



## USEFUL WEBSITES DURING AND AFTER PREGNANCY

### Government guidelines on everything from induction to pregnancy

<http://www.nice.org.uk/>

### General pregnancy advice

Researched and referenced articles are available on this site. Excellent site and usually very up to date

<http://www.babycenter.com/>

Nice guidelines

<http://www.nice.org.uk/>

### Hormones

<http://www.bellybelly.com.au/articles/birth/ecstatic-birth-natures-hormonal-blueprint-for-labor>

### Birth environment

NHS evidence based research

<http://www.library.nhs.uk/womenshealth/viewResource.aspx?resID=82325>

NCT audits

<http://www.nct.org.uk/about-us/what-we-do/campaigning/better-birth-environment>

Department of Health

[http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/Browsable/DH\\_4967051](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/Browsable/DH_4967051)

Birth choice

<http://www.birthchoiceuk.com/BirthChoiceUKFrame.htm?http://www.birthchoiceuk.com/HomeBirth.htm>

Michel Odent

<http://wombecology.com/masculinisation.html>

Homebirth

<http://www.homebirth.org.uk/>

### Exercise

Royal College of Gynaecologists and obstetricians guidelines

<http://www.rcog.org.uk/search/node/exercise>

Nice guidelines

<http://www.nice.org.uk/>

## **Nutrition**

Royal College of Gynaecologists and obstetricians guidelines

<http://www.rcog.org.uk/search/node/nutrition>

Nice guidelines

<http://www.nice.org.uk/>

Patrick Holford is considered one of the leading experts on nutrition and pregnancy

[http://www.amazon.co.uk/s/?ie=UTF8&keywords=patrick+holford+pregnancy&tag=yahhyd-21&index=aps&hvadid=37243231031&ref=pd\\_sl\\_8c4wgxqkpo\\_b](http://www.amazon.co.uk/s/?ie=UTF8&keywords=patrick+holford+pregnancy&tag=yahhyd-21&index=aps&hvadid=37243231031&ref=pd_sl_8c4wgxqkpo_b)

## **Waterbirth**

<https://www.birthpoolinabox.co.uk/birth-pool-design>

<http://www.homebirth.org.uk/water.htm>

## **Useful sites for revising breathing exercises**

<http://www.babycentre.co.uk/pregnancy/labourandbirth/labour/breathingtechniques/>

<http://www.askbaby.com/breathing-exercises-for-labour.htm>

[www.rcm.org.uk/professional/docs/RCOG\\_RCM\\_Birth\\_in\\_Water\\_FINAL\\_COPY.pdf](http://www.rcm.org.uk/professional/docs/RCOG_RCM_Birth_in_Water_FINAL_COPY.pdf)

## **Fathers**

<http://www.dad.info/>

## **C Section**

<http://www.homebirth.org.uk/marycronk/cs.htm>

## **Maternity Services**

<http://www.aims.org.uk/>

**Pilates Foundation UK Limited**

PO Box 58235  
London N1 5UY

T +44 (0)7071 781 859  
F +44 (0)20 7739 7866  
admin@pilatesfoundation.com  
**www.pilatesfoundation.com**