

Learning more
about pregnancy,
birth, babies and
parenthood

The following pages list some website and contact details for organisations that provide information, advice and support for parents.

There are lots of places to find out more about the things you've just read about but how do you know you can trust the information? Here's a checklist to help you decide how much you should trust the information you might read. Think about these questions when you read anything, even this book.

- 1. Is the purpose of the information clear?** Why are you being given this information? Is it to inform you about a subject or is it trying to persuade you to choose something or buy a product?
- 2. Where does the information come from?** Can you tell who wrote it? What qualifications or experience do they have? Has it been scientifically tested? Does it come from a range of experts or from just one person?
- 3. Is the information balanced and unbiased?** Does it give you all the options or does it push one point of view? Does it come from a range of sources?
- 4. Is it relevant?** Does the information apply to your circumstances?
- 5. Is it up-to-date?** Can you tell when it was first published? Has it been updated since? Does it agree with what other sources of information are saying?
- 6. Does it let you know if the experts don't have all the answers on an issue?** Does it admit that not all the answers are known or that there is a debate about the subject?
- 7. Does it encourage you to find out more elsewhere?** Does it refer you to other books, websites or organisations for more information about the subject?
- 8. Does it encourage you to make your own choices?** Is it pushing you to do something or does it help you to make your own decision about an issue, regardless of what that choice is?

Information about pregnancy, birth and babies

Australian Government

www.australia.gov.au

The Cochrane Collaboration Consumer Network

www.cochrane.org

healthdirect Australia

www.healthdirect.org.au

NSW Health

www.health.nsw.gov.au/pubs
(02) 9391 9000

Victorian Government

www.betterhealth.vic.gov.au

Women's Health Victoria

<http://whv.org.au>

Resources and services for a healthy pregnancy

Alcohol, tobacco and drugs

Alcohol and Drug Information Service

<http://yourroom.com.au>
(02) 9361 8000 or 1800 422 599

Australian Drug Foundation

www.stvincents.com.au
www.adf.org.au
(03) 9611 6100

MotherSafe

www.mothersafe.org.au
(02) 9382 6539 or
1800 647 848

The Quitline

www.icanquit.com.au
13 78 48 (13 QUIT)

Diet and pregnancy

Food Standards Australia New Zealand

www.foodstandards.gov.au
(02) 6271 2222

Nutrition Australia

www.nutritionaustralia.org
(02) 4257 9011

NSW Food Authority

www.foodauthority.nsw.gov.au
1300 552 406

Domestic violence and assault

Domestic Violence Line

www.domesticviolence.nsw.gov.au
1800 656 463
TTY 1800 671 442

NSW Rape Crisis Centre

www.nswrapecrisis.com.au
1800 424 017

Grief and loss

SIDS and Kids NSW

www.sidsandkidsnsw.org
(02) 8585 8700 or
1800 651 186

Health and safety

The Children's Hospital at Westmead

[www.chw.edu.au/parents/
factsheets](http://www.chw.edu.au/parents/factsheets)

Roads and Maritime Services

[http://roadsafety.transport.nsw.
gov.au/stayingsafe/children/
childcarseats/index.html](http://roadsafety.transport.nsw.gov.au/stayingsafe/children/childcarseats/index.html)
13 22 13

Women's Health Centres

www.whnsw.asn.au
(02) 9560 0866

Infections, genetic conditions and other health conditions

ACON (AIDS Council of NSW)

www.acon.org.au
(02) 9206 2000

Australian Action on Pre-eclampsia

www.aapec.org.au
(03) 9330 0441

Centre for Genetics Education

www.genetics.edu.au
(02) 9462 9599

Cystic Fibrosis (NSW)

www.cysticfibrosis.org.au/nsw
(02) 9878 2075 or
1800 650614

Australian Diabetes Council

[www.australiandiabetescouncil.
com](http://www.australiandiabetescouncil.com)
1300 342 238 (1300 DIABETES)

Down Syndrome NSW

www.downsyndromensw.org.au
(02) 9841 4444

Hepatitis NSW

www.hep.org.au
(02) 9332 1599 or
1800 803 990

Pre-eclampsia Foundation

www.preeclampsia.org

Thalassaemia Society of NSW

www.thalnsw.org.au
(02) 9550 4844

Labour and birth

Homebirth Access Sydney
www.homebirthsydney.org.au
(02) 9501 0863

Homebirth Australia
www.homebirthaustralia.org
0423 349 464

Australian Society of Independent Midwives
www.australiansocietyofindependentmidwives.com

Money matters

Centrelink Families and Parents Line
www.humanservices.gov.au
136 150

Centrelink Multilingual Service
131 202

Multiple pregnancy

Multiple Birth Association of Australia
www.amba.org.au
1300 886 499

Parenting and caring for your baby

Families NSW
www.families.nsw.gov.au
1800 789 123

Australian Breastfeeding Association
www.breastfeeding.asn.au
1800 686 268 (1800 mum2mum)

Family Planning NSW Healthline
www.fpnsw.org.au
1300 658 886

Infant Massage Information Service
www.babymassage.net.au
1300 558 608

Immunise Australia Program
www.immunise.health.gov.au
1800 671 811

NSW Health Immunisation website
<http://www.health.nsw.gov.au/immunisation/pages/default.aspx>

Karitane Careline
www.karitane.com.au
1300 227 464 (1300 CARING)

Australian Scholarships Group Resources for Parents
www.asg.com.au/resources

Lactation Consultants of Australia and New Zealand
www.lcanz.org
(02) 9431 8621

Parent line
1300 1300 52

Raising Children Network
<http://raisingchildren.net.au>

Relationships Australia
www.relationships.org.au
1300 364 277

Tresillian Parent's Helpline
www.tresillian.net
(02) 9787 0855 or 1800 637 357

Postnatal depression

Beyond Blue
www.beyondblue.org.au
1300 224 636

Depression After Delivery
www.depressionafterdelivery.com

Product Safety Australia

Australian Competition and Consumer Commission
Keeping baby safe – a guide to infant and nursery products
www.productsafety.gov.au

Sport and exercise

Australian Sports Commission
www.ausport.gov.au
(02) 6214 1111

Australian Physiotherapy Association (NSW Branch)
www.physiotherapy.asn.au
1300 306 622

NSW Department of Sport and Recreation
www.dsr.nsw.gov.au
13 13 02

Sports Medicine Australia
<http://sma.org.au>
(02) 8116 9815

Work and pregnancy

WorkCover Authority of NSW
www.workcover.nsw.gov.au
13 10 50