

Preparation for Birth and Beyond Universal antenatal course delivered through Early Start Teams

Preparation for Birth and Beyond has been delivered in partnership with Public Health, Early Start, Infant Mental Health and Midwifery services. The course offers support during pregnancy: changes to health and the emotional well-being of parents, changes to the family unit and relationships, financial advice, practical advice and preparation about becoming a mother/father. The parents also meet postnatal to share birth experiences and celebrate the arrival of their baby. The families are identified through a referral process made by the midwives.

Evaluations of the group illustrated parental anxieties prior to attending the group and their expectations of the course. Parents stated:



“I thought it would be just an antenatal class and this has been so much more than preparing for the birth”

“We both enjoyed the practical sessions of bathing our baby and changing a nappy as this is something which is a new experience for us”

“The sessions have made me excited about meeting my baby, I feel prepared about what is going to happen next”

They also reported they are able to understand more about how to care for their baby, help him/her develop; especially the first session where we discuss the importance of a child’s brain development and the role of the parents/carers/ family/friends understanding their roles in helping infants to thrive. Parents stated:

APPENDIX 5

**“I was amazed by how powerful
my influence will be on my baby’s
development”**

**“I thrived on the information I have
received and I enjoy going home
to digest it. I am feeling prepared
and the course has offered
thoughts around emotional
wellbeing”**

All evaluations have been positive and without collaborative working the group wouldn't have been as successful. All agencies shared their expertise within the course and due to it been so successful the course will be run throughout 2013 on a rolling programme to ensure all families who would like to access the course are able to.

The Early Start Team has supported other areas in Leeds with the roll out of the course.