cover costs such as prams or baby clothes, but parents can spend the money as they see fit.
- Can be claimed from 24 weeks of pregnancy until the baby is 6 months old.
- Evidence from Baby Box claim, Mat B1, or birth certificate.

Early Learning Payment of £319.80 is available for low-income eligible families when a child reaches the age of 2 or 3 years.

School age Payment of £319.80 around the time a child would usually start school. This does not replace the **School Clothing Grant**
Scottish Child Payment Weekly payment of £27.15 for every child to help towards the costs of supporting your family. Payment is every 4 weeks if application is successful.

Further information and how to apply here:

<https://www.mygov.scot/best-start-grant/>

Child Benefit Paid to one person, if you're responsible for bringing up a child who is:

- under 16
- under 20 if they stay in approved education

Eldest or only child £26.05 per week

Additional Children £17.25 per week

Paid 4 weekly

Further information and how to apply here:

[Child Benefit: Make a claim - GOV.UK](https://www.gov.uk/child-benefit)
www.gov.uk

Scotland's Baby Box:

- Every baby in Scotland is entitled to a free baby box from the Scottish government.
- The box includes baby essentials for the first six months and can be used as a safe sleeping space.
- Midwives fill out a registration card at around 22 weeks during an antenatal appointment. The box is delivered at least four weeks before the due date to the address provided.

In unfortunate circumstances such as still birth delivery of a box may be cancelled via **scotlandsbabybox@theapsgroup.com** or

0800 030 8003 quoting the registration number on the leaflet. Additional registration cards are requested from the same above email address. More information (contents, etc) is available at **<http://www.parentclub.scot/baby-box>**

Benefits, Entitlements, and Work Support:

- **Financial Health Check:** Available to all households in Highland for advice on money and debt management.
- **Pregnant Women:** Can self-refer to local Citizens Advice Bureaux for independent advice on debt management, housing, employment rights, and more.
- **Support for Vulnerable Families:** Staff can refer families with appropriate consent.
- **Highland Council Welfare Support Team:** Provides advice on benefits and other entitlements.

The Welfare Support Team can be contacted on 0800 090 1004 or email

welfare.support@highland.gov.uk

Contact details of local CAB offices can also be found **[here](#)**

SMP and MA pay guides can be accessed
Statutory Maternity Pay & Maternity Allowance

Staff can access training **[Health inequalities : money counts \[supportive conversations\] | Turas | Learn](#)**

You can watch this short clip asking about money worries

https://www.youtube.com/watch?v=ge2XedoG_T8&feature=youtu.be

Staff working in Argyll & Bute can access locality information from:

<http://www.argyll-bute.gov.uk/social-care-and-health/welfare-rights>

Words Up Baby is a resource being used in universally in NHS Highland/Highland Council which highlights the importance of communication, promoting positive attachment with babies even before birth. The key messages are discussed with parents at appointments during pregnancy and after birth.

Before Birth leaflet is given at 22 weeks to accompany the antenatal conversations.

Baby talks handout is given at 4-8 weeks after birth.

Words Up Early Stages highlights 6 key messages essential to promoting early language development. Where there is a concern about a child's language development, this series of leaflets (available in A4 or A5 size) will help to support a discussion of ways to promote early language. Although they are aimed at parents of children from the toddler to P1 stage, no ages are specified on the leaflets, allowing them to be given at the right time for the child depending on their stage of development. The 4 leaflets are titled: 'First Words'; 'Words Together'; 'Talking Together' and 'Chatting Now' and are available from HIRS.

Play@home:

- Families in Scotland with children aged 0-5 receive baby, toddler, and pre-school books.
- Activities in the books support child development, attachment, and family communication.
- Professionals refer to these activities when discussing children's physical, social, and emotional growth, as well as speech and language development.
- The books can also be used to discuss baby massage.

Bookbug offers free bags of books and goodies for children, distributed through health visitors, early years settings, and local libraries.

- Each child receives four bags: Baby Bag, Toddler Bag, Explorer Bag, and P1 Family Bag, with Gaelic versions available.
- Families can also join free, fun Bookbug sessions at various locations, where they enjoy rhymes, songs, and stories together. These sessions support positive attachments and the development of speech and language skills.

Family Nurse Partnership (FNP) deliver intensive home visiting to young women having their first baby.

- Young women 20 years old & under, 25 years old if care experienced.
- The main aims of the programme are to improve maternal health, child health and development and increase the family's economic self-sufficiency.
- FNP is offered in some areas of Highland
- Areas that do not have access to FNP should consider Community Early Years Practitioners or other Third Sector Partners who offer support to young people.
- Further Information [HERE](#)

Translating and interpreting - Women and families who do not speak English as a first language may require interpretation or translation services to enable communication. It is the responsibility of staff to book the service if required. Face to face interpretation is available for spoken languages through Global Languages and telephone

interpretation is available through Language Line. British Sign Language interpretation is also available for service users who are Deaf or hard of hearing as well as other communication support such as lip reading or note taking. For interpretation and translation guidance see

NHS staff: [here](#)

Highland Council Staff: [here](#)

Digital Inclusion A discussion should be had with all women and their families to check their ability to access digital resources and offer supporting health information accordingly either digitally or in paper format. Not being able to access resources digitally whether it be through lack of confidence, skills or poverty puts families at a huge disadvantage. The Connecting Scotland Website [**Connecting Scotland**](#) provides information and practical help for organisations supporting families to get digitally connected.

Family Information Services provide details on registered Early Learning and Childcare (ELC) services across Scotland. Information can be found on registered child minders, registered after school clubs, registered day care nurseries, registered ELC settings and non-registered parent and toddler groups.

Offices are open Mon – Fri 9am – 5pm.

Highland Tel: 01463 702 871
[**familyinformationservice@highland.gov.uk**](mailto:familyinformationservice@highland.gov.uk)

Argyll & Bute Tel: 01369 70851

Families can access the link and click on their regional area for local information:
[**www.families.scot**](http://www.families.scot)

1140 hours of funded early learning and childcare is available for 2-year-olds who:

- 2-year-olds who are, or have been at any time since turning 2, looked after by the local authority, subject of a kinship care order or subject of a guardianship order. (LAC).
- Have a care experienced parent who has been in care under a UK Local Authority and is able to supply evidence of this or if not gives permission for Officers to verify their status. (Care Experienced)
- 2-year-olds living in households where their parent(s) meet the qualifying benefit criteria below - out of work benefits or income-related benefits with income below a certain threshold. (Benefit related)
- 2-year-old discretionary places- must be requested by named person or other professional and be submitted with a comprehensive, clear, and concise child's plan. If the plan does not highlight the anticipated outcomes and benefits for the child, the application may be refused. (Discretionary).

Qualifying benefits:

- Income support
- Income based Job Seekers Allowance
- Any income related element of Employment and Support Allowance
- Child Tax Credit, but not in receipt of Working Tax Credit, and an income below £19,995
- Child Tax Credit and Working Tax Credit, and an income below £9,552.
- Support under Part VI of the immigration and Asylum Act 1999

- Universal Credits with an earned income below £796 per month
- Incapacity Benefit or Severe Disablement Allowance
- Pension Credit
- Care experienced parent who has been in care under a UK local authority

For further information

Enrol your child for early learning and childcare

Just Ask Enquiry Line

If you have questions about the development or wellbeing of a child or young person in Highland, you can call on Tuesdays or Thursdays from 1pm to 4pm. A health or educational professional will return your call within a few days. Call 0300 303 1365 for assistance. Further Information [HERE](#)

Highland Third Sector Interface

The Highland Third Sector Interface was formed in 2012 and officially launched on the 4th of March 2013. Their Mission is to ensure that the Third Sector in Highlands is strong, developing and a valued community and regional asset. As a Third Sector Interface they work together with eight partners to deliver, among other services, four specific themes of work as agreed with the Scottish Government:

- Volunteering development
- Social Enterprise development
- Supporting and developing a strong third sector
- Building the third sector relationship with community planning

They co-ordinate the regional work,

specifically strategic involvement with the public and private sectors, while supporting locally delivered work of our Partners.

For more Information

info@highlandtsi.org.uk

01349 864289

Thorfin House, Bridgend Business Park, Dingwall, IV15 9SL

See their useful community directory [HERE](#)

Violence Against Women (VAW) VAW is a widespread issue that affects many of the women and children we work with. The Highland Violence Against Women Partnership has developed a range of resources to support staff, including:

- Guides on responding to VAW.
- Specific protocols for sexual violence, Female Genital Mutilation (FGM), and forced marriage.
- Documentation to support MARAC risk identification and referral.
- Information on support services
- A face-to-face multi-agency training programme

For the most up-to-date resources, please visit the Highland Violence Against Women Partnership website [**Ending Violence Against Women - HVAWP \(scot.nhs.uk\)**](#)




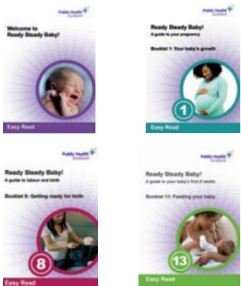

Some resources are also available through HIRS (search under subject 1GBV gender-based violence).

Hazel Inglis- Midwifery Development Officer


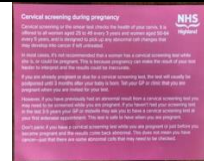
[**Hazel.inglis@highland.gov.uk**](mailto:Hazel.inglis@highland.gov.uk)


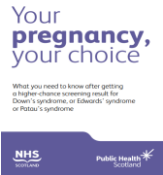





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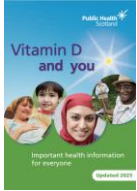

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Gestation/Age resource should be issued/assigned to Badgernet Recommended Reading list	Information resource	Image	Given by	Produced by	Alternative languages/formats available
			Universal and/or Targeted	Available From	
Preconception & 1 st Booking visit (Assigned to BN @ 8-12 weeks)	Ready Steady Baby! The online version revised in 2025		Midwife/GP	Public Health Scotland	Online Ready Steady Baby! (nhsinform.scot) Translations & accessible formats Ready Steady Baby! Translations - Publications - Public Health Scotland
			Universal	Weblink only	
Preconception & 1 st Booking visit (Can be assigned to BN @ 8-12 weeks)	Healthy food and mood in pregnancy: This leaflet gives information on a healthy diet and keeping active in pregnancy. 2023 Revised Edition		Midwife/GP or Family Nurse	NHS Highland	
			Targeted	HIRS L1CPB/007/L	
Preconception & 1 st Booking visit (can be assigned to BN @ 8-12 weeks)	Perinatal Mental Health Condition- Advice for women, birthing parents and their partners: This toolkit offers guidance on mental health before, during, and after pregnancy on a phone app.		Midwife/GP or Family Nurse	Health Improvement Scotland/ SIGN	Right Decisions: Health & Care on the App Store Right Decisions: Health & Care – Apps on Google Play
			Targeted	Phone app.	
1 st Booking Visit (can be assigned to BN @ 8-12 weeks)	Ready Steady Baby- Easy Read Booklets The booklets are split into 3 different sections. <ul style="list-style-type: none"> • Booklets 1-7 are a guide to pregnancy • 8-12 cover labour and birth • 12-19 baby's first 8 weeks November 2023 version		Midwife/GP or Family Nurse	Public Health Scotland	PDFs can be downloaded here Ready Steady Baby easy read - Publications - Public Health Scotland These replace my pregnancy my choice resource. 
			Targeted	HIRS L1BAB/069/L	

1st Booking visit	Ready Steady baby Encompasses pre-birth until baby is 8 weeks old. <i>All women should be offered a hard copy of this resource</i> Revised edition 2025		Midwife or Family Nurse	Public Health Scotland	Available in Arabic, Polish and simplified Chinese (Mandarin) and Ukrainian Ready Steady Baby Translations
			Universal	HIRS L1CPB/003/L	Alternative formats (Braille, Large print, and audio versions) email phs.otherformats@phs.scot
1st Booking Visit Should be ordered and issued alongside the RSB 	Ready Steady Baby Vaccines in Pregnancy Explains why vaccines are offered during pregnancy covers flu, RSV and whooping cough April 2025		Midwife, Family Nurse,	Public Health Scotland	Available in Arabic, Polish, and simplified Chinese (Mandarin) and Ukrainian Public Health Scotland-Vaccines in pregnancy leaflet
			Universal	HIRS L1IMM/037/L	Alternative formats (Braille, Large print, and audio versions) email phs.otherformats@phs.scot
1st Booking visit 	Winter Flu vaccine 2025 Information leaflet explaining about the winter flu vaccine for pregnant women		Midwife, Family Nurse	Public Health Scotland	Translations and alternative formats (Braille, large print, audio versions and easy read) of this leaflet are available phs.otherformats@phs.scot 0800 030 8013
			Universal	HIRS L1IMM/042/L	
1st Booking visit 	Protect your baby against respiratory Syncytial Virus (RSV) This leaflet provides information on RSV vaccine which is offered during pregnancy to help protect babies against serious illness caused by RSV.		Midwife, Family Nurse	Public Health Scotland	Translations and alternative formats (Braille, large print, audio versions and easy read) of this leaflet are available Protect your baby against respiratory syncytial virus (RSV) - Publications - Public Health Scotland phs.otherformats@phs.scot
			Universal	HIRS L1IMM/045/L	












1st Booking Visit	Cannabis Use During Pregnancy A double-sided leaflet explaining the risks of cannabis use during pregnancy and where to get helps 	Midwife, Family Nurse,	NHS Highland	Available to download only. Printed copies by special request only Cannabis Use During Pregnancy
			Targeted x1CPB/001/x	
Preconception &1st Booking visit (Can be assigned to BN @ 8+12 weeks)	Group B Streptococcus (GBS) in pregnancy and newborn babies This new leaflet can be given to pregnant women who request more information about GBS than is given in the RSB. 	Midwife or family Nurse	RCOG & Group B Strep Support Group (GBSS)	Can also be downloaded along with other useful leaflets from Group B Streptococcus (GBS) in pregnancy and newborn babies Sheets of GBS yellow Alert stickers and other resources can be ordered free from Group B Strep Support Shop
			Targeted HIRS L1CPB/023/L	
1st Booking visit (Will be assigned to BN @ 8+12 weeks)	My pregnancy and post-birth wellbeing plan A helpful tool to assist women to plan how to manage their emotions and keep mentally well during pregnancy and following the birth of their baby 	Midwives or family nurse	Tommy's	Available to download My pregnancy and post-birth wellbeing plan Not being used
			Universal Download only HIRS 1BAB/027/X	
1st Booking visit (Will be assigned to BN @ 8+12 weeks)	Cervical Screening during Pregnancy a leaflet clarifying cervical screening recommendations during pregnancy 	Midwife or Family Nurse	NHS Highland RCOG	Download only- NHS Highland intranet Cervical Screening during Pregnancy RCOG Cervical smears and pregnancy patient information leaflet
			Universal HIRS L1BAB/031/X	
1st Booking visit (Will be assigned to BN @ 8+12 weeks)	You're Pregnant! Scans and Tests This booklet explains the screening and diagnostic tests you can have in pregnancy. 	Midwife or Family Nurse	Public Health Scotland	Available to download in Arabic, Farsi, Latvian, Polish, Punjabi, Romanian, Russian, simplified Chinese (Mandarin), Spanish, Turkish, Ukrainian, Urdu, and Vietnamese Also, Easy read and large print format You're Pregnant! Scans and Tests Alternative formats (Braille and audio versions) email phs.otherformats@phs.scot
			Universal HIRS L1CPB/002/L	

1st Booking visit (will be assigned to BN @ following blood results) 	Your pregnancy, your choice given to women who receive a higher-chance screening result for Down's syndrome, or Edwards' or Patau's syndrome Revised edition 2024		Screening midwife	Public Health Scotland	Available to download in Arabic, Polish, and simplified Chinese (Mandarin) and Ukrainian Also, in Easy Read format Your pregnancy, your choice
			Targeted	HIRS L1BAB/060/L	Alternative formats (Large print, Braille, and audio versions) email phs.otherformats@phs.scot
1st Booking visit (Will be assigned to BN @ 8+12 weeks) 	Protect your baby from whooping cough This leaflet is a guide for pregnant women about whooping cough. All pregnant women should be offered pertussis vaccine between 16 & 32 weeks of pregnancy Revised edition Aug 2025		Midwife or Family Nurse	Public Health Scotland	Available to download in Arabic, Polish, Russian, simplified Chinese (Mandarin), traditional Chinese (Cantonese) and Ukrainian Also, in Easy Read & Large Print format Protect your baby from whooping cough
			Universal	HIRS L1IMM/016/L	Alternative formats (Large print, Braille, and audio versions) email phs.otherformats@phs.scot
1st Booking visit *Given as hard copy at booking	FW8 prescription exemption form		GP/Midwife or Family Nurse	Banner Business	From August 2022, an exemption certificate is no longer issued. In Scotland, the FW8 form will be accepted as proof of pregnancy for dental treatment. Application for Maternity Exemption Certificates Scottish Dental
			Universal		
1st Booking visit (Will be assigned to BN @ 8+12 weeks) 	Best Start Foods Should be offered to all pregnant women at booking and will be taken up by those who are eligible. The application for Best Start foods and pregnancy grant is the same and should only need filling in once.		Midwife or Family Nurse	Scottish Government	Clients can apply online Best Start Foods and Grant , on the telephone 0800 182 2222 or by filling out a paper form which can be downloaded here Best Start Grant and Foods single application form Available in alternative languages and formats by calling 0800 182 2222
			Universal	Download only	








1st Booking visit (Will be assigned to BN @ 8+12 weeks) 	Vitamin D and you This leaflet explains the benefits of getting enough vitamin D as part of a healthy diet. Updated 2025		Midwife or Family Nurse	Public Health Scotland	Available to download in multiple languages Also, in Easy Read format Vitamin D and you Information for professionals re new doses etc available here : Alternative formats (Large print, braille, and audio versions) email phs.otherformats@phs.scot
			Universal	HIRS L1FOO/002/L	
1st Booking visit (Can be assigned to BN @ 8+12 weeks) 	I Quit: stopping smoking when you're pregnant This booklet is designed to help pregnant smokers, and their midwives work with local stop smoking services. Updated 2024		Midwife or Family Nurse	Public Health Scotland	If pregnant smokers have any questions or need more information, they can be directed to the Specialist midwives for Smoking Cessation or call Smokeline free on 0800 84 84 84 to speak to an expert, or visit www.quityourway.scot
			Targeted	HIRS L1DRS/050/L	
1st Booking visit (Will be assigned to BN @ 8+12 weeks) 	Carbon Monoxide, smoking and your baby to be given to ALL women who are smoking, recent quitters or with a CO reading of 4ppm or above		Midwife, Family Nurse or Smoking Cessation Advisor	NHS Highland	
			Targeted	HIRS L1DRS/047/L	
1st Booking visit (Will be assigned to BN @ 8+12 weeks) Also, in Red book pack given by HV at primary visit whilst stocks last 	Smoke free Homes and cars Gives information to families on the benefits of smoke- free homes and cars Download only		Midwife, Family Nurse or Smoking Cessation Advisor	NHS Highland	Contains tear-off form to complete and return to sign up to the 'Smoke-Free Homes and Cars Challenge includes a FREEPOST pre-paid addressed envelope. A pack will then be posted out. Download only Smoke free Highland
			Targeted	X1drs/051x	







1st Booking visit (Can be assigned to BN @ 8+12 weeks) 	Help keep your baby safe and healthy Describes the risk of harm to a baby from drinking alcohol when pregnant. Updated 2025		Midwife, Family Nurse	HADP/NHS Highland	Promotes the message of 'No Alcohol When Pregnant, No Risk'. Describes Fetal Alcohol Spectrum Disorder (FASD).  A4 Poster also available to order via HIRS P1/CPB/002/P
			Targeted	HIRS L1CPB/021/L	
1st Booking visit (Can be assigned to BN @ 8+12 weeks) 	Information for adult haemoglobinopathy carriers, sickle cell, beta thalassaemia For parent who are found to be carriers following booking bloods. Version 2014 (reviewed 2024)		Midwife, Family Nurse	Public Health Scotland	Download only from Information for adult haemoglobinopathy carriers, sickle cell, beta thalassaemia Available in Arabic, Polish, and simplified Chinese (Mandarin) and Urdu Also, in Easy Read format Alternative formats (Large print, Braille, and audio versions) email phs.otherformats@phs.scot
			Targeted	Download only	
1st Booking visit *Given as hard copy This handy leaflet contains contact details of local CAB offices and highland council helpline 	Worrying about money All women should be asked if they have any money worries and referred to their local CAB office for a financial health check for specialist advice on benefits, debt, housing etc		Midwife or Family Nurse	NHS Highland Public Health Department	Contact details of local CAB offices can also be found here Alternatively, the Council's Welfare Support Team can be contacted on Tel: 0800 090 1004 or email welfare.support@highland.gov.uk SMP and MA pay guides can be accessed Statutory Maternity Pay & Maternity Allowance see asking about money worries short clip https://www.youtube.com/watch?v=ge2XedoG_T8&feature=youtu.be
			Universal	HIRS LMONE/001/L	
1st Booking visit *Given as hard copy	Worrying about money Promotional business card for the 'Worrying About Money' app The app is free and allows individuals identify financial advice and support that is available locally in Highland.		Midwife or Family Nurse	Joint Publication NHS Highland/Highland Council	An A5 crib sheet is also available to download from HIRS detailing where to best signpost service users. HERE  Polish version available to download only HERE
			Universal	HIRS PC4MON/001/PC	





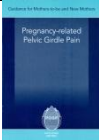
1st Booking visit (Can be assigned to BN @ 8+12 weeks) 	Steps to deal with stress Limited stock of CD available		Midwife or Family Nurse	Public Health Scotland	Available in Polish, traditional Chinese (Cantonese), Urdu, Audio (English) and in Easy Read format Steps to deal with stress: A simple guide to stressing less and enjoying life more A relaxation CD is also available to order- HIRS L1MEN/032/L - once stock runs out it will be available as a download What to do if you are struggling with stress
			Targeted	HIRS L1MEN/018/L	
1st Booking visit (Will be assigned to BN @ 8+12 weeks) 	The NHS Minor Ailment Service 8-page leaflet explaining this service, available to pregnant women and under 16 (under 19 in full time education) 2013 Version		Pharmacist, Midwife or Family Nurse	Scottish Government	Available to download only The NHS Minor Ailment Service at your local pharmacy
			Universal	Download only	
1st Booking visit (Can be assigned to BN @ 8+12 weeks) 	Protect your baby against tuberculosis (TB) For non-routine immunisation – offered to babies who are more likely to come into contact with tuberculosis December 2023 version		Midwife or Family Nurse	Public Health Scotland	Available in Arabic, Bengali, simplified Chinese (Mandarin), Polish, Ukrainian, Urdu Also, in Audio (English) Easy Read- English, Dali & Pashto and in large print format Protect your baby against tuberculosis (TB) Alternative formats (Braille, and audio versions) email phs.otherformats@phs.scot
			Targeted	HIRS L1IMM/015/L	
1st Booking visit (Can be assigned to BN @ 8+12 weeks) 	Protect your baby from hepatitis B For non-routine immunisation – offered to babies who are more likely to come into contact with hepatitis August 2024 version		Midwife or Family Nurse	Public Health Scotland	Available in traditional Chinese (Cantonese), Polish and Urdu Also, in Audio (English) Easy read format Protect your baby against hepatitis B Alternative formats (Large print, braille, and audio versions) email phs.otherformats@phs.scot
			Targeted	HIRS L1IMM/011/L	





1st Booking visit (Can be assigned to BN @ 8+12 weeks) 	Farming leaflet This leaflet advises women on the risks of contact with farm animals in pregnancy and how to avoid contracting chlamydia, toxoplasmosis, listeriosis and Q fever.		Midwife or Family Nurse	NHS Highland	Available as pdf download only Currently being updated
			Targeted	Download Only	
1st Booking visit (Will be assigned to BN @ 8+12 weeks) 	Tommy's When to call the midwife Infographic This useful info graphic provides simple guidance on when to call the midwife particularly useful for primis, those with literacy or language barriers.		Midwife or Family nurse	Tommy's	Available to download only via link When to call the midwife infographic can be printed and given or/ forwarded for women to download to their phones or other devices
			Universal	Download Only	
1st Booking visit	Healthy Start Vitamins are offered free to all pregnant women throughout pregnancy, Midwives should issue two bottles at first contact and 2 at the 22-week contact		Midwife or Family Nurse	Healthy Start	Contain vitamins D & C and folic acid, 56 tablets per pot should last approximately 2 months
			Universal	HIRS VT1BAB/003/VT	
1st Booking visit 	Perinatal and Infant Mental Health Team information leaflet The leaflet contains contact details, and describes what the team is for, and the services they can provide.		Midwife	NHS Highland	This leaflet is for women who have been referred to the PNIMHT and will be sent to women who are offered an appointment. Information leaflet can be downloaded from PNIMHT leaflet-HIRs
			Targeted	Download Only 1MEN/071/x	
Prior to Dating Scan (will be assigned to BN at 8 - 12 weeks) 	Leaflet explaining what to expect at the first booking scan		Midwife	NHS Highland	
			Universal	Download only	
1st Booking visit *Given as hard copy 	FNP Promotional business card Given to all pregnant young women 20 years old and under (25 years old if care experienced) at booking. Informing them that a Family Nurse will contact them		Midwife	Highland Council/NHS Highland	
			Targeted	Order from FNP	





1st Booking visit (Will be assigned to BN @ 8-12 weeks) New for 2025 	FGM- a statement opposing female genital mutilation This leaflet explains the legal position in Scotland on FGM. FGM is a serious criminal offence in Scotland and throughout the UK. It also provides information on support available.		Midwife	Scottish Government	Available to download in different languages Scottish Government Female Genital Mutilation (FGM) statement: 2015 - gov.scot
			Targeted	Download only	
1st Booking visit (Will be assigned to BN @ 8+12 weeks) New for 2025 	Birthplace decisions: information for pregnant women and partners on planning where to give birth This leaflet can be used to support discussions with women & their partners, when deciding where to give birth February 2025		Midwife	Scottish Government	Available to download in different languages Birthplace decisions: information for pregnant women and partners on planning where to give birth - gov.scot
			Universal	L1BAB104/L	
1st ANC appointment (will be assigned to BN 18-20 weeks) New for 2025 	Information about Deinfibulation This leaflet describes deinfibulation procedure for women affected by female genital mutilation		Consultant Obstetrician	NHS Highland/Highland Council	Awaiting translations
			Targeted	Download only	
1st Booking visit (Will be assigned to BN @ 8+12 weeks) New for 2025 	Vaping in pregnancy Factsheets These two vaping factsheets provide information on the risks of vaping in pregnancy and where to get support to stop and tips to quit.		Midwife	NHS Highland/Public Health	
			Targeted	Vaping in Pregnancy: Know the facts 1DRS/063/L Vaping in Pregnancy: Tips to Quit 1/DRS/064/L	











22–25 weeks pregnant 	Before Birth – You can make a difference Words up Baby leaflet - 4 key messages to develop good communication and relationships before baby is born.		Midwife or Family Nurse	Highland Council	Before Birth – You can make a difference Words up Baby leaflet - 4 key messages to develop good communication and relationships before baby is born.
			Universal	HIRS L1BAB/035/L	
22–25 weeks pregnant	Baby buddy APP from best beginnings full of useful advice and tips with video clips around mental health and breast feeding, great sections for fathers too.		Midwife or Family Nurse	Department for Work and Pensions	Available to download as an app Baby Buddy: Pregnancy & Parent on the App Store Baby Buddy: Pregnancy & Parent – Apps on Google Play
			Universal	Available to download as an app	
22-25 Week visit (can be assigned to BN @ 22 weeks) 	Get extra help to balance your budget: This -page leaflet details the 5 Best Start payments available to eligible women including Best Start Foods New version 2025		Midwife or Family Nurse	Social Security Scotland	For further information on eligibility and to apply https://www.mygov.scot/pregnancy-and-baby-payment/ Printable form for posting Best Start Grant and Foods single application form
			Targeted	HIRS L1CHI/009/L	
22-25 Week visit (can be assigned to BN @ 22 weeks) 	Building a Happy Baby: A Guide for Parents This leaflet offers advice and information for parents on getting to know their baby and setting up the foundations for a close a loving relationship.		Midwife	Unicef	Available to download from HIRS Building a Happy Baby: A Guide for Parents
			Universal	1BAB/033/X	
22-25 Week visit (information leaflet will be assigned to BN @ 22 weeks but hard copy form will still need completed in hard copy) 	Scotland's Baby Box Form to be completed by midwife at around 22 weeks and will be delivered to women around 36 wks. More information (contents, etc) is available at Baby box Parent Club		Midwife or Family Nurse	Scottish Government	In unfortunate circumstances such as still birth, delivery of a box may be cancelled via 0800 030 8003 or by emailing scotlandsbabybox@theapsgroup.com quoting the registration number on the leaflet.
			Universal	Registration cards can be ordered via email scotlandsbabybox@theapsgroup.com	





22-25 Week visit (Will be assigned to BN @ 22 weeks) Updated October 2024 	Feeling your Baby move is a sign they are well/Reporting reduced fetal movements. What should I expect? 2-sided leaflet consistent with national guidelines aiming to tackle misinformation, the flip side explains what care women should receive when they report RFM's		Midwife or Family Nurse	Tommy's	First page available in multiple languages and audio version (English) via link Feeling your baby move is a sign they are well
			Universal	HIRS 1CPB/024/L	
22–25-week visit	MATB1 maternity certificate Allows women to claim SMP and Maternity Allowance Issued to all women from 20 Weeks pregnant		Midwife or Family Nurse	Department for Work and Pensions	Order MatB1 certificates
			Universal		
22-25 Week visit (Will be assigned to BN @ 22 weeks) New for 2025 	Contraception after having a baby: There are lots of choices of contraception after having a baby. This leaflet helps you make that decision.		Midwife or Family Nurse	Family planning association	Information can also be accessed here Contraception, STI and Health Guides for Medical Professionals
			Universal	HIRS L1Cpb/028/I	
22-25 week visit *Given as hard copy New for 2025	Receiving anti-D immunoglobulin in pregnancy This leaflet explains blood group D and antibodies. It also explains the importance of preventing haemolytic disease of the fetus & newborn (HDFN) who gives this leaflet		Midwife	NHS Scotland/Scottish National Blood Transfusion	
			Targeted	HIRS L1BAB/100/L	




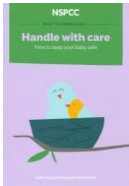
28 Week visit (Will be assigned to BN @ 28 weeks)		Off to a good start: All you need to know about breastfeeding New 2025 version		Midwife or Family Nurse	Public Health Scotland	Available to download in Arabic, Polish and Ukrainian Also available in easy read (Accessible) format Off to a good start: All you need to know about breastfeeding Alternative formats (Large print, braille, and audio versions) email phs.otherformats@phs.scot
				Universal	HIRS L1BAB/004/L	
28 weeks pregnant		From Bump to Breastfeeding These videos clips are useful for all pregnant women, especially those considered to have literacy issues, or would benefit from an audio/visual format, alternative language, or have limited digital access.		Midwife or Family Nurse	Produced by Best Beginnings and distributed by Public Health Scotland	The full set of DVD video clips are available online at the Best Beginnings website: Best Beginnings videos - Baby Friendly Initiative
				Video Clips-Universal	Online	
28 Week visit		SilverCloud An online programme designed to relieve symptoms of worry and low mood in the perinatal period		GP	NHS Inform	SilverCloud is a website with courses to improve mental wellbeing by using CBT techniques Get help with your mental health and wellbeing NHS inform
				Targeted	Online- access code: NHS24	
28 Week visit (Can be assigned to BN @ 28 weeks)		Pregnancy Related Pelvic Girdle Pain A leaflet for women experiencing pelvic girdle pain giving self-care advice 2023 Version		Midwife	POGPH	Information helping pregnant women to manage symptoms of Pelvic Girdle Pain
				Targeted	HIRS LCPB/006/L	






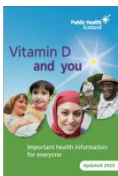

28 Week visit (Can be assigned to BN @ 28 weeks) 	My Caesarean Delivery Journey: the enhanced recovery approach A leaflet for women who are having a planned Caesarean Section, outlining the care to expect before, during and after the birth.		ANC Staff	NHS Highland	Available at consultant ANC's when elective surgery is booked.
			Targeted		
28 Week visit (Will be assigned to BN @ 28 weeks) 	Your baby! Tests offered This booklet explains what condition your baby can be tested for and what the tests involve. April 2025		Midwife or Family Nurse	Public Health Scotland	Available in Arabic, simplified Chinese (Mandarin), Polish and Urdu, Also, in Easy Read and Audio (English) Your baby! Tests offered Alternative formats (Large print, braille, and audio versions) email phs.otherformats@phs.scot
			Universal	HIRS L1CPB/004/L	
HV 32–34 weeks	Money worries Leaflet Pre-birth contact from HV		Health Visitor or Family Nurse	Joint Publication NHS Highland/Highland Council	This leaflet should also be offered at booking but serves as a reminder that financial circumstances may have changed and should be discussed.
			Universal	HIRS LMONE/001/L	

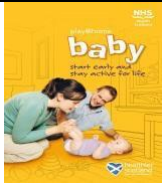
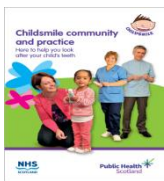




Post-birth prior to discharge from hospital or home birth (Will be assigned to BN @ 1day post birth) 	Formula feeding: How to feed your baby safely To make an informed decision around infant feeding and information on how to formula feed safely. Endorsed by UNICEF baby friendly initiative. September 2024		Midwife or Family Nurse	Public Health Scotland	Available in Polish, Arabic, Polish, Romanian, Slovakian, Urdu and easy read (English) Formula feeding: How to feed your baby safely Now available to order form HIRS in an easy read format L1BAB/049/L
			Universal	HIRS L1BAB/018/L Easy read: L1BAB/049/L	
Post-birth prior to discharge from hospital or home birth 	Breastfeeding a baby with Down Syndrome We hope this guide will provide you with all the information you need to enjoy a successful breastfeeding relationship with your baby.		Midwife or Family Nurse	Down Syndrome UK	Download from HIRS Breastfeeding a baby with Down Syndrome
			Targeted	Download only HIRS L1BAB/034/X1	
Post-birth prior to discharge from hospital or home birth (Will be assigned to BN @ 1day post birth) 	Child Benefit Form		Midwife or Family Nurse	HMRC	Child Benefit Claim Form Pack (Form CH2) is aimed at anyone responsible for a child. If you are unable to claim online, form available to download: Claim Child Benefit if you cannot claim online - GOV.UK (www.gov.uk)
			Universal	HIRS L1BAB/028/L	
Post-birth prior to discharge from hospital or home birth (can be assigned to BN @ 1day post birth) 	Who can register a birth in Scotland Website outlining the legal implications of birth registration and signposting to further help		Midwife or Family nurse	Scottish Government	For further Information Joint Birth Registration
			Targeted	Website only	
Post-birth prior to discharge from hospital or home birth (Will be assigned to BN @ 1day post birth) 	Caring for your baby at night A5-sized colour booklet giving information on one of the biggest challenges for new parents - getting used to the changes that a baby will bring to their night-time routine November 2022 version		Midwife or Family Nurse	Unicef	Parents leaflet can also be downloaded as pdf Caring for your baby at night and when sleeping (unicef.org.uk)
			Universal	HIRS L1BAB/025/L	






Post-birth prior to discharge from hospital or home birth (will be assigned to BN @ 1day post birth) New for 2025 	Contraception after having a baby: There are lots of choices of contraception after having a baby. This leaflet helps you make that decision.		Midwife or Family Nurse	FPA	Information can also be accessed here Contraception, STI and Health Guides for Medical Professionals
			Universal	HIRS L1Cpb/028/I	
Post-birth prior to discharge from hospital or home birth 	Antidepressants and Breast feeding This leaflet explains about antidepressants and breastfeeding.		Midwives/IFSW/FNP/HV	The Breastfeeding Network	Download only from HIRs Antidepressants and breastfeeding
			Targeted	Download only HIRS x1BAB/036/x1	
Post-birth prior to discharge from hospital or home birth (assigned to BN @ 1day post birth) 	Some women start smoking after the birth of their baby. This leaflet helps new mothers stay away from cigarettes		Midwife or Family Nurse	GASP	
			Targeted	HIRS L1DRS/053/L	
Post-birth prior to discharge from hospital or home birth (can be assigned to BN @ 1day post birth) Updated September 2024 	Safer sleep for babies: guide for parents and carers provides parents and carers with evidence-based guidance for reducing the risks of SIDS and safe sleeping practice for babies September 2024		Midwife or Family Nurse	Scottish Government	Available to download in multiple languages Safer sleep for babies: guide for parents and carers Safer Sleep for Babies: guide for professionals - gov.scot Safer Sleep for Babies Quick Reference Card 
			Universal	Full leaflet: HIRS 1BAB/073/L Quick guide: HIRS1BAB/075/L A Professional's guidance is available to order HIRS1BAB/074/L	
Post-birth prior to discharge from hospital or home birth (can be assigned to BN @ 1day post birth) 	Postnatal Breastfeeding Booklet Gives local information or support available Updated 2025		Midwives/IFSW/FNP/HV	NHS Highland	
			Universal	HIRS L1BAB/068/L	

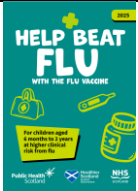


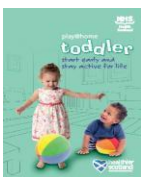

Post Birth Prior to discharge from hospital	Breastfeeding mums vitamin D only product 1 tub to be given out by midwives prior to discharge from hospital		Midwives	Pro Health Solutions	This tub contains 120 tablets and will last for approximately 4 months, HV will distribute thereafter if mum continues to breast feed
			Targeted	HIRS VT1BAB/002/VT	
Post Birth Prior to discharge from hospital	Vitamin drops per guidance 1 bottle to be given out by midwives prior to discharge from hospital		Midwives	Pro health solutions	HV will distribute thereafter if mum continues to breast feed potentially changing at end of 2025
			Targeted	HIRS VT1BAB/002/VT	
Post Birth Prior to discharge from hospital 	Vitamin D and you This leaflet explains the benefits of getting enough vitamin D as part of a healthy diet. Updated 2025		Midwives	Public Health Scotland	Available to download in multiple languages Also, in Easy Read format Vitamin D and you Information for professionals re new doses etc available here : Alternative formats (Large print, braille, and audio versions) email phs.otherformats@phs.scot
			Universal	HIRS L1FOO/002/L	
Post Birth prior to discharge from hospital 	Mastitis and Breastfeeding This leaflet explains about mastitis; signs of mastitis, self-help measures, support available		Midwives/IFSW/FNP/HV	NHS Highland	
			Targeted	HIRS L1BAB/076/I1	
Post Birth Prior to discharge from hospital 	Feeling depressed and breastfeeding This leaflet explains about feeling depressed and breastfeeding. It is important to ask for help.		Midwives/IFSW/FNP/HV	The Breast Feeding Network	Download only from HIRS Feeling depressed and breastfeeding
			Targeted	HIRS x1BAB/035/X	
Post Birth Prior to discharge from hospital New for 2025	ICON-Infant Crying: How to cope This leaflet explains that infant crying is a normal, often peaking between 6 to 8 weeks, and provides reassurance to parents that it is designed to get their attention and will eventually stop.		Midwives/IFSW/FNP/HV	NHS Highland	Easy read versions of both leaflets and downloadable resources available HERE
			Universal	HIRS L1BAB/102/L HIRS L1BAB/103/L (Babies born prematurely)	
Post Birth Prior to discharge from hospital New for 2025	Newborn pulse oximetry Screening test for babies born within NHS Highland		Midwives	NHS Highland	How is this ordered & given out...?
			Universal		

HV Primary visit 10–14 days	Red Book (Personal Handheld Child Health Record)		Health Visitor or Family Nurse		
			Universal	Initiated when birth notified	
HV Primary visit 10–14 days	What to expect after immunisation: babies and children up to 5 years old (To be issued to parents and carers after each immunisation) New 2025 version		Health Visitor or Family Nurse	Public Health Scotland	Available to download in multiple languages Also, in Easy Read and large print format What to expect after immunisation: babies and children up to 5 years old Alternative formats (Large print, braille, and audio versions) email phs.otherformats@phs.scot
			Universal	HIRS L1IMM/001/L	
HV Primary visit 10–14 days In red book pack New schedule commencing 1st July 2025	Protect your child against serious disease Provides information on the routine immunisations offered May 2025 Version		Health Visitor or Family Nurse	Public Health Scotland	Available to download in multiple languages Also, in Easy Read and large print format Protect your child against serious diseases - Publications - Public Health Scotland This publication is also available in BSL and audio on NHS Inform
			Universal	HIRS L1IMM/006/L	
HV Primary visit 10–14 days	Handle with Care: How to keep your baby safe Available to download, this leaflet is aimed at parents and explains why you should never shake a baby, how babies like to be held, how to cope with crying and places to go for help.		Health Visitor or Family Nurse	NSPCC	Download only available from: Handle with care: How to keep your baby safe
			Targeted	Download only	

HV Primary visit 10–14 days Updated Sept. 2024	Safer Sleep for babies provides parents and carers with evidence-based guidance for reducing the risks of SIDS and safe sleeping practice for babies		Health Visitor or Family Nurse	Scottish government	The full leaflet will be issued by Midwives post birth...offer this quick guide as a reminder Safer Sleep for Babies Quick Reference Card 
			Universal	Quick guide: HIRS1BAB/075/L	
HV Primary visit 10–14 days	Physical activity for early years (birth- 5 years) This Infographic outlines activity recommendations for 0-5 from the CMO's report Start active, Stay active 2019 Version		Health Visitor or Family Nurse	Scottish Government	Available to download only Physical activity for early years (birth- 5 years)
			Universal	Download only	
HV Primary visit 10–14 days	Baby Talk – I learn when I'm playing. Words up Baby leaflet - 4 key messages to develop good communication and relationships once baby is born.		Health Visitor or Family Nurse	The Highland Council	Available in Polish and Gaelic Also available in poster A4 format under code via HIRS HIRS P1BAB/011/P
			Universal	L1/BAB/046/L	
HV Primary visit 10–14 days	Meningitis Baby Watch Postcard giving information on Meningitis and Septicaemia symptoms 2017 version		Health visitor or Family Nurse	Meningitis Research Foundation	Download via Meningitis Baby Watch Poster Also, PDF available to download in Romanian Meningitis professional Resources
			Universal	HIRS PC1BAB/014/PC	
HV Primary visit 10–14 days	Vitamin D and you This leaflet explains the benefits of getting enough vitamin D as part of a healthy diet. Updated 2025		Health visitor or Family Nurse	Public Health Scotland	Available to download in multiple languages Also, in Easy Read format Vitamin D and you Information for professionals re new doses etc available here : Alternative formats (Large print, braille, and audio versions) email p.hs.otherformats@p.hs.scot
			Universal	HIRS L1FOO/002/L	
HV 3–5 weeks	Bookbug Baby Bag Every child in Scotland receives four free Bookbug Bags between birth and age five to help them develop an early love of stories, songs and rhymes.		Health Visitor or Family Nurse	Scottish Book Trust	Available in Gaelic from Local Bookbug Coordinator Bookbug information available to download in various languages Scottish Book Trust
				Order from book bug coordinator	

HV 3-5 weeks	play@home baby book Introduces play activities and ideas which will contribute to each stage of the child's development and promote parents and carers as the children's first and most important teachers.		Health Visitor or Family Nurse	Public Health Scotland	Alternative formats (Large print, braille, and audio versions) email phs.otherformats@phs.scot
			Universal	HIRS L1/BAB/058/L	
HV 6–8 weeks	Childsmile Practice This leaflet is only available online. Childsmile: Looking after your teeth poster	 	Health Visitor or Family Nurse COHT	Public Health Scotland	Available to download in multiple languages Also in audio format Resources for Parent/Carers – Childsmile (nhs.scot)
			Universal	Childsmile website	
HV 6–8 weeks	First Teeth, Healthy Teeth This resource is for Health Visitors, Family Nurses, or dental health professionals to use as a reference. It is not available for distribution to Parents 2025 version		Health Visitor or Family Nurse	Public Health Scotland	Available to download in English Resources for Professionals – Childsmile (nhs.scot)
			Universal	Childsmile Oral Health Teams	
HV 6–8 weeks	Drinks for babies and young children Also, option to give at various stages 1/2025 version		Health Visitor, Family Nurse or COHT	Public Health Scotland on kind permission of Oldham Community Services	Available to download in multiple languages Also, in audio format, BSL Resources for Parent/Carers – Childsmile (nhs.scot) Food & Eating Parent Club
			Universal	Childsmile Oral Health Teams (COHT) 1338	
HV 3/4 months	Snack ideas for children Ideas to help you provide a variety of healthy safe snacks for both you and your children to enjoy at home and at school or play 09/2025 Version		Health Visitor, Family Nurse or COHT	Public Health Scotland	Available to download in multiple languages Also, in audio format Resources for Parent/Carers – Childsmile (nhs.scot) Food & Eating Parent Club
			Universal	Childsmile Oral Health Teams (COHT) 1181	






HV 3/4 months	Fun First Foods (Discuss delaying until around 6 months) 2023 version		Health Visitor or Family Nurse	Public Health Scotland	Available to download in multiple languages Also, in Easy Read & audio format Resources for Parent/Carers – Childsmile (nhs.scot) Food & Eating Parent Club
			Universal	Online HIRS L1BAB/015/L	
HV 3/4 months	Vitamin D3 tablets for Breast feeding mums All Mums to be offered these free vit d3 tablets throughout their breast-feeding journey Updated 2022		Health Visitor or Family Nurse	Pro health solutions	This tub contains 120 tablets and will last for approximately 4 months Midwives will issue the first pot prior to discharge from hospital
			Targeted	HIRS VT1BAB/001/VT	
HV 3/4 months	Vitamin drops per guidance: 1 bottle at 4 months – HV/FN 2 bottles at 8 months – HV/FN 3 bottles at 13/15 months- HV/FN 2 bottles at 27/30 months – HV		Health Visitor or Family Nurse	Pro health solutions	Every child under 3 is now entitled to free vitamin D drops Babies who are fed more than 500mls formula per day do not need any vitamin drops as formula contains vitamin D. Each bottle contains 120 doses which will last for 4 months
			Universal	HIRS VT1BAB/002/VT	
HV 3/6 months	Free Flow Drinking Cup Universally to all babies		Health Visitor or Family Nurse or COHT	Childsmile	Contact Childsmile Oral Health improvement teams to order all resources based on areas: <ul style="list-style-type: none"> nhsh.midandwesthighlandohiteam@nhs.scot Mid & West nhsh.northhighlandohiteam@nhs.scot North Highland nhsh.southhighlandohiteam@nhs.scot South Highland
			Universal	Childsmile Oral Health Teams (COHT)	
HV 3/6 months HV 13/15 months HV 27/30 months	Oral Hygiene Pack Universally to all children		Health Visitor or Family Nurse or COHT	Childsmile	Contact Childsmile Oral Health Improvement teams to order all resources based on areas: <ul style="list-style-type: none"> nhsh.midandwesthighlandohiteam@nhs.scot Mid & West nhsh.northhighlandohiteam@nhs.scot North Highland nhsh.southhighlandohiteam@nhs.scot South Highland
			Universal	Childsmile Oral Health Teams (COHT)	




HV 3/6 months	Flu vaccine for children 6 months to 2 years Flu vaccine for children 6 months to 2 years Updated 2025		May be posted or given via EL&CC or GP's	Public Health Scotland	<i>For more information</i> Child Flu Vaccines Alternative formats (Large print, braille, translation support and audio versions) email phs.otherformats@phs.scot
			Universal		
HV 13–15 months	Enrol your child for early learning and childcare What about 2-year-olds? The Scottish Government offers funded childcare places for eligible 2-year-old children		Health Visitor or Family Nurse	Highland Council	If parents receive certain benefits they could be entitled to free childcare. In addition, children aged two or over who are looked after, subject to kinship care or a guardianship order are eligible for a funded place. 2-Year-Old Funding Application Form
			Targeted	Download only	
HV 13–15 months	Bookbug Toddler Bag (for age 1 – 2)		Library or Local Bookbug coordinator	Scottish Book Trust	Available in Gaelic from Local Bookbug Coordinator Bookbug information available to download in various languages Scottish Book Trust
			Universal	Scottish Book Trust	
HV 13–15 months	Play@home toddler book introduces play activities and ideas which will contribute to each stage of the child's development and promote parents and carers as the children's first and most important teachers.		Health Visitor or Family Nurse	Public Health Scotland	Available in simplified Chinese (Mandarin), and Polish Alternative formats (Large print, braille, and audio versions) email phs.otherformats@phs.scot
			Universal	1BAB/061/L	
HV 13–15 months	First Words – now I'm saying words too. Key messages to encourage language development simply stated		Health Visitor or Family nurse	Highland Council	Available also in Polish and Gaelic via HIRS
			Universal	HIRS 1BAB/048/L	

HV 27-30 Months	Best Start Grant early Years Payment The early learning payment of £319.80 to help with the costs of early learning between 2 and 3 ½ years		Health Visitor or Family Nurse	Scottish Government	Best Start Grant and Best Start Foods - mygov.scot
			Targeted	Apply online	
HV 27-30 Months	Head lice and nits Website gives helpful advice about head lice, treatment, and prevention. Includes details of wet combing & dry detection combing		Health Visitor or Family Nurse	Public Health Scotland	For more information NHS inform- head lice and nits
			Targeted	Website	
HV 27-30 Months	Words together – let's keep talking. Key messages to encourage language development simply stated		Health Visitor	Highland Council	Available in polish and Gaelic via HIRS
			Targeted	HIRS 1CHI/OO5/L	
HV 27-30 Months	Flu vaccine- for children 2-5 (and not yet at school) For age 2 – 5 and not yet in school Updated 2025		May be posted or given via EL&CC or GP's	Public Health Scotland	<i>For more information</i> Child Flu Vaccines Alternative formats (Large print, braille, translation support and audio versions) email phs.otherformats@phs.scot
			Universal		

HV 30 months – 3 years	Bookbug Explorer Bag		Usually given via from Nursery, Library or local bookbug coordinator	Scottish Book Trust	Available in Gaelic from Local Bookbug Coordinator Bookbug information available to download in various languages Scottish Book Trust
			Universal	Order from local book bug coordinator	
HV 30 months – 3 years	Play@Home pre-school book introduces play activities and ideas which will contribute to each stage of the child's development and promote parents and carers as the children's first and most important teachers.		EL&CC & Library Services	Public Health Scotland	Public Health Scotland Email nhs.HealthScotland-PlayAtHome@nhs.scot for more information Play@home available from your Local Area contact Learning- Public Health Scotland
			Universal	1CHI/008/L	
4.5-5years	Scottish child payment and best start grant This leaflet contains information on a new payment of £27.15 weekly paid every four weeks for each eligible child under six.		Health Visitor or FNP	Social Security Scotland	
			Universal	HIRS L1CHI/009/L	
4.5 – 5 years ¹	Bookbug P1 Family bag		Usually given via from Nursery,	Scottish Book Trust	Available in Gaelic from Local Bookbug Coordinator Bookbug information available to download in various languages Scottish Book Trust
			Universal	Library, local bookbug coordinator or schools	

Remind parents and carers that all children are entitled to free eye tests from optician

Bereavement Resources					
	Wellbeing after miscarriage This free online programme & phone app which includes mental health support from specialist counsellor		Midwife/Nurse	Tommy's	Available to download Wellbeing after miscarriage
			Targeted	Downloadable resources/Phone App	
	I think I might be having a miscarriage This leaflet has information about symptoms of a miscarriage, where to get help and what might happen next.		Midwife/Nurse	Tommy's/ Scottish Government	Available to order from Health Improvement Resource Service Ordering System Available in other languages
			Targeted	L1CPB/027/L	
	After a miscarriage This leaflet has information on recovery following a miscarriage, finding support and thinking about another pregnancy.		Midwife/Nurse	Tommy's/ Scottish Government	Available to order from Health Improvement Resource Service Ordering System Available in other languages
			Targeted	L1CPB/027/L	
	Miscarriage: Dads and Partners This leaflet has information if you are the partner of someone who has had a miscarriage. It has suggestions for how you can help, and information and support for you.		Midwife/Nurse	Tommy's/ Scottish Government	Available to order from Health Improvement Resource Service Ordering System Available in other languages
			Targeted	L1CPB/027/L	
	General HIOH's Leaflet This leaflet explains the support and services offered by HIOH's (befriending, counselling and support groups etc..) and how families can access them. Can be given to families in the memory bag but we always send separately so they don't get crushed in the bags		Midwife/FNP	Held in our Heart's (HIOH's)	Held In Our Hearts - Providing baby loss counselling and support
			Targeted	HIRS 1BAB/072/L	

	Memory bags These bags contain: ceramic candle, Heart in their Hand keyring, photograph album and birth recognition card, forget me not seeds and leaflet with information on support.		Midwife/FNP Targeted	Held In Our Hearts HIRS BAG1BAB/030/BAG	
	Post-mortem Video. Produced in conjunction with pathologist Dr Evans and Held In Our Hearts bereaved parents. To be shown before discussion on Postmortem.		Targeted	Available on Held In Our Hearts website. Also installed on tablets provided for bereavement support.	Parent to Parent Post-mortem Film - Held In Our Hearts All voices and discussions are from bereaved families who have lived experience of loss and having to decide whether to have a PM. Supports informed choice.
	Certification of pregnancy and baby loss prior to 24 weeks New Scottish Government and NHS Scotland leaflet for health professionals and parents, providing information on the memorial Book and certification of pregnancy and baby loss prior to 24 weeks.		Midwife/Nurse Targeted	Scottish Government/NHS Scotland L1BAB/099/L	

Useful websites for parents

Feeding/Nutrition/Activity/Dental
<p>The Breastfeeding Network (Helpline: 0300 100 0210) www.breastfeedingnetwork.org.uk</p> <p>Unicef – Baby Friendly Initiative www.babyfriendly.org.uk</p> <p>La Leche League - Breastfeeding support (Helpline: 0845 120 2918) www.laleche.org.uk</p> <p>Information resources for advice on breastfeeding and medicines Information resources for advice on medicines and breastfeeding – SPS - Specialist Pharmacy Service – The first stop for professional medicines advice</p> <p>Child Smile www.child-smile.org.uk</p> <p>Vegetarian Society www.vegsoc.org</p> <p>Scottish Governments website for maternal and infant nutrition Feeding Your Baby Parent Club</p>
Safety
<p>RoSPA- sling advice Baby slings - RoSPA</p> <p>Road Safety Scotland – Go Safe with Ziggy Home - Road Safety Scotland</p> <p>Child Accident Prevention Trust www.capt.org.uk</p> <p>Scotland's Service Directory - NHS Scotland directory of services Scotland's Service Directory NHS inform</p>
Child Protection
<p>Highland Child Protection Committee one stop shop web page, includes training calendar, resources, best practice guidance etc. www.hcpc.scot</p> <p>Centre for excellence for looked after children in Scotland www.celcis.org/</p>

Parenting cont.
<p>Care and Learning Alliance (CALA) E-Learning Zone www.calaelearning.co.uk/our-courses</p> <p>One Parent Families Scotland www.opfs.org.uk</p> <p>Parenting Across Scotland www.parentingacrossscotland.org</p> <p>Parent Club We're here for you Parent Club</p> <p>Bumps To Bairns https://bumps2bairns.com/</p> <p>Fathers Network Fathers Network Scotland – building a father-friendly world</p>
Substance use
<p>Smoking - Quit Your Way Scotland (Tel: 0800 84 84 84) www.quityourway.scot</p> <p>Smoke Free Highland www.smokefreehighland.co.uk</p> <p>Scottish Families Affected by Alcohol & Drugs (Helpline: 08080 10 10 11) www.sfad.org.uk</p> <p>The Highland Substance Awareness Toolkit - an online library that provides information in relation to drugs and alcohol in Highland. www.h-sat.co.uk</p> <p>Highland Overdose Prevention & Engagement- HOPE: Highland Overdose on the App Store The HOPE App – Apps on Google Play</p>
Income Max
<p>Jobcentre Plus Advisor website www.jobcentreplusadvisor.co.uk</p> <p>Money Helper: Becoming a parent Becoming a parent MoneyHelper</p> <p>Maternity rights https://www.maternityaction.org.uk/</p> <p>Best Start Grants Best Start Grant and Best Start Foods - mygov.scot</p>

Relationships
<p>The Spark – Counselling & Relationship support (Helpline: 0808 802 2088) www.thespark.org.uk</p> <p>Counselling mediation and relationship support www.relationships-scotland.org.uk</p> <p>Highland violence against women partnership website www.hvawp.scot.nhs.uk</p>
Immunisations
<p>Immunisation Scotland</p> <p>Vaccination schedule - Immunisations in Scotland NHS inform</p>
Mental Health
<p>Healthier Scotland - Take Life On, One Step at a Time samh.org.uk/get-involved/our-campaigns/one-step-at-a-time</p> <p>Mind – Depression Alliance www.mind.org.uk/about-us/what-we-do/depression-alliance/</p> <p>Self-help resources for Mums living with depression Home - Smile Group</p> <p>Association for post-natal illness https://apni.org/</p> <p>Birth Trauma Association www.birthtraumaassociation.org.uk/</p> <p>Information on pregnancy planning for women who have bipolar affective disorder and post-partum psychosis www.bipolaruk.org/information-on-postpartum-psychosis</p> <p>Information on OCD during the perinatal period OCD-UK A national OCD charity, run by, and for people with lived experience of OCD (ocduk.org)</p> <p>Info on anxiety and depression includes info for dads Charity Awards Bluebell Care Trust</p> <p>Information on specific medications during pregnancy and associated risks, Includes patient friendly portal www.medicinesinpregnancy.org/</p>

Play/Literacy
<p>Scottish Book Trust – Bookbug www.scottishbooktrust.com/bookbug</p> <p>Play Talk Read PlayTalkRead Play Project Fun Sensory Bus (smartplaynetwork.org)</p> <p>Speech/Language/Communication website 'Through the Eyes of a Child' videos Through the Eyes of a Child Films (speechandlanguage.org.uk)</p> <p>Highland SLT Facebook link Highland Children and Young People's Allied Health Professionals - AHP Facebook</p>
Bereavement
<p>Held in our hearts provides memory making resources, peer support and counselling for bereaved parents and family who have lost a baby at any stage in the Highlands. 1:1 and group support offered. https://heldinourhearts.org.uk/</p> <p>MISS are a miscarriage support service offering peer support based in Aberdeen but cover the highlands also https://miss-support.org.uk/</p> <p>Miscarriage Association The Miscarriage Association: Pregnancy Loss Information & Support</p> <p>Sands a UK charity supporting anyone affected by the death of a baby www.sands.org.uk/</p> <p>SiMBA (Simpson's Memorial Box and trees of tranquility Charity) www.simbacharity.org.uk</p> <p>Scottish Cot Death Trust offers services for bereaved parents www.scottishcotdeathtrust.org</p> <p>Crocus group non-denominational support group for bereaved children, includes portal for referrals Crocus Highland Highland Hospice</p> <p>Financial support for bereaved parents from social security Scotland HERE</p> <p>Child Bereavement Charity Child Bereavement UK</p>

Screening
<p>Antenatal Results Choices (ARC) www.arc-uk.org</p> <p>Contact A Family- for families with disabled children www.cafamily.org.uk</p> <p>Down's Syndrome Association www.downs-syndrome.org.uk</p> <p>Down's Syndrome Scotland www.dsscotland.org.uk</p> <p>Bliss offer support for families & training/resources for professionals for premature or sick babies https://www.bliss.org.uk/</p>
Violence against women
<p>Scottish Women's Aid http://womensaid.scot/</p> <p>Rape Crisis Scotland www.rapecrisisscotland.org.uk/</p> <p>Women's Support Project HOME WSP (womenssupportproject.org.uk)</p> <p>Highland Violence Against Women Partnership www.hvawp.scot.nhs.uk/</p> <p>RASASH Rape and Sexual Abuse Service Highland Home Rape & Sexual Abuse Service Highland (rasash.org.uk)</p>
Commercial websites
<p>Netmums www.netmums.com</p> <p>Baby Centre www.babycentre.co.uk</p> <p>The Nappy Network www.nappynetwork.org.uk</p>

Pregnancy and beyond
<p>Ready Steady Baby www.nhsinform.scot/readysteadybaby</p> <p>Best Beginnings Baby Buddy Baby Buddy: Pregnancy & Parent on the App Store Baby Buddy: Pregnancy & Parent – Apps on Google Play</p> <p>Resources for families and professionals https://www.tommys.org</p> <p>The Royal College of Obstetricians and Gynaecologists (RCOG) - produces patient information leaflets www.rcog.org.uk</p> <p>NCT (National Childbirth Trust) www.nct.org.uk/pregnancy</p> <p>Public Health Scotland Public Health Scotland</p> <p>Scottish Governments website covering pregnancy to 4+ Years www.parentclub.scot</p>
Additional support
<p>CHIP+ - Children in the Highlands Information Point CHIP+ Children in Highland Information Point</p> <p>Contact - for families with disabled children www.contact.org.uk</p> <p>Parentline Scotland (Helpline: 08000 28 22 33) Children 1st Parentline - Parenting Help, Advice & Support Children 1st</p> <p>National charity for those affected by childhood lower limb conditions Health Professionals - Charity Work Steps Charity (stepsworldwide.org)</p>
Commercial websites
<p>Highland Sexual Health 01463 888300 information, Advice on sexual health and contraception including live chat and clinic times across highland. https://www.highlandsexualhealth.co.uk/</p>