Internet sites of interest

September 2008

Keith Nockels
University of Leicester

Pregnancy and birth

With the Olympics in full swing, the obvious subject this time would have been sports medicine. However, the arrival of our new son Isaac has meant that a number of things have become quite difficult, including compiling a list of sports medicine websites! So, instead, some sites relating to babies. You will forgive, I hope, this rather self centred topic, and a rather more concise list than usual.

Isaac has a blog (http://tinynockels.blogspot.com), and these sites have been useful in writing for that, or for finding information to answer particular questions.

National Library for Health Child Health and Paediatrics Specialist Library
http://www.library.nhs.uk/childHealth/

National Library for Health Women’s Health
http://www.library.nhs.uk/womenshealth/
This specialist library covers pregnancy and birth. Both specialist libraries provide access to evidence, patient information and reference material, with extra material available if you have an NHS Athens username.

National Childbirth Trust (NCT)
http://www.nctpregnancyandbabycare.com/home
The NCT provides advice and support to expectant or new parents. Local groups may have information on things like places to breastfeed or buy baby supplies.

There are many sites for parents, providing advice and online communities. Tow of these are:

Babycentre
http://www.babycentre.co.uk/
Babycentre offers weekly emails on the progress of your (or your partner’s) pregnancy, and, after the birth, emails on the expected developmental progress of your new baby. Registration is simple, as is changing the due date to the actual birth date so that the emails match your baby. A member of the Johnson and Johnson group, but has a panel of health professionals providing at least some content. There are associated sites in various countries.
Bounty
http://www.bounty.com
Pregnancy, baby and parenting club, produced by the company that provides baby packs (samples of various products and offers, but also the forms to apply for child benefit) to new mums. Free registration required to get the most out of the site.

Other useful looking sites, to which I plan to return, are:

Netmums
http://www.netmums.com
Aimed at dads and other carers too, its reputation looks formidable, and it is a UK site with locally organised online communities.

ParentsCentre
http://www.parentscentre.gov.uk
Developed by the English Department for Children, Schools and Families as a resource for parents. Has links (at the top of the home page) to information for Scotland and Wales.

Brand New Dad
http://www.brandnewdad.com
A social network and resource site for new dads. Includes regular columns and month by month advice on how to care for your baby. American site, so some information likely to be less applicable to the UK - there is a link to a UK site at www.brandnewdad.co.uk but I couldn’t get it to load so am not sure what this is.

Dad Info
http://www.dad.info
I am grateful to Bernice de Braal’s article in Update (1) for this site, which contains baby, birth and legal information for dads, and is a UK site. Associated with the Fatherhood Institute, a fatherhood “think tank”.

Next time I plan to cover sports medicine, and if you have any sites that you have found useful that you would like me to include, please contact me. I am planning to include sports psychology, training and sports medicine and injuries.

Keith Nockels
Clinical Sciences Library, University of Leicester
RKCSB
Leicester LE2 7LX
UK

Tel.: +44 (0)116 252 3101
Email: khn5@le.ac.uk