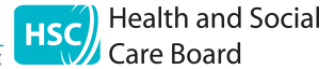




Northern Ireland
Executive
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DELIVERING SOCIAL CHANGE



“Getting Ready for Baby” Group Based Antenatal Care and Education

Within the Western Health and Social Care Trust first time parents have the opportunity to receive their antenatal care and education under the regional Early Intervention Transformation Programme (EITP). This care is available in the Omagh and Derry areas at present and is to be rolled out across the Trust.

Getting Ready for Baby is a new way of delivering care and supporting first time parents through pregnancy, and preparing you for labour, birth and the early days of baby’s life.

It links antenatal appointments and parenting group support for the first time in Northern Ireland. This means that:

- You will be part of an antenatal parenting group which meets on the same day and in the same venue as your normal antenatal appointments in weeks 16, 25, 28, 31, 34 and 36
- At your first antenatal appointment (at 16 weeks), you will get dates for all of your remaining appointments in advance so you can plan your antenatal visits
- Your other antenatal appointments, at 38, 40 and 41 weeks, may also be scheduled in advance but your parenting group won’t meet on those days
- Your ultrasound scans at booking and 20/21 weeks will be arranged as normal. Should you need additional scans during your pregnancy these can be accommodated additional to your antenatal group based care.



WHAT'S NEW ABOUT 'GETTING READY FOR BABY'?

'Getting Ready for Baby' group based care includes all the same information as traditional 'parentcraft' classes but it also helps you get to know and develop a relationship with your baby. This is because it uses the Solihull Approach, an evidence based programme, all about emotional health and wellbeing. It is designed to help you and your baby through pregnancy, labour and birth and to provide a strong foundation for secure attachment and positive mental health.

As your group based care will involve both your antenatal check and parentcraft, the appointment will take around 2½ hours each time but you will have the list of your appointment dates from the start of your care so you can plan for this. Because your care is combined and it also means you don't have to come back for any other classes or arrange appointments. If you need extra scans of your baby this can be arranged around your group based care.

Your partner or main supporter is invited to take part in all your care as their participation is so important for both mother and baby.

If you are unsure of your rights with attending antenatal care please see the link below for advice:

<https://www.gov.uk/working-when-pregnant-your-rights>

GETTING READY FOR BABY PROGRAMME

Session 1 (16 weeks)

"Helping you and your baby through pregnancy and birth"

Includes

- Recognising and understanding your own feelings
- Recognising who or what can help them process their own feelings relating to their baby during the pregnancy and birth
- Think about the support needed during pregnancy
- Learn about relaxation and breathing

Session 2 (25 weeks)

"Getting to know your baby in the womb"

includes

- Get to know their baby in the womb and develop their relationship
- Understand the positions of the baby in the womb
- Understanding how their baby is developing in the womb: brain, sensory and physical development
- Understanding the importance of their relationship with their baby to his development

Session 3 (28 weeks)

“You, your baby and the stages of labour”

Includes

Helps prospective parents to;

Get to know their baby through the labour and birth;

- What will the mother be experiencing?
- What will the baby be experiencing?
- What will the birth partner be experiencing?

Understanding the signs of labour

Understanding the stages of labour

Session 4 (30 – 31 weeks)

“Helping you and your baby through labour”

Includes

Help prospective Parents to:

- Understand positions before labour
- Understand active birth positions
- Understand the process of labour – including how the baby helps
- Think about pain relief – including the effects on the baby
- Think about support in labour
- Plan for support at home

Session 5 (34 weeks)

“Feeding your baby”

Includes

Help prospective parents to understand:

- How breastfeeding and bottlefeeding, bonding, stroking and touching the baby are integral to developing a relationship
- That their baby will want to interact with them
- How to keep their baby safe by reducing the risk of cot death
- Baby blues and postnatal depression
- How feeding is part of developing a relationship with a baby
- Benefits and concerns regarding breastfeeding
- Frequency of feeding
- Types of milk
- Support available

Session 6 (36 weeks)

“Caring for your baby”

Including

Help prospective parents to

- Prepare for the practical aspects of caring for a baby
- Understanding how they can use everyday activities to build their relationship with their baby
- Understand how they can tune into their baby to support their emotional development

After the completion of your group based education, the same midwives can continue your antenatal care to the end of your pregnancy if you want that continuity, or you can return to your local community midwife. You should never leave an antenatal appointment not knowing when you are to be seen again by your midwife or your obstetric doctor.

During your care within 'Getting Ready for baby' we will be asking your opinions and thoughts as we develop this new way of delivering antenatal maternity services so we can get it right for all involved.

"The Early Intervention Transformation Programme (EITP) is a Northern Ireland Executive/Atlantic Philanthropies Delivering Social Change Signature Programme, funded jointly by the Delivering Social Change fund, DoH, DE, DoJ, DfC, DfE and The Atlantic Philanthropies. EITP aims to improve outcomes for children and young people across Northern Ireland through embedding early intervention approaches."

QUOTES FROM PARTICIPANTS

'Great level of detail, delivered in a caring and gentle way, taking into account possible fears of mums and dads'

'Thanks for all, great to meet other first time mums as well'

'The relaxation was brilliant! It worked really well, I felt drugged after! It was lovely to speak to other women at the same stage and hear their thoughts/ feels / experiences.'

'Great to gain knowledge of labour etc. makes you feel prepared and what to expect'

"We are more confident in what to expect. We are so grateful to the Midwives, been a great experience, really enjoyed it and Learned a lot."

Have learned to "take parenthood in My Stride"

"I have Learned New Knowledge and skills for baby's arrival"