

Resources in Mood section of Milk & Moon

Title of content	Format
Expecting a baby? When baby comes home	<p>4 videos</p> <p>When baby comes home Breastfeeding Healthy sleep Baby's sensory needs</p>
Getting in sync with your baby	<p>8 videos</p> <p>Why parents receive advice which worsens anxiety NDC integrates many different research areas Communication confusion between parents and babies What do we mean by getting in sync Find an NDC practitioner if your baby cries a lot The dial on the sympathetic nervous system</p>
Babies who cry and fuss a lot	<p>8 videos</p> <p>Babies cry more in societies which breastfeed less and use routines Make sure baby is checked by GP if they cry a lot The NDC 5 domain approach to excessive baby crying Feeds and cry fuss problems in the first 6-8 weeks Sensory hunger and cry-fuss problems Conditioned dialling up at the breast The Discontented Little Baby Book Two tools to keep baby dialled down: milk and sensory nourishment</p>



Baby's gut health	<p>6 videos</p> <p>Reflux  Allergy, gut microbiome, and probiotics  Lactose overload in breastfed babies  About air swallowing, burping and baby's motor development  Green stool and mucous is normal in both breastfed and bottle fed babies  The neurobiological power of expectation</p>
Baby's emotional and sensory-motor needs	<p>3 videos</p> <p>Protecting the development of baby's social skills and mental health  Protecting your baby's sensory motor development  Safe use of the baby carrier</p>
Why the Parent Hub changes lives	<p>Video</p>
Becoming a family - Emotional wellbeing for everyone	<p>Video (movie length)</p>
Using ACT if you are having difficult thoughts and feelings	<p>7 videos</p> <p>Getting your bearings  What practical problems need to be addressed first up  Your values are your compass when life with baby is tough  Are you ready to turn off the struggle switch  Noticing and naming what's happening in our mind and body  Doing what matters to you (even when you don't feel like it)  Hand over heart - the power of self compassion</p>



<p>Perinatal mental health expert discusses ACT with group of mothers</p>	<p>19 videos</p> <ul style="list-style-type: none"> <li>Introduction to ACT</li> <li>What is ACT</li> <li>The struggle switch</li> <li>Key concepts and strategies</li> <li>The choice point - a map for a meaningful life</li> <li>Parenthood challenges</li> <li>Empathy</li> <li>Vulnerability</li> <li>Parenthood assets</li> <li>Why ACT</li> <li>Cognitive diffusion</li> <li>Grief</li> <li>Headstuck! What is experiential avoidance?</li> <li>Experiential acceptance</li> <li>Mindfulness</li> <li>Mindfulness activity</li> <li>Self compassion</li> <li>Values and behavioural activation</li> <li>ACT summary</li> </ul>
<p>ACT workbook</p>	<p>20 page booklet</p>
<p>Become a parenting partner</p>	<p>7 page booklet</p>
<p>Mindfulness exercises</p>	<p>6 audio/videos</p> <ul style="list-style-type: none"> <li>Take a moment to practice mindfulness</li> <li>Take a moment to practice a mindful nappy change</li> <li>Take a moment to practice deep breathing</li> </ul>



	Take a moment to practice progressive deep muscle relaxation Take a moment to practice mindfulness before bedtime A mindful moment
Podcasts covering topics of mood and emotional wellbeing	12 podcasts

