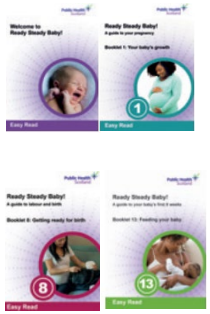
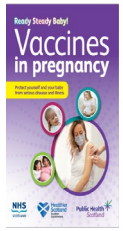
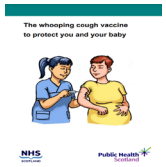
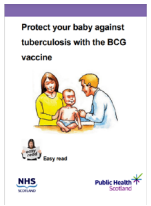
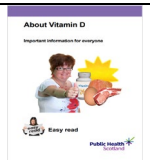
EDITION 4 October 2026

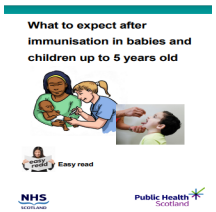
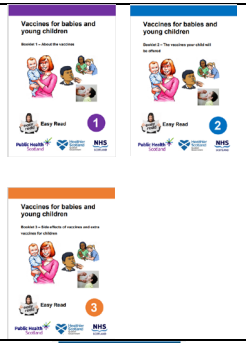
Highland's Information Trail

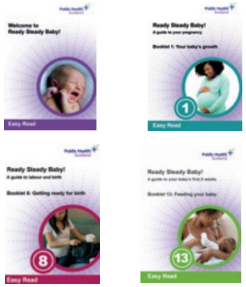
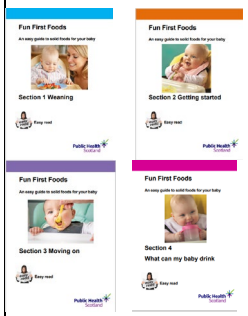
Easy Read Formats

Suggested time of issue	Resource Description	Front cover	Issued by/To whom	Publisher	PDF Downloads Alternative formats (Large print, Braille, and audio versions) email phs.otherformats@phs.scot
1st Booking Visit	**Ready Steady Baby Easy Read Booklets** The booklets are split into 3 different sections. • Booklets 1-7 are a guide to pregnancy • 8-12 cover labour and birth • 12-19 baby's first 8 weeks **July 2025 Version**		Midwife/GP or Family Nurse Universal	Public Health Scotland	**Ready Steady Baby easy read - Publications - Public Health Scotland** These replace my pregnancy my choice resource. 
1st Booking Visit Should be ordered and issued alongside the RSB	**Ready steady baby Vaccines in pregnancy** Explains why vaccines are offered during pregnancy covers covid-19, flu, and whooping cough **September 2026 Version**		Midwife/Family Nurse. Universal	Public Health Scotland	PDFs can be downloaded here: Vaccines in pregnancy leaflet - Publications - Public Health Scotland Alternative formats (Large print, braille and audio versions) email phs.otherformats@phs.scot
1st Booking visit	**You are pregnant! What you need to know about the scans and tests** **April 2026 Version**		Midwife/Family Nurse Universal	Public Health Scotland	PDFs can be downloaded here: You're pregnant! Scans and tests - Publications - Public Health Scotland Alternative formats (Braille and audio versions) email phs.otherformats@phs.scot

1st Booking visit	**Your pregnancy, your choice** given to women who receive a higher-chance screening result for Down's syndrome, or Edwards' or Patau's syndrome **May 2025 Version**		Screening midwife **Targeted**	Public Health Scotland	PDFs can be downloaded here: Your pregnancy, your choice - Publications - Public Health Scotland Alternative formats (Braille and audio versions) email phs.otherformats@phs.scot
1st Booking visit	**Whooping cough: help protect your baby** **August 2025 Version**		Midwife/Family Nurse Universal	Public Health Scotland	PDFs can be downloaded here: Whooping cough vaccine. Protect your baby from whooping cough - Publications - Public Health Scotland Alternative formats (Braille and audio versions) email phs.otherformats@phs.scot
1st Booking	**Information for adult haemoglobinopathy carriers, sickle cell, beta thalassaemia** For parent who are found to be carriers following booking blood **April 2014 Version**		Midwife/Family Nurse **Targeted**	Public Health Scotland	Download only from Blood screening test results information for adults with beta thalassaemia and sickle cell carriers - Publications - Public Health Scotland
1st Booking visit	**BCG and your baby: protecting babies against TB** For non-routine immunisation – offered to babies who are more likely to come into contact with tuberculosis **January 2026 Version**		Midwife/ Family Nurse **Targeted**	Public Health Scotland	PDFs can be downloaded here: Protect your baby against tuberculosis (TB) - Publications - Public Health Scotland Alternative formats (Braille and audio versions) email phs.otherformats@phs.scot
1st Booking visit	**About Vitamin D** This leaflet explains the benefits of getting enough vitamin D as part of a healthy diet. **August 2026 Version**		Midwife/ Family Nurse **Universal**	Public Health Scotland	PDFs can be downloaded here: Vitamin D and you - Publications - Public Health Scotland

1st Booking visit (Can be assigned to BN @ 8+12 weeks)	**Hepatitis B: how to protect your baby** For non-routine immunisation – offered to babies who are more likely to come into contact with hepatitis **December 2025 Version**		Midwife/ Family Nurse Targeted	Public Health Scotland	PDFs can be downloaded here: Hepatitis B leaflet - Publications - Public Health Scotland Alternative formats (Braille and audio versions) email phs.otherformats@phs.scot
28 Week visit (Will be assigned to BN @ 28 weeks)	**Your baby! What you need to know about the tests you are offered** **April 2026 Version**		Midwife/ Family Nurse Universal	Public Health Scotland	PDFs can be downloaded here: Your baby! Tests offered - Publications - Public Health Scotland Alternative formats (Braille and audio versions) email phs.otherformats@phs.scot
Post-birth prior to discharge from hospital or home birth	**Formula feeding: How to feed your baby safely** To make an informed decision around infant feeding and information on how to formula feed safely. Endorsed by UNICEF baby friendly initiative. **December 2025 version**		Midwife/ Family Nurse Universal	Public Health Scotland	PDFs can be downloaded here: **Formula feeding: How to feed your baby safely** Now available to order form HIRS in an easy read format **L1BAB/049/L**
Post-birth prior to discharge from hospital or home birth	**Off to the best start breastfeeding leaflet** This easy read leaflet, available to support health and care practitioners in having conversations with mums, parents and carers		Midwife/family Nurse Universal	Dept of Health & Social Care	PDFs can be downloaded here: **Off to the best start breastfeeding leaflet**
Post-birth prior to discharge from hospital or home birth	**ICON: Babies Cry: How to Cope** These leaflets explain that it is normal for babies to cry and often peaks between 6 to 8 weeks.		Midwife/ Family Nurse Universal	ICON (Scottish Government)	Easy Read PDFs can be downloaded here: **ICON babies cry** **ICON premature babies cry**

Post-birth prior to discharge from hospital or home birth	**Safer sleep for babies: A guide for parents and carers.**New Scottish Government and NHS Safer Sleep for Babies resources developed in partnership with the Lullaby Trust, UNICEF Baby Friendly Initiative and BASIS the Baby Sleep Information Source based at Durham University		Midwife/Family Nurse Universal	Scottish Government	PDFs can be downloaded here: Supporting documents - Safer Sleep for Babies 2024 A Guide for Parents and Carers - gov.scot Alternative formats (Braille and audio versions) email phs.otherformats@phs.scot
HV Primary visit 10–14 days	**What to expect after immunisation: babies and children up to 5 years** (To be issued to parents and carers after each immunisation) **January 2025 version**		Health Visitor/ Family Nurse Universal	Public Health Scotland	PDFs can be downloaded here: What to expect after immunisation for babies and young children up to 5 years old - Publications - Public Health Scotland Alternative formats (Braille and audio versions) email phs.otherformats@phs.scot
HV Primary visit 10–14 days **In red book pack** **New for 2024!**	**Protect your child against serious diseases in Easy read** A series of three easy read leaflets which provides information on immunisations offered to protect your child against serious disease **October 2025 Version**		Health Visitor/ Family Nurse Universal	Public Health Scotland	PDFs can be downloaded here: Protect your child against serious diseases in Easy read - Publications - Public Health Scotland Alternative formats (Braille and audio versions) email phs.otherformats@phs.scot
HV Primary visit 10–14 days	**Physical Activity for the Early Years (Birth to 5)** This Infographic outlines activity recommendations for 0-5 from the CMO's report Start active, Stay active **2019 Version**		Health Visitor or Family Nurse Universal	Scottish Government	Available to download only Physical activity for early years (birth- 5 years)

HV Primary visit 10-14 days	**Ready Steady Baby easy read - Publications - Public Health Scotland** The booklets are split into 3 different sections. • 1-7 are a guide to pregnancy • 8-12 cover labour and birth • 12-19 baby's first 8 weeks **July 2025 Version**		Midwife/GP or Family Nurse **Universal**	Public Health Scotland **L1BAB/069/L**	PDFs can be downloaded here **Ready Steady Baby easy read - Publications - Public Health Scotland** These replace CHANGE: You and Your Baby (0-1 years)  Alternative formats (Braille and audio versions) email phs.otherformats@phs.scot
HV 3 / 4 months	**Fun First Foods** a guide to introducing solid foods A series of four booklets gives information on the different stages of weaning in an easy to read format **Easy Read being updated**		Health Visitor/ Family Nurse **Universal**	Public Health Scotland	PDFs can be downloaded here: Fun first foods: An easy guide to introducing solid foods - Publications - Public Health Scotland Alternative formats (Braille and audio versions) email phs.otherformats@phs.scot

Childsmile Easy Read resources for parents/carers are available Resources for Parent/Carers – Childsmile (nhs.scot)

Bookbug offer tactile books for children with additional support needs. These can be ordered bookbug@scottishbooktrust.com
Tactile books for children with additional support needs - Scottish Book Trust

There is also support for parents with learning difficulties **Disability and Neurodiversity - Scottish Book Trust**

Further Links

Tips to help parents share books with children with additional needs
Getting started with sensory stories | Scottish Book Trust

Key Organisations

RNIB Scotland
Find information about RNIB Scotland | RNIB

Scottish Autism
Scottish Autism

Deaf Action Scotland
Homepage - Deaf Action

Capability Scotland
Care & Support for Disabled People | Capability Scotland

Enable Scotland
Enable Home

Down Syndrome Scotland
Home | Down's Syndrome ScotlandDown's Syndrome Scotland

SOFT UK (Trisomy 13 & Trisomy 18 support)
Getting Support - SOFT UK — SOFT UK