

Useful links

Explore these useful links and bookmark this document, so you can refer to it throughout your pregnancy and once your baby arrives.

Epworth Mobile Midwife Videos

Epworth Maternity Facebook Group

Breastfeeding

[Australian Breastfeeding Association](#)

[Breast Pump Hire](#)

[Alcohol during pregnancy & breastfeeding](#)

[Alcohol & breastfeeding](#)

[Breastfeeding Attachment & Expressing](#)

[How to express breast milk](#)

[WHO – Breastfeeding](#)

[Baby Feeding Cues](#)

[Unicef – Breastfeeding Masterclass](#)

Twins

[Australian Multiple Birth Association](#)

[Life's Little Treasures – Supporting families of premature and sick babies](#)

[Twins Trust](#)

[Twinfo](#)

[Multiple Birth Volunteer Support Foundation Inc.](#)

[Pregnancy Birth and Baby - Twins](#)

[Australian Breastfeeding Association – Breastfeeding Twins](#)

Anxiety & Depression

[Beyond Blue](#)

[Beyond Blue Pregnancy and New parents](#)

[Beyond Blue – Perinatal Guide Books for pregnant women, new mums & dads, partners & carers](#)

[COPE Centre of Perinatal Excellence](#)

[Mensline Australia](#)

[Perinatal Anxiety and Depression Australia](#)

[Panda – How is Dad going?](#)

Newborn Care

[Raising Children Network](#)

[The Royal Children’s Hospital](#)

[SIDS – Safe Sleeping, Tummy Time, Wrapping Babies, Sleeping Bags](#)

[Prevent Allergies](#)

[Kid Safe – Car restraint](#)

[KidSafe - Home Safety](#)

[Kidsafe – Birth to 9 months](#)

[Pregnancy Birth and Baby – Baby Poo Guide](#)

[What Were We Thinking – Jean Hailles Foundation
Baby Behaviour](#)

[What Were We Thinking – Jean Hailles Foundation
Losses & Gains](#)

[What Were We Thinking – Jean Hailles Foundation
Settling Your Baby](#)

Newborn Screening & Tests

[Vitamin K for newborns](#)

[National Immunisation Program-Flu Vaccination](#)

[Newborn Bloodspot Test - Victorian Clinical Genetics Services](#)

[Victorian Infant Hearing Screening Program](#)

[Newborn Hepatitis B immunisation](#)

Pregnancy

[Still Aware – Fetal Movements](#)

[CMV Australia](#)

[CMV Flyer](#)

[Whooping Cough in Pregnancy](#)

[Influenza in Pregnancy](#)

[Cord Blood Banking](#)

[Alcohol & Pregnancy \(Better Health Channel\)](#)

[Alcohol & Pregnancy \(Pregnancy, Birth & Baby\)](#)

[Free Mom TENS 1300 913 129](#)

[Labour TENS 1300 855 902](#)

Infant First Aid

[CPR Kids](#)

[Tiny Hearts](#)

[St Johns First Aid Training](#)

Helpful Resources

[National Home Doctor](#)

[Pregnancy Birth and Baby](#)

[Victorian Education and Training, Maternal and Child Health](#)

Maternal and Child Health Line 24hours
132229

[Starting Blocks](#)

[Playgroup Australia](#)

[Safe Steps](#)

[Quit Smoking](#)

[World Health Organisation](#)

[Better Health Channel](#)

[Prevent Allergies](#)

Sleep & Settling

[Monash University, What Were We Thinking](#)

[Red Nose – Safe Sleeping](#)

Pets

[We Are Family, Responsible Pet Ownership](#)

Self-Care

[Continence Foundation of Australia – Pelvic Floor](#)

[Pelvic Floor First](#)



Photographer

BellaFresh48 Newborn Photographer

Massage – Infant & Mother, pre and postnatal

Qi Rhythm

Hairdresser

Mama's Angels

Baby Equipment Hire

Hospital Bassinet Hire