



# BeyondEAP

Specialist employee support  
for life's toughest challenges



+203 751 4784



letstalk@beyondeap.co.uk



www.beyondeap.co.uk



beyondeap

## Maternity Resources

### BOOKS - AMAZON

First-Time Parent - Lucy Atkins

What to Expect When You're Expecting - Heidi Murkoff

Your Baby Week by Week – Dr Caroline Fertleman  
& Simone Cave

What to Eat When You're Pregnant - Nicole M. Avena

The Hypnobirthing book - Katharine Graves

7pm to 7am Sleeping baby Routine: - Charmian Mead

The Baby Sleep Solution - Kucy Wolfe

Expecting Better - Emily Oster

Contented Baby - Gina Ford

Spiritual Midwifery – Ina May Gaskin

Bumpology. The Myth-busting pregnancy book for curious  
parents-to-be - Linda Geddes

Read It and Sleep

### APPS

Ovia Parenting & Baby Tracker

The Best Baby Tracker

Baby Centre

Baby Feed Timer, Breastfeeding

What to Expect - Pregnancy & Baby Tracker

Emma's Diary

Bounty

Baby Led Weaning

Pregnancy +

Kicks Count

Peanut: Like Tinder, for mums

### INSTAGRAM

sr-nutrition - weaning advice

takingcarebabies

theparentandbabycoach

just\_chill\_mama

### PRIVATE CONSULTATIONS & COURSES

[Hypnobirthing](#)

[Bump&Baby \(recommended over NCT\)](#)

[One-to-one baby sleeping consults](#)

[The Parent and Baby Coach](#)

[Private scans](#)

<https://thepositivebirthcompany.co.uk/>

Cranial Osteopathy for Babies toddlers  
and Children

[Just Chill Baby Sleep](#)

### ONLINE INFORMATION:

[www.preciouslittlesleep.com/](http://www.preciouslittlesleep.com/)

[www.henry.org.uk](http://www.henry.org.uk)

[www.laleche.org.uk/](http://www.laleche.org.uk/)

Breastfeeding advice and membership

The Baby Academy:

[www.mybabyacademy.co.uk/](http://www.mybabyacademy.co.uk/)

### PODCASTS:

[www.thesleepmums.co.uk](http://www.thesleepmums.co.uk)

### SUBSCRIPTIONS:

Boots chemist - Parenting club,  
lots of extra points

WHICH

Start4life via NHS