Parentcraft Programme

Session 1

• Process of Labour
  Recognising the onset of labour
  When to come into the hospital
  Role of Birthing Partner

• Stages of Labour
  1st stage of labour (coping with contractions—Active birth
  positions, music,)
  2nd stage of labour (types of delivery: normal, Waterbirth,
  Instrumental, C/S)
  3rd stage of labour (active, physiological)

• Role of Birthing Partner
• Birth Plan

Break

• Immediate post-delivery care
  Skin to skin contact for all mothers
  (Reasons why this is important)
  Observations of mother and baby
  Suturing
  Baby: Identification, weight, possible reasons for
  separation.
  How to cope if baby is in the neonatal unit
  Vitamin K
  Bonding time

• Recap on the Session [Q&A]
Parentcraft Programme

Session 2: Postnatal Care and Infant Feeding

- Recap on Session 1
- Relationship building- importance of connecting with your baby while in utero.
- Breastfeeding
  - Health benefits [mother and baby]
  - Skin to skin contact
  - Getting off to a good start
  - Help and support
  - Recognising effective positioning and attachment
  - Responsive feeding and feeding cues
  - Signs of active feeding
  - Signs that baby is getting enough milk
  - Rooming in
  - Effects of teats, dummies and nipple shields
  - Hand expressing and use of breast pumps
  - Risks associated with ‘comp’ feeding
  - Care of baby in the neo-natal unit and importance of getting help with expressing breast milk as early as possible.
  - Breastfeeding Support available in the community
  - Breastfeeding Workshops.

- Formula Feeding
  - New guidelines on preparation of infant formula
  - Importance of skin-to-skin contact
  - Limiting number of people feeding baby—reasons

- Individual/Group discussion in the postnatal period.

Break

- Early post-natal care:
  - Role of partner or supporting person
  - Observations
  - Pain relief
  - Perineal hygiene care
  - Post-natal depression/mental health
  - Hearing screening
Post-natal check
Postnatal exercises
Sexual health/relationships

- Discharge from hospital
  - Role of community midwife / health visitor
  - Bogus callers
  - Car safety
  - Visitors
  - Role of partner / family
  - Support available- social/psychological/financial

- Recap on the Session [Q&A]