



Useful websites

- NICE Guidelines – these are the recommendations for maternity care and are a great place to start. Remember – these are guidelines, not laws.

www.nice.org.uk/guidance

- Evidence Based Birth – easy to understand articles that collate evidence from studies on various topics. Some great info re: due dates, ‘big babies’, and gestational diabetes – amongst other things.

www.evidencebasedbirth.com

- Sara Wickham – an amazing doctor, midwife, and researcher who has written lots of easy to digest books on an array of topics, including inducing labour, birthing the placenta, and Group B Strep.

www.sarawickham.com

- Spinning babies – a wealth of information on baby’s position, optimal positioning for birth, and exercises to encourage baby to move. Great resource for those with breech babies.

www.spinningbabies.com

- AIMS – lots of unbiased information about birth. There is also a helpline where you can request support re: your specific circumstances.

www.aims.org.uk

- Tell me a good birth story – access to positive birth stories to counter and balance out some of the not-so-great stories people tell. These cover all forms of birth.

www.tellmeagoodbirthstory.com

- Birth Rights UK – a charitable organisation that works to improve the way people are treated during pregnancy and birth. This is a fantastic resource to access if you feel as though you are being denied something you are entitled to (home birth for example).

www.birthrights.org.uk