



National
Women & Infants
Health Programme



NATIONAL ANTENATAL EDUCATION PROGRAMME
FOR WOMEN AND THEIR CHOSEN BIRTH PARTNERS

Resource guide for
Parent Educators

Plan and manage high quality Antenatal Education Service



| CONTENTS

Background	1	Your Middle Pregnancy	39
Context	1	Your changing body	41
Inclusivity	1	Health concerns that might arise	45
Your Pregnancy, Your Journey	3	Exercises for a healthy pregnancy	49
How to use the resource	5	Healthy eating changes for the rest of your pregnancy	54
Aim	6	Post birth planning	56
Objectives	6	Infant feeding	59
Each Session	6	Your Late Pregnancy	63
Suggested props - basic equipment	6	Final stage of changes and concerns	65
Themes and content	7	Getting ready for your labour	71
Recommended timing format of classes to include	7	Your early labour	82
Training	8	Your birth	92
Group sizes	8	Your golden hour and beyond	104
Your Early Pregnancy	9	Infant feeding	108
The start of your journey	11		
What will your healthcare team be checking?	18		
Keeping healthy the best start for you and your baby	24		
Introduction to breastfeeding	27		
Other hot topics	28		
Physiotherapy	34		

Your Next Stage - Life With Baby	117
Caring for your newborn baby	119
Infant feeding knowledge and skills in the postnatal period	126
1. Postnatal self care	135
2. Postnatal self care	139
3. Mental health disorders after birth	139
Your healthy eating for breastfeeding	150
Reminders	153
Life As A New Mother	157
Finding your way as a new mother	159
Baby care at six weeks	163
Mother's postnatal check at six weeks	167
Support And Resource Services	171
Appendix 1	173
Glossary Of Terms	183



| Background

In response to the requirements set out by the National Standards for Antenatal Education in Ireland (2020) the National Women and Infants Health Programme (NWIHP) established a National multidisciplinary working group with two subgroups.

One sub group, Work stream 1 was tasked with agreeing a standardised programme for antenatal education courses which is outlined here and the second group, Work stream 2, set about designing a standardised educator's training programme.

| Context

This document provides parent educators with comprehensive evidenced-based information and resources to assist and equip pregnant women and their chosen birth partners with the knowledge and skills they may need throughout pregnancy, birth and parenthood.

The information provided aims to promote and strengthen consistency and quality throughout the parent education service.



| Inclusivity

The term woman has been used throughout the document. The term woman should be taken to include all child-bearing people. Similarly, where the term family is used this should be taken to include anyone who has a main responsibility for caring for a baby. (*The Practice Standards for Midwives 2022*).

The term partners and fathers are used interchangeably throughout the document and reflect the research evidence available on fathers and partners in relation to antenatal education.



| Your Pregnancy, Your Journey

| How to use the resource

The programme content, although standardised in terms of recommended topics, has flexibility regarding implementation.

Points to consider when implementing the programme

- You can integrate the content into existing parent education programmes across all 19 maternity units
- You can share the information with participants as supplementary information
- You can recommend a suite of evidence-based resources and share them with women and their chosen birth partners
- You can use the educator resource section to provide you with up-to-date evidence on topics around pregnancy, labour, birth and the postnatal period
- The content aims to meet a diverse population once modified for each particular audience and will become more meaningful when you as a supportive educator adopt it for all women and their birth partners and for women who have more complex or additional needs
- All multidisciplinary team (MDT) members responsible for delivering maternity care in Ireland are encouraged to use these resources to Make Every Contact Count (MECC) and offer consistent dissemination of information and advice to pregnant women and their chosen birth partners



The National Standards for Antenatal Education in Ireland (2020) and the National Maternity Strategy (2016-2026) both highlight the importance of providing interactive and participative parent education in small groups within the community settings.

They also recognise that sub sections of the population may need targeted parent education, e.g., adolescent pregnant women, women with disabilities, women who had a previous caesarean birth and women and their partners with specific or complex needs.

The content and recommended topics in this programme are intended to ensure that all pregnant women and their chosen partners in Ireland are offered consistent and up-to-date information so that they are informed and enabled to have a positive birth experience (The National Standards for Antenatal Education in Ireland 2020).

| Your Pregnancy, Your Journey

AIM | To achieve woman-centred learning on pregnancy health, care and wellbeing through a structured education programme.

OBJECTIVES | As per the National Standards for Antenatal Education:

- | *Enumerate the components of high-quality antenatal education service; Inform the expectations of pregnant women and their partners.*
- | *Create a solid foundation for antenatal education services in Ireland in line with best evidence and allow for improvements.*
- | *Promote a practice that is up to date effective and consistent.*

EACH SESSION |

- | **Facilitator** - content expertise is best fit.
- | Introductions (INTRO mnemonic – stimulate Interest by telling your Name, outline Timing, lay out Range of topics, what can expect as Outputs and icebreakers).
- | Setting ground rules and expectations.
- | What are your burning questions on this topic?
- | Core activities for each topic.
- | Consolidate as you go with each topic.
- | Answer any outstanding burning questions.
- | Closing session - **what? so what? now what?** feedback focus - take home messages recap.
- | Direct to additional resources.

SUGGESTED PROPS - BASIC EQUIPMENT |

Props: Individualise props to preferred activities demonstrated during the HSE National Education Programme for Antenatal Educators.

Basic resources and props: Pens, paper, name badges, flip charts, doll and pelvis, birthing aids that support active birth preparation, Video/IT equipment, wall charts and refreshments.

Ensure resources are fit for purpose: Up to date and of good hygiene standards.

Facilities: Designated area for parent education with facilities that are fit for purpose, easily accessible, maintained to good hygiene standards and allow for group activities.

THEMES AND CONTENT |

- 1 Developing a relationship with your unborn baby
- 2 Supporting parents to enjoy positive interactions with their newborn baby
- 3 Preparation for labour and birth (especially straight forward vaginal birth)
- 4 Inclusive of partners/fathers in all aspects of TtP education
- 5 Protecting the mental health of pregnant women
- 6 Protecting the couples relationship

RECOMMENDED TIMING FORMAT OF CLASSES TO INCLUDE |

1/3 | YOUR BABY

1/3 on "**Your baby**" e.g. Developing a relationship with your unborn baby: infant mental health; baby care and practical skills

1/3 | YOUR JOURNEY

1/3 on "**Your Journey**" - Preparation for labour and birth
The 4th Trimester-Your new baby

1/3 | US

1/3 on "**Us**" - Protecting the couples relationship across the TtP - both maternal and paternal mental health in the antenatal and postnatal period

TRAINING |

- I NATIONAL FACILITATOR EDUCATION PROGRAMME (NFEP) and the NATIONAL EDUCATION PROGRAMME FOR ANTENATAL EDUCATORS (NEPAE)
- I In conjunction with Centre of Nursing/Midwifery Education and subject expert in parent education.

GROUP SIZES |

The research evidence does support the great benefit of learning for smaller group sizes.

The National Standards for Antenatal Education in Ireland 2020 recommend smaller class sizes therefore:

- I **Co-Facilitate** where possible with a relevant MDT member, if available
- I Classes should encourage **experiential and adult learning** principles

Break large groups into **smaller groups** to facilitate interaction; to facilitate participants to ask questions; to offer clarity and to aid the formation of social support networks. Consider the Inclusivity of underserved groups and ethnic minorities such as Traveller and Roma pregnant women (National Social Inclusion Office).

All women and their chosen birth partners should have the opportunity to attend **small classes** (regardless of what number pregnancy this is - Women on subsequent pregnancies should be encouraged to do refresher classes).

All women with complex and/or additional psychosocial needs should have **access to small group classes**. Inclusive of underserved groups and ethnic minorities such as Traveller and Roma pregnant women. (National Social Inclusion Office).



access to
small group classes



| Your Early Pregnancy

The start of your journey

| CORE ACTIVITIES

Mapping how you can get off to the best possible start.

Your educator will support a discussion with you on your care options during pregnancy



FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Finding out you are pregnant</p>	<p>Extra support is available if you:</p> <ul style="list-style-type: none"> ▶ Had a previous pregnancy loss ▶ Experienced previous birth trauma ▶ Report tochophobia (<i>fear of childbirth</i>) ▶ Have an unexpected pregnancy ▶ Have a history of mental health difficulties ▶ Are a teenager who is pregnant ▶ If you are a survivor of a sexual trauma (CSA 1:4) ▶ If you consider yourself to be neurodivergent 	<p>Pregnancy Loss Research website: ucc.ie/pregnancyloss pregnancyandinfantloss.ie</p> <p>Information on antenatal care: Antenatal care and maternity care appointments sexualwellbeing.ie</p> <p>Sign posting to services available if required</p> <p>Useful Podcast: Real talk with real Mums podcast Louise McSherry</p> <p>Note for educator: Travellers & Roma Women</p> <p>In the Traveller and Roma Communities' Teenagers (over 18's) are likely to be married with planned pregnancies</p> <p>Traveller and Roma women have higher infant mortality and a lower breastfeeding rate, miscarriage and stillbirth than general population</p>	<p>Pregnancy Loss Research website: ucc.ie/pregnancyloss pregnancyandinfantloss.ie</p> <p>Trinity College Dublin course for pregnant women futurelearn.com</p> <p>HSE website information on the first trimester of pregnancy 0 to 8 weeks hse.ie/wellbeing/child-health tommys.org</p> <p>Website and GP for advice and Benefits and entitlements for parents hse.ie/wellbeing/child-health</p> <p>Traveller Mothers Information Pavee mothers breastfeeding information for traveller beoirs paveemothers.ie</p> <p>UK and Irish Pregnancy loss charities tommys.org miscarriage.ie</p> <p>Our Lady of Lourdes Hospital Drogheda website antenatal and postnatal information flowcode.com/ololmaternity flowcode.com/olollanguages</p> <p>Useful resource Autistic and Expecting by Alexis Quinn</p>

YOUR BABY

YOUR JOURNEY

US

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Matrescence The physical emotional hormonal and social transition to becoming a mother</p>		<p>Recommended reading: “What no-one tells you: A guide to your emotions from pregnancy to motherhood” by Alexandra Sacks and Catherine Birndorf</p>	<p>Recommended reading: “What no-one tells you: A guide to your emotions from pregnancy to motherhood” by Alexandra Sacks and Catherine Birndorf</p> <p>Recommended listening TED TALK and Podcast A new way to think about the transition to motherhood by Alexandra Sacks</p> <p>Podcast: The Matrescence Project by Kaitalyn Bathel and Eden Schmidt</p> <p>Rotunda - Me to mum video Episode 2 Changes and Identity YouTube.com</p>
<p>Self-compassion Busting the myth of the perfect pregnancy journey</p>		<p>Useful article: Mindfulness and self compassion in the transition to motherhood; A perspective study of postnatal mood and attachment, Columbia University, 101 (3447974), Cohen JS., 2010</p>	<p>Rotunda - Me to mum video Episode 3 Emotions YouTube.com</p> <p>Useful website self-compassion.org</p>

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Minding Me - Looking after your mental health during pregnancy and beyond</p> <p>1:5 women will experience a mental health problem in the perinatal period</p>	<p>If you or your support partner have an existing MH condition you can be referred to a MH support team</p> <p>Note for educator</p> <p>There are high rates of MH problems and suicide among Travellers and Roma communities</p>	<p>Useful resource: Perinatal mental health care: Best Practice Principles for Midwives, Public Health Nurses and Practice Nurses Higgins et al 2017</p> <p>PNMH service App pmh.healthcarestaff.app</p> <p>rcm.org.uk</p>	<p>Useful resource: HSE Perinatal mental health</p> <p>Your hospital website: For local information</p> <p>Website: tommys.org</p> <p>Note for educator: Re tommy's website. This is a pregnancy loss website, however has very useful advice and resources for pregnant women and their partners Please inform participants and include as a health warning as some may find it triggering.</p> <p>Useful video: Coombe PNMH</p> <p>Minding me looking after mental health leaflet hse wellbeing plan: minding-me.pdf</p>
<p>How your partner can help</p>	<p>Your support person may be someone other than a partner or</p> <ul style="list-style-type: none"> ▶ If you are a single parent family ▶ If you are fostering or adopting a new baby ▶ If you received a sperm donation ▶ If you are having a surrogacy pregnancy 	<p>Useful resource: NICE Guideline on advising on care throughout a woman's pregnancy- including role of partners in pregnancy nice.org nice.org/NG201</p>	<p>Exchange House Ireland National Travellers Service: https://www.exchangehouse.ie/services.php</p> <p>Useful resource: nice.org.uk/NG201</p>

YOUR BABY

YOUR JOURNEY

US

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Your appointment schedule for pregnancy</p> <p>GP and hospital schedule of appointments</p>	<p>If you are considered to have a high-risk pregnancy you may require more appointments</p> <p>e.g., IVF or multiple pregnancies</p>	<p>Useful resource:</p> <p>SPMHS Perinatal mental health information app</p>	<p>The National Maternity Hospital website:</p> <p>The NMH guide to keeping healthy during pregnancy E-Learning hub nmh.ie</p>
<p>Advocacy</p> <ul style="list-style-type: none"> How you can build a relationship with your multidisciplinary team <p>Informed decision making</p> <ul style="list-style-type: none"> How to ensure effective decision making and choices during your pregnancy and birth 	<ul style="list-style-type: none"> If you have literacy problems Require an interpreter and/or have additional needs you may need assistance when making decisions around your care 	<p>Note for the educator:</p> <p>Teach how to use the BRAIN acronym <i>Benefits Risks Alternatives Intuition/Information Do Nothing/Next Steps</i></p> <p>Note for educator discuss:</p> <p>Informed consent and informed refusal discussion</p> <p>Useful reading:</p> <p>The National Consent Policy hse.ie</p>	<p>Recommended articles on informed consent:</p> <p>birthrights.org</p>

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Advocacy cont.</p> <p>Informed decision making, continued</p>		<p>Useful reading: The Consumer Guide to the Maternity services in Ireland bump2babe.ie</p> <p>Useful articles: The System is Not Set up for the Benefit of Women’ Women’s Experiences of Decision-Making During Pregnancy and Birth in Ireland journals.sagepub.com</p>	
<p>Consider making a wellbeing plan for your pregnancy and post your birth</p>	<p>If you have a language barrier</p> <ul style="list-style-type: none"> ▶ Require an Interpreter ▶ Have literacy problems or additional needs you may need further assistance when making your wellbeing plan 	<p>Resource: HSE Post birth wellbeing workbooks - hse.ie</p>	<p>HSE advice and guidance on creating a post birth wellbeing plan workbook</p> <p>Information for Traveller women on website paveemothers.ie</p> <p>UK website Tommy's Your baby's mum, A wellbeing plan tommys.org</p>

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>The benefits of having support during your pregnancy</p> <p>Your family friends and wider support groups</p>	<p>If you are a</p> <ul style="list-style-type: none"> ▶ Non-National/Refugee ▶ Traveller ▶ Teenager ▶ Single parent, you can avail of further help by connecting with support services in your area 	<p>Useful resource: Futurelearn course TCD</p> <p>Recommendation: Provide an up-to-date list of community resources available in locality - Reiterate importance of surrounding oneself with a support network</p> <p>Useful resource: MyPregnancy Book.ie (See appendix for suggested supports in the community)</p>	<p>Cork University Hospital website information for young parents cumh.hse.ie</p> <p>Traveller Women website paveemothers.ie</p> <p>National Maternity Hospital information on the role of the Medical Social worker support NMH E-Learning hub nmh.ie</p>
<p>Your worries and fears around childbirth - normalisation</p> <p>You can avail of support for preparation for your birth</p>	<ul style="list-style-type: none"> ▶ History of birth trauma ▶ Tocophobia 	<p>Resource: Language around Birth acacia.org</p> <p>Resource: Language around Birth rcm-rebirth-report.pdf</p> <p>Useful website: pregnancyandinfantloss.ie</p>	<p>UK website: tommys.org</p> <p>UK based organisation that offers free resources/info sheets about recovering from birth trauma: makebirthbetter.org</p> <p>Recommended reading: Why birth trauma matters by Emma Svenberg</p> <p>Pregnancy and loss website Ireland: pregnancyandinfantloss.ie</p>

YOUR BABY

YOUR JOURNEY

US

What will your healthcare team be checking?

| CORE ACTIVITIES

The different care pathways you may consider for your pregnancy
What will your team be checking and when?



FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Different care pathways available to you and a list of MDT available if you require their service</p>	<p>If you have a high-risk pregnancy</p> <ul style="list-style-type: none"> ▶ Are multiparous ▶ Have a multiple pregnancy ▶ Having a VBAC ▶ Are choosing doula support for your pregnancy 	<p>Poster: Supported Care Pathway in Irish Maternity Services</p> <p>National Supported Care Guideline Pending 2024</p>	<p>HSE website information on care pathways: hse.ie</p>
<p>Screening tests available to you</p>	<ul style="list-style-type: none"> ▶ What blood tests and scans are available to you? ▶ If you are a Traveller couple and had galactosaemia status screening let your midwife know ▶ If you request screening for fetal anomalies What to do and when? 	<p>Information on USS HSE: hse.ie</p> <p>NICE Guideline on the booking visit 2021</p>	<p>Different types of maternity services in Ireland website information: citizensinformation.ie</p> <p>HSE website: Maternity Care HSE.ie</p> <p>HSE website antenatal and maternity care appointments hse.ie/care-appointments</p> <p>Booking visit at The Rotunda Hospital YouTube.com</p>
<p>Your blood tests and fetal rhesus screening explained</p>	<p>You may require additional blood tests if from a diverse/multicultural background</p>	<p>HSE website information on blood tests in pregnancy: hse.ie</p>	<p>HSE website information on booking and screening: hse.ie</p> <p>Blood tests offered in pregnancy: rise.articulate.com</p>

YOUR BABY

YOUR JOURNEY

US

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Your vaccinations</p> <ul style="list-style-type: none"> ▶ Flu vaccine ▶ Whooping cough vaccine ▶ Covid-19 vaccine ▶ Rubella vaccine 	<p>If you decide not to get vaccinations</p> <p>Note for educator</p> <ul style="list-style-type: none"> ▶ Travellers often fear the MMR vaccine due to fears of autism ▶ General hesitancy ▶ Roma –fear associated with historical forced sterilisation 	<p>HSE information on vaccinations in pregnancy: hse.ie</p> <p>National Supported Care Antenatal Guideline - Booking visit recommendations (pending 2024)</p> <p>Guideline: NICE guideline 2021 on the booking visit</p> <p>Resource and Link: QR Codes for Covid 19 vaccination in 9 different languages hse.ie</p>	<p>HSE website - Vaccinations in Pregnancy hse.ie</p> <p>The National Maternity Hospital website nmh.ie</p> <p>Recommended resource: MyPregnancy book pg.66-67</p>
<p>U/S Scan</p> <ul style="list-style-type: none"> ▶ What you can expect ▶ Why ultrasound scans are recommended for you and your baby 	<p>If you have a high-risk pregnancy you may require additional appointments and scans</p> <p>e.g, IVF and multiple pregnancies</p>	<p>Rotunda Hospital website information on USS: rotunda.ie</p>	<p>HSE website- Information on the 1st Trimester hse.ie</p> <p>HSE information on USS: hse.ie</p>

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>The anomaly scan What will you find out at this scan?</p>	<p>If you have had a previous pregnancy with a fetal anomaly</p> <ul style="list-style-type: none"> ▶ There is a family history or you had a difficult pregnancy outcome ▶ This is not just a gender ID scan <p>Note for the educator: Discuss what can and cannot be seen on scans?</p>	<p>National Maternity Hospital information on anomaly scan: NMH E-Learning hub nmh.ie</p> <p>National guideline: National Clinical Practice Guideline The Fetal Anatomy Ultrasound (2023)</p>	<p>National Clinical Practice Guideline: The Fetal Anatomy Ultrasound (92023 HSE)</p>
<p>Fetal Development</p> <ul style="list-style-type: none"> ▶ What size is your baby at each milestone ▶ What you should expect in terms of your baby’s growth each week 	<p>If you have developed any of the following:</p> <ul style="list-style-type: none"> ▶ IUGR ▶ IDDM ▶ GDM ▶ Fetal anomalies or have a multiple pregnancy <p>The size and growth of your baby may vary at each stage of your pregnancy</p>	<p>National Maternity Unit E-Learning hub: Information on fetal development nmh.ie</p>	<p>The National Maternity Hospital website: Information on fetal development-NMH E-Learning hub nmh.ie</p>

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Hormonal changes</p> <ul style="list-style-type: none"> ▶ Discussion on hormonal changes in your pregnancy ▶ What you should expect to feel with these changes 		<p>HSE website information on keeping healthy during pregnancy:</p> <p>hse.ie/pregnancy-birth</p>	<p>Our Lady's of Lourdes Hospital Drogheda website antenatal information:</p> <p>flowcode.com</p> <p>Rotunda Hospital Mental Health relaxation videos:</p> <p>rotunda.ie</p>
<p>Your mental health -</p> <p>Mental health screening</p> <p>Whooley Questions</p> <p>Red Flags -When should you seek advice from a midwife or GP.</p>		<p>MBRACE- UK Clinical Guideline: Missing Voices Saving lives, Improving Mothers Care 2022 mbrace-uk</p> <p>Useful Resource to assess mental health: The Whooley Questions whooleyquestions.ucsf</p> <p>HSE Resource: HSeLanD: Mind Mothers, Perinatal Mental Health for Midwives, Public Health and Practice Nurses</p> <p>Mind Mothers Project is an evidence-based perinatal mental health education package for midwives</p>	<p>Questions to assess your mental health:</p> <ul style="list-style-type: none"> ▶ Do you have any feelings or thoughts which are making you feel disturbed or anxious? ▶ Are you experiencing thoughts of suicide or harming yourself or wishing you were not here anymore? ▶ Are you feeling incompetent as though you can't cope? <p>AND</p> <ul style="list-style-type: none"> ▶ Are these feelings persistent and do you feel they are getting worse?

YOUR BABY

YOUR JOURNEY

US

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Recognising domestic violence and what supports are available if you need them</p>	<p>You may be advised to have one "alone" visit during pregnancy</p> <p>Note for educator: Explain why?</p>	<p>Recommended training and link:</p> <p>Domestic violence awareness online training</p> <ul style="list-style-type: none"> ▶ hse.ie/domestic violence ▶ Child first: HSeLanD ▶ Womensaid DV Training (Online) 	<p>Domestic Violence supports services and websites available: womensaid.ie</p> <p>Social worker support: womensaid.ie</p> <p>The Rape Crisis Centres offer free and confidential support 24 hours a day: Free phone 1800 77 8888 or visit rapecrisishelp.ie or visit rapecrisishelp.ie</p> <p>Sexual assault treatment units: hse.ie</p>
<p>Smoking and alcohol risks in pregnancy</p> <ul style="list-style-type: none"> ▶ Cessation advice and supports are available if you need them during your pregnancy 		<p>Note for educator: Co-facilitate if available with a smoking cessation midwife/officer/nurse</p> <p>Resource: Quit Free phone 1800 201 203</p>	<p>HSE website information on smoking in pregnancy: hse.ie</p> <p>HSE website: hse.ie</p> <p>OLOLHD Hospital website antenatal information: flowcode.com/ololmaternity</p>

YOUR BABY

YOUR JOURNEY

US

Keeping healthy the best start for you and your baby

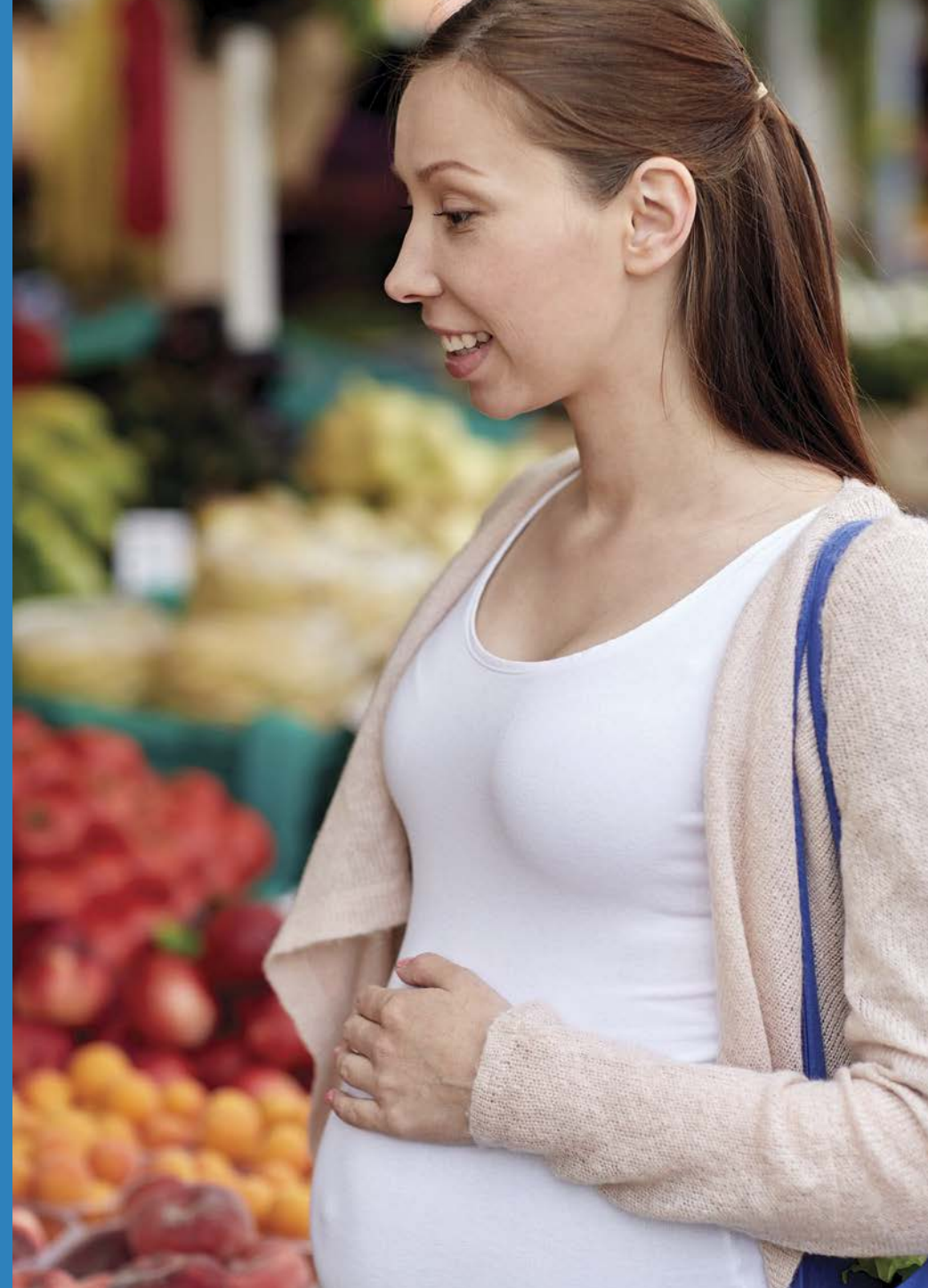
| CORE ACTIVITIES

Introduction to Healthy Eating pyramid,
What you should know for a healthy pregnancy

Supplements recommended for you in pre-pregnancy.
The guidelines you should know for supplement taking
in pregnancy

The myths about eating for two.
Your dietitian will facilitate a discussion on weight gain
if you are Type 1 or Type 2 diabetic or nausea
and vomiting in pregnancy

Food preferences and explore food safety
with caffeine, alcohol and oily fish



Introduction to Healthy Eating pyramid, What you should know for a healthy pregnancy

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
		HSeLanD training: Pre-conception and pregnancy nutrition HSeLanD.ie	HSE website information on food and drink in pregnancy: hse.ie

Supplements recommended for you in pre-pregnancy-The guidelines you should know for supplement taking in pregnancy

Supplementation: Folic Acid, Vitamin D	<ul style="list-style-type: none"> ▶ Women with increased BMI ▶ Previous NTD ▶ T1D/T2D ▶ Family member with NTD all will need 5mg FA pre pregnancy and for the first trimester 	Resource: Folic Acid when planning a pregnancy hse.ie	Healthy eating website information: indi.ie HSE website: hse.ie/wellbeing
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The myths about eating for two: Your dietitian will facilitate a discussion on weight gain if you are Type 1 or Type 2 diabetic or nausea and vomiting in pregnancy

Weight gain minimal in T1	There are positive and negatives in relation to weight gain <ul style="list-style-type: none"> ▶ MH issues acknowledged 	HSeLanD course: Pre Conception and Pregnancy Nutrition HSeLand	Healthy eating in pregnancy websites: hse.ie
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YOUR BABY

YOUR JOURNEY

US

Food preferences and explore food safety with caffeine, alcohol, oily fish

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Omega 3 fatty acids	If you are vegan/vegetarian an algae oil supplement and food sources is recommended	Resource: hse.ie/healthy-eating hse.ie/vegetarian-and-vegan-diets-in-pregnancy	Healthy eating in pregnancy website: hse.ie
Iron and iron supplements	If you have Haemochromatosis your haematology team will advise you about iron therapy <ul style="list-style-type: none"> ▶ vegetarian ▶ vegan 	HSeLand: Pre Conception and Pregnancy Nutrition HSeLand Guideline: NICE Guideline 2021 on Antenatal Care Resource: hse.ie/vegetarian-and-vegan-diets-in-pregnancy	HSE information on anaemia in Pregnancy: hse.ie/after-pregnancy hse.ie/iron-deficiency-anaemia
Caffeine and alcohol		Advice on Alcohol during pregnancy: hse.ie hse.ie/caffeine-during-pregnancy	Advice on alcohol during pregnancy: hse.ie hse.ie/caffeine-during-pregnancy
Food safety, Mercury, Vitamin A		HSeLand: Pre Conception and Pregnancy Nutrition HSeLand	Advice on gestational diabetes: fsai.ie

YOUR BABY

YOUR JOURNEY

US

Introduction to Breastfeeding

| CORE ACTIVITIES

Infant feeding



FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Normal breast changes in pregnancy</p>	<p>If you have abnormal breast changes you should seek medical advice</p>	<p>Resource: Breastfeeding atlas HSeLanD module on how to detect abnormal breast changes HSeLanD.ie</p>	<p>Advice on breastfeeding: hse.ie</p>
<p>Benefits of breastfeeding</p>	<p>When is breastfeeding not recommended?</p> <ul style="list-style-type: none"> ▶ If you are a Traveller woman and require the beutler test results ▶ There is specific breastfeeding resources available for Traveller women if required <p>Note for educator: Traveller women are unlikely to discuss breastfeeding in a mixed group class. Beutler test/carrier status testing is available to all Traveller couples</p>	<p>Update Pending - Evidence for breastfeeding HSE website: hse.ie</p> <p>The use of Human milk American Academy of pediatrics policy statement: Breastfeeding and the use of Human milk (July 2022)</p> <p>Resource for Traveller mothers Pavee mothers' pregnancy booklet (<i>which is a Traveller specific adaptation of mypregnancy book</i>)</p> <ul style="list-style-type: none"> ▶ Pavee mothers breastfeeding booklet ▶ Roma pregnancy booklet ▶ paveemothers.ie for Traveller specific resources with audio 	<p>Useful Resource - Breastfeeding: Breastfeeding: A Good start in life booklet hse.ie</p> <p>The importance of breastfeeding hse.ie</p>

YOUR BABY

YOUR JOURNEY

US

Getting breastfeeding off to a good start

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Antenatal colostrum harvesting	<p>You may feed your baby with colostrum via buccal feeding, your lactation midwife will assist you</p> <ul style="list-style-type: none"> ▶ Traveller mothers need 1:1 consultation with Lactation Specialist for discussion on genetic screening & harvesting 	<p>HSE Video on hand expression: hse.ie</p>	<p>Useful resource: med.stanford.edu</p>
If choosing not to breastfeed	<p>Contra indications for breastfeeding include HIV positive mother the presence of active lesions on nipple and/areola and Illicit drug use</p>	<p>Useful article: thelancet.com</p>	<p>Advice on bottle-feeding: hse.ie</p>
Sources of support and information throughout your pregnancy	<p>Note for educator: Low BF rates in Traveller women</p> <ul style="list-style-type: none"> ▶ No role models ▶ Living conditions ▶ Cultural aspects ▶ Privacy at home 	<p>Useful article: Tips advice and demonstrations from healthcare professionals on pregnancy and parenting whatsupmum.ie</p>	<p>Pregnancy Book: HSE My Pregnancy book.pdf</p> <p>Breastfeeding advice for Traveller women: Pavee Mothers breastfeeding booklet/Roma as resource for facilitators and parents pavee-mothers-breastfeeding-information-for-traveller-beoirs.pdf</p>

YOUR BABY

YOUR JOURNEY

US

Other hot topics

| CORE ACTIVITIES

Some myths around pregnancy you may want to know more about

Some reminders for you

Other supports you can avail of for your pregnancy and birth



Some myths around about pregnancy you may want to know more about

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Intercourse during pregnancy</p> <p>Flying when pregnant</p> <p>Morning sickness only happens in the morning</p> <p>Heartburn means your baby will have long hair</p>	<p>Note for educator: Traveller women and Roma if in a mixed group may not wish to discuss sexual relationships</p>	<p>Useful Resource: 10 myths about parenting and mental health by NCT nct.org</p>	<p>HSE advice on: Sex during pregnancy HSE.ie</p> <p>Useful reading: rightasrain.uwmedicine.org</p> <p>Recommended Reading: MyPregnancy page 44 HSE My Pregnancy book.pdf</p> <p>Useful resource: Mental Health as A Mum, 10 myths (NCT) nct.org</p>
<p>Your baby's development</p> <p>"Do's and don'ts"</p>	<p>If your baby has a known fetal anomaly growth and development may be at a different rate</p>	<p>Resource: The Solihull Approach to parenting</p> <p>Risk factors-effects of stress on baby's brain development</p> <p>Note for educator: Deliver information sensitively to prevent further anxiety</p> <p>My pregnancy book: Chapter on brain development and child's emotional health development</p> <p>Dr. Brazelton videos on parenting -YouTube</p>	<p>HSE website advice on baby's development: Brain development during pregnancy hse.ie</p> <p>HSE.ie: pregnancy-stages 29-32-weeks pregnancy-stages third-trimester</p>

YOUR BABY

YOUR JOURNEY

US

Some reminders for you

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Book Your:</p> <ul style="list-style-type: none"> ▶ Exercise classes (Pilates or yoga) ▶ Breastfeeding preparation classes ▶ Hypnobirthing classes <p>Do your wellbeing care plan</p> <p>Visit your dentist</p>		<p>NICE Guidelines:</p> <ul style="list-style-type: none"> ▶ Antenatal care guidelines ▶ Pregnancy and complex social factors <p>Articles on oral health in pregnancy: ncbi.nlm.nih.gov aafp.org</p> <p>Reference for research on oral health The Lancet, the Centre of Disease Control, The World Health Organisation, the International Association of Dental Research, World Dental Federation (FDI). Maternity & Oral Health</p>	<p>University Hospital Galway website: Antenatal classes uhgmaternity.com</p> <p>The Rotunda Hospital website advice on pregnancy problems: rotunda.ie rotunda.ie/resources</p> <p>Dental health (search for articles under pregnancy): dentalhealth.ie</p>

Other supports you can avail of for your pregnancy and birth

<p>Doula support</p> <p>Note for educator: The Doula's role in the normal pregnancy and birth process</p>	<p>Note for educator: Traveller & Roma women may bring their own mother as birth partner</p>	<p>NICE Guidelines on: Cochrane review Continuous support for women during childbirth</p> <p>Useful midwifery research: The Labour Hopscotch report (2019) section on - Support and the Importance of relationships</p>	<p>Information and advice on Doula support: Evidence on-Doulas evidencebasedbirth.com</p>
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YOUR BABY

YOUR JOURNEY

US

Other supports you can avail of for your pregnancy and birth

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Community supports in your area</p>	<p>If you have more complex additional needs such as</p> <ul style="list-style-type: none"> ▶ Non-national/refugees ▶ Traveller families ▶ Different resources may be available for you in your area 	<p>Note for educator: Invite local community reps. into your classes antenatally and postnatally to introduce their services</p> <p>Useful Resource: Tusla and the Health Service Executive khf.ie</p> <p>HSE Resources available on inclusion work:</p> <ul style="list-style-type: none"> ▶ Diversity equality and inclusion LGBT+ awareness training Available on HSeLanD ▶ An introduction to transgender awareness in healthcare Available on HSeLanD ▶ Model of LGB awareness training 	<p>Support service available: Community families home visiting programme (See list of supports at the end of this document)</p> <p>YouTube.com</p> <p>HSE Diversity Equality and Inclusion</p> <p>khf.ie</p>

Physiotherapy

| CORE ACTIVITIES

Pelvic floor exercises

Introduction to exercise in pregnancy

Bladder and bowel preparation for pregnancy



Pelvic Floor Exercises

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Anatomy of your pelvic floor muscles</p>		<p>Research article: Learning about pelvic floor muscle exercises before and during pregnancy: a cross-sectional study. Daly D, Cusack C, Begley C, International Urogynecology Journal doi.org</p>	<p>Useful website: rotunda.ie</p>
<p>Effects of pregnancy on your pelvic floor muscles</p>		<p>HSeLanD: Anatomy and physiology of the pelvic floor HSeLanD Pelvic floor muscle training for prevention and treatment of urinary and faecal incontinence in antenatal and postnatal women</p> <p>Articles of interest: ncbi.gov pubmed.ncbi.nlm.nih.gov "Effect of pelvic floor muscle training during pregnancy and after childbirth on prevention and treatment of urinary incontinence: a systematic review" Siv Moved 1, Kari Bo, 2014</p>	

Pelvic Floor Exercises

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Symptoms you will experience if you have pelvic floor dysfunction		NICE guideline: [NG210] Published: 09 December 2021	HSE website information on incontinence in pregnancy: hse.ie
Finding your pelvic floor muscles			Useful app: NHS SQUEEZY APP
Contractions long short and fast			
Squeeze before you sneeze		NICE guideline: [NG201] Published: 19 August 2021	

Introduction to exercise in pregnancy

The benefits and role exercise plays in your birth preparation	If you have a disability exercises may be adapted for you by your physio	Useful article: Evidence-based physical activity guideline for pregnant women-in Report for the Australian Dept. of Health March 2020 HSE website: hse.ie	UK CMO Recommendations 2017: Physical Activity in Pregnancy Website: acog.org Useful articles: pubmed.ncbi.nlm.nih.gov “Effect of pelvic floor muscle training during pregnancy and after childbirth on prevention and treatment of urinary incontinence: a systematic review” Siv Marked 1, Kari Bø, 2014
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YOUR BABY

YOUR JOURNEY

US

Bladder and Bowel preparation for pregnancy

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
How you recognise urinary retention		Advice and recommendations on: Good bladder habits, fluid intake	NICE guideline: [NG201] Published: 19 August 2021 [NG210] Published: 09 December 2021: pubmed.ncbi.nlm.nih.gov “Effect of pelvic floor muscle training during pregnancy and after childbirth on prevention and treatment of urinary incontinence: a systematic review” Siv Mørkved 1, Kari Bø, 2014
Bowel care during your pregnancy,		Useful recommendations on: Good bladder habits, fluid intake, constipation, hydration, iron supplements, weight bearing exercises and fibre soluble foods	



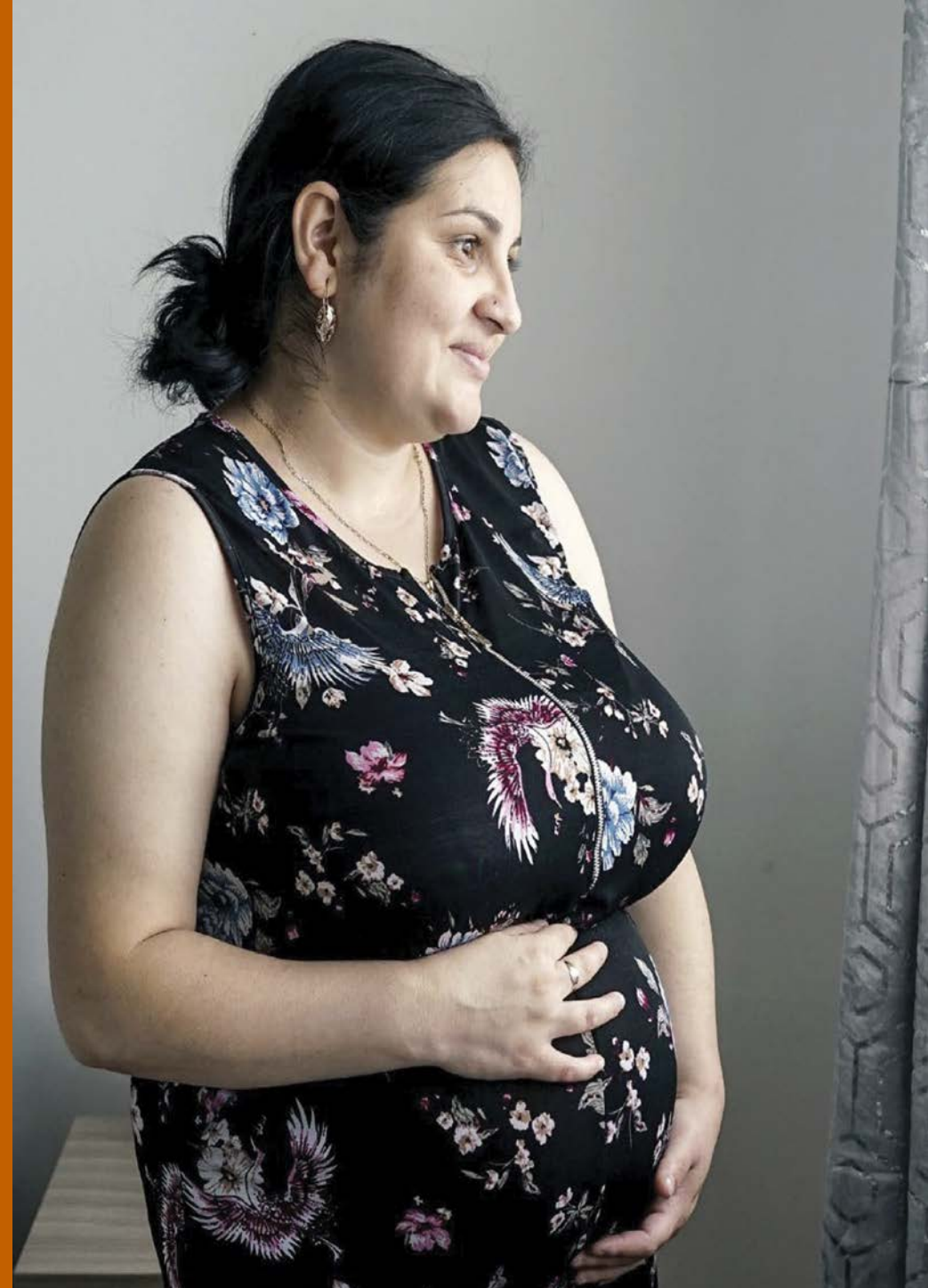
| Your Middle Pregnancy

Your changing body

| CORE ACTIVITIES

Changes to your body that you may have heard about

Some potential changes to your body
you should be aware of



Changes to your body that you may have heard about

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Your bump size</p> <ul style="list-style-type: none"> ▶ Your blood volume is increased ▶ Your appetite changes ▶ Your energy levels may increase ▶ Your nausea may reduce ▶ Or hyperemesis may continue 	<ul style="list-style-type: none"> ▶ If you are a teenage pregnant woman ▶ If you have an eating disorder ▶ If you are Transgender person <p>Note for educator: To acknowledge persistent hyperemesis</p>	<p>Oral health advice with persistent hyperemesis aafp.org</p>	<p>Stretch marks in pregnancy: hse.ie</p> <p>The Coombe Hospital website antenatal information: coombe.ie</p> <p>Useful website for oral health advice in pregnancy: Search for pregnancy dentalhealth.ie</p>
<p>If you developed anaemia</p> <ul style="list-style-type: none"> ▶ What are your risks if you do not manage anaemia ▶ How to manage anaemia and the importance of iron therapy compliance for you 	<p>If you have haemochromatosis</p> <p>Get advice from your haematology team</p>	<p>Recommendations: Use up to date recommendations from your haematology midwife specialist</p> <p>Resource: NMH - Community midwife antenatal booklets, information on Iron therapy nmh.ie</p>	<p>HSE Information on: Dizziness and fainting in pregnancy- rotunda.ie/rotunda.ie/resources</p> <p>Information on Supplements: hse.ie</p>

YOUR BABY

YOUR JOURNEY

US

Changes to your body that you may have heard about

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Develop a relationship with your baby in utero</p>	<p>Notes for educator adapt for:</p> <ul style="list-style-type: none"> ▶ Women with a surrogacy pregnancy ▶ Transgender people ▶ Women with an unexpected pregnancy ▶ Women with an eating disorder 	<p>Useful video on baby’s brain development in utero:</p> <p>YouTube.com</p> <p>Resource from RCM:</p> <p>RCM Parental Emotional Wellbeing and Infant Development wellbeing guide.pdf</p> <p>rcm.org</p>	<p>Useful video on bonding with your baby in pregnancy:</p> <p>YouTube.com</p> <p>Useful Videos - Tuning in -</p> <p>rotunda.ie</p>
<p>Your baby’s Movements</p> <ul style="list-style-type: none"> ▶ Usually commence from 16-24/40 ▶ Awareness of your baby’s movements in all stages of your pregnancy ▶ How to become familiar with your baby’s pattern of movements 	<p>Often movements can be difficult to track if you have</p> <ul style="list-style-type: none"> ▶ An anterior placenta ▶ You have a multiple pregnancy ▶ You have had a previous pregnancy loss 	<p>Website for information on fetal movements:</p> <p>Tommy’s movements matter suite of videos</p> <p>Resource:</p> <p>NMH E-Learning hub fetal Movements</p> <p>nmh.ie</p> <p>Pending 2024-National clinical guideline on the management of reduced fetal movements</p>	<p>Information videos on your baby’s movements during pregnancy:</p> <p>HSE.ie</p> <p>YouTube.com</p> <p>Tommy’s UK website</p> <p>Movements matter video on YouTube</p> <p>YouTube.com</p> <p>NMH E-learning Hub NMH website</p> <p>nmh.ie</p>

Changes to your body that you may have heard about

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Braxton Hicks tightenings</p> <p>You need to be aware of the difference between labour contractions and Braxton Hicks tightening's</p>	<p>If you have a history of pre term labour/s you will be advised to monitor tightening's with caution</p>		<p>HSE information on Braxton Hicks contractions hse.ie</p> <p>The Coombe Hospital website coombe.ie Signs of premature labour</p>

Health concerns that might arise

| CORE ACTIVITIES

Common concerns you might encounter in your pregnancy

See which of these you have heard of, your educator will go through them in an applied way



Common concerns you might encounter

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<ul style="list-style-type: none"> ▶ Heartburn ▶ Constipation ▶ Haemorrhoids ▶ Varicose veins ▶ Increased discharge ▶ UTI'S 		<p>Guideline:</p> <p>National Supported Care Guideline (pending 2024)</p>	<p>HSE website information on:</p> <p>hse.ie/haemorrhoids-piles</p> <p>hse.ie/varicose-veins-pregnancy</p>
Leg cramps and how and when to use of calcium/magnesium supplements		<p>Useful website:</p> <p>ncbi.nlm.nih.gov</p>	<p>HSE website:</p> <p>hse.ie/leg-cramps-pregnancy</p>
<ul style="list-style-type: none"> ▶ Bleeding ▶ Abdominal pain ▶ Signs of premature labour 	<p>If you had a pre term birth or an emergency due to bleeding or abdominal pain your medical team will review you anytime you have concerns in this pregnancy</p> <p>Note for educator: Traveller women high levels of fear around pregnancy loss</p>	<p>The Coombe Hospital website antenatal information:</p> <p>coombe.ie</p>	<p>HSE information on warning signs during pregnancy:</p> <p>hse.ie</p> <p>Bleeding from the vagina during pregnancy:</p> <p>hse.ie</p>
Headaches and signs of pre-eclampsia	If you suffer from migraines, you should inform your hospital team		<p>HSE information on warning signs during pregnancy:</p> <p>hse.ie</p>

YOUR BABY

YOUR JOURNEY

US

Common concerns you might encounter

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Pelvic girdle pain		<p>Refer to local PGP class in hospital:</p> <p>HSE Clinical Practice Guideline on PGP: Management of pelvic girdle pain in pregnancy in hospital or community</p> <p>Link for Article thepogp.co.uk</p> <p>Useful evidence and reading on physiotherapy issues in pregnancy: Maternal adaptations to pregnancy: Musculoskeletal changes and pain APTA apta.org Musculoskeletal Science and Practice Volume 48, August 2020, 102152. Understanding and managing pelvic girdle pain from a person-centred bio psychosocial perspective, Darren Bealesa, Helen Slater Thorvaldur Palssonb, Peter O'Sullivan</p> <p>HSE clinical practice guideline: Management of pelvic girdle pain in pregnancy, Diagnosis and postpartum 2012. Classification of Pelvic Girdle Pain in the Antepartum Population: Physical Therapy Clinical Practice Guidelines Disorders Part 1 Clinton, Susan C. et al. Journal of Women's Health Physical Therapy: May 2017, Volume 41, Issue 2 p102–125</p> <p>Pelvic girdle pain in pregnancy: Charlotte Walters, Simon West, Tanya A Nippita doi: 10.31128/AJGP-01-18-4467. Australian Journal of General Practice Volume 47, Issue 7, July 2018 health.gov introduction-to-the-pelvic-girdle-musculoskeletal-method</p>	

YOUR BABY

YOUR JOURNEY

US

Common concerns you might encounter

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Carpel tunnel syndrome		<p>Recommended reading:</p> <ul style="list-style-type: none"> ▶ Above RH, Above TS. Prevalence of carpal tunnel syndrome in pregnant women. WMJ. 2009 Jul;108(4):194-6. PMID: 19753825 ▶ Refer to physio for splints and advice 	<p>Article on carpel tunnel syndrome: hse.ie</p>
<ul style="list-style-type: none"> ▶ Falls ▶ PSROM ▶ Itchy hands feet abdomen ▶ Infections ▶ High temp ▶ Cholestasis ▶ Or trauma to your abdomen 	<p>If you are a victim of DV</p> <p>Note for educator:</p> <p>There may be a fear for some women to disclose information to HCP if form minority groups</p>	<p>Recommended training:</p> <ul style="list-style-type: none"> ▶ Domestic violence training links - Women's aid training ▶ Pavee Point have a violence against women programme 	<p>HSE website: hse.ie/domestic-violence-abuse</p> <p>Pavee Point have a Violence against women programme the AN group</p>

YOUR BABY

YOUR JOURNEY

US

Exercises for a healthy pregnancy

| CORE ACTIVITIES

Information for you on:

The physicality of pregnancy and birth

Training for your pregnancy labour and birth

How you can benefit from exercising

Building up stamina



FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Recommendations for you around the amount of exercise required during pregnancy</p> <ul style="list-style-type: none"> ▶ 30 minutes + a day ▶ Up to 150 minutes per week 	<p>The following are reasons you may need to be cautious with exercise and get professional advice</p> <ul style="list-style-type: none"> ▶ If you have a disability ▶ If you have a history of recurrent pregnancy loss ▶ If you develop hypertension ▶ If you had a previous preterm birth ▶ If you have any cardiac issues <p>If you suffer from</p> <ul style="list-style-type: none"> ▶ Respiratory conditions ▶ Severe anaemia ▶ Are malnourished ▶ Have a multiple pregnancy ▶ Or have other significant medical conditions of pregnancy such as placenta Praevia 	<p>Recommend co facilitation of topics with a physiotherapist- Recommended reading:</p> <p>ncbi.nlm.nih.gov</p>	<p>Exercise During Pregnancy: The American College of Gynecology (ACOG)</p> <p>The Coombe videos on exercising in pregnancy: coombe.ie</p> <p>HSE website: hse.ie/safe-exercise</p>

YOUR BABY

YOUR JOURNEY

US

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>How you can safely exercise</p> <p>Advice on running in pregnancy</p>	<p>You should not run if you have any of the following:</p> <ul style="list-style-type: none"> ▶ Vaginal bleeding ▶ Incompetent cervix ▶ PET ▶ IUGR ▶ Type 1 Diabetic ▶ Unstable thyroid diagnosis ▶ Cardiac, respiratory or systemic disease or uncontrolled hypertension 	<p>Recommended reading:</p> <p>2019 Canadian guideline for physical activity throughout pregnancy</p> <p>British Journal of Sports Medicine bmj.com</p>	<p>Article on being active in pregnancy:</p> <p>2019 Canadian guideline for physical activity throughout pregnancy</p> <p>Article on Running during pregnancy:</p> <p>journals.lww.com</p> <p>Useful Resource</p> <p>Journey to birth</p>
<p>The benefits of exercise for your pregnancy</p>	<p>If you have a MSK condition</p> <p>Or other health issues exercise plans can be modified to meet your needs</p>	<p>Recommended reading:</p> <p>Exercise During Pregnancy ACOG</p> <p>Articles on physical activity in pregnancy:</p> <p>2019 Canadian guideline for physical activity throughout pregnancy - British Journal of Sports Medicine bmj.com</p>	
<p>Preparation for your labour and birth requires training</p>	<p>If you are having a planned LSCS you can prepare for a positive caesarean birth</p>	<p>Useful videos:</p> <p>MyPhysio in UK</p> <p>Katie Kelly and Hannah Poulton</p> <p>YouTube videos</p> <p>Hannah Powell HLP Physio</p>	<p>Useful article on an unplanned LSCS:</p> <p>A positive experience</p> <p>lovewhatmatters.com</p>

YOUR BABY

YOUR JOURNEY

US

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>How you can prepare for the physicality of labour and birth</p>	<p>If you have PGP or MSK condition, or other health issues exercise plans can be modified to meet your needs</p>	<p>Useful podcasts:</p> <p>Functional Fitness Podcasts</p> <p>Labour Hopscotch positions- NMH</p> <p>Birth Dynamics course - The Coombe Hospital</p>	<p>HSE advice on preparing your body for labour and birth:</p> <p>HSE.ie</p>
<p>How you can help your baby into the correct position for birth</p>	<p>If your baby is in a breech position you should not do lunges or squats</p>	<p>Useful videos on active birth preparation:</p> <p>YouTube.com</p> <p>Molly O'Brien's Birth Mechanics Course</p>	<p>Useful Videos positions for birth preparation</p> <p>https://www.YouTube.com/watch?v=IAv7eSYTz9E</p> <p>Cavan Monaghan maternity unit early labour positions and movements:</p> <p>whatsupmum.ie</p> <p>The Scotia clinic - Kerry- videos by physiotherapist:</p> <p>YouTube.com</p>
<p>Birth partner</p> <p>How you can help and prepare for the birth</p>	<ul style="list-style-type: none"> ▶ If you are a single pregnant woman ▶ If you are having a surrogacy pregnancy you can prepare for birth with a chosen birth partner 	<p>Resource:</p> <p>The Solihull approach to parenting - fathers/partners getting involved staying involved</p> <p>Useful website:</p> <p>cope.org</p>	<p>Tips:</p> <ul style="list-style-type: none"> ▶ Plan your exercise together with your partner ▶ Plan labour hopscotch stations at home ▶ Know all the positions for labour hopscotch <p>The NMH website videos:</p> <p>nmh.ie</p> <p>Useful website:</p> <p>cope.org</p>

YOUR BABY

YOUR JOURNEY

US

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>How you can prepare for birth using a birthing ball</p> <p>You can get the birthing ball sized and measured correctly for you by some suppliers</p>		<p>Videos on NMH website on birth prep:</p> <p>YouTube.com</p>	<p>Videos on NMH website on the stages of labour:</p> <p>nmh.ie</p> <p>Recommended reading:</p> <p>A new Father: A Dad's guide to the first year by Armin A Brott</p> <p>My Pregnancy Book- Partners pg. 14-15</p>

Healthy eating
changes for the rest
of your pregnancy



FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Weight gain What you need to know about the recommendations for adequate weight gain in pregnancy</p>	<p>Note for the educator: Discuss the positives and negatives of weight gain Be mindful of triggers if there is a history of eating disorders</p>	<p>Useful demonstration for class: Sand bag exercise/groceries exercise (from TtP course)</p>	<p>HSE advice on keeping healthy in pregnancy: hse.ie</p>
<p>Your calcium requirements</p>	<ul style="list-style-type: none"> ▶ Vegan ▶ Vegetarians ▶ Dairy avoidance 	<p>Resources: Healthy weight for children HSE action plan hse.ie</p>	<p>HSE website: hse.ie</p>
<p>Constipation</p>		<p>HSE website: hse.ie</p>	<p>HSE website: hse.ie</p>
<p>If you suffer from reflux and heartburn</p>		<p>HSE website information on conditions in Pregnancy: hse.ie</p>	<p>HSE website information on conditions in pregnancy: hse.ie</p>

Post birth planning

| CORE ACTIVITIES

Decision making exercises for you to do

How you and your chosen birth partner can prepare for after your baby arrives



Decision making exercises for you to do

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Discussion with your support person re your birth wishes</p> <ul style="list-style-type: none"> ▶ How you can ensure you feel safe in labour ▶ Perinatal planning 	<p>Note for educator:</p> <p>Traveller women and Roma women will require individual assistance with planning around labour birth and the postnatal period</p>	<p>Useful reading on consent and informed decision making:</p> <p>hse.ie nationalpartnership.org</p>	<p>Tips:</p> <p>List your birth wishes and consider supports you can use if things go unplanned</p> <p>HSE advice on Birth preparation and birth plans:</p> <p>hse.ie/positive-birth-experience hse.ie/birth-plans</p>

How you and your chosen birth partner can prepare for after your baby arrives

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>How you can prepare for the transition to parenthood</p> <p>The impact a new baby can have on you as a couple/family</p>	<p>Each family structure will adapt differently</p> <ul style="list-style-type: none"> ▶ If you are preparing for a second baby ▶ If you are preparing your first child for a new sibling 	<p>Resources: The Solihull approach to parenting</p> <p>Supports: ABC Area Based Childhood Programme</p> <p>RCM Parental Emotional Wellbeing and Infant Development document</p> <p>Tommy's website link: tommys.org</p> <p>Prevention and Early Intervention Network (PEIN) pein.ie</p>	<p>Community support services and websites to support families: Barnados Family Support to equip families with the necessary skills to thrive in times of crisis</p> <p>Cuidiu</p> <p>One family-HSE Approved for support for people parenting alone sharing parenting and those separating</p> <p>Women's Aid</p> <p>TUSLA - family resource centres</p> <p>Useful Resource: Prevention and Early Intervention Network (PEIN) pein.ie</p> <p>Links to website: nct.org area based childhood programme ABC</p>

Infant feeding

| CORE ACTIVITIES

Infant feeding management practices
for you and your baby



FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Discussion of your previous feeding experience</p>	<p>Arrange one to one counselling with a Lactation Consultant if:</p> <ul style="list-style-type: none"> ▶ You had a previous difficult experience ▶ Have conditions such as - History of breast surgery <i>(Reduction, Augmentation, cysts, lumps)</i> ▶ Anatomical variations of breasts/nipple <i>(Large breasts/Hypoplasia (IGT)/Inverted nipples, very large nipples)</i> ▶ Type 1/Gestational Diabetes ▶ Associated significant Medical/ surgical issues <i>(Epilepsy, Endocrine disorders, Chest surgery as a child/others)</i> ▶ Disability Social/emotional <i>(Anxiety, Depression/others)</i> ▶ Fetal anomalies ▶ Twins/multiple pregnancy ▶ Elective CS 	<p>Health professionals to complete the new National referral for a Lactation Consultant review. (pending publication)</p>	<p>Useful resource: hse.ie/antenatal-discussion.pdf</p>

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Importance of Supportive labour and birth practices include:</p> <ul style="list-style-type: none"> - having a companion for support - mobilising - methods of support that ensure you and baby to be alert <p>Immediate skin to skin</p> <p>Rooming in with your baby</p> <p>Feeding cues how you can recognise your babies cues</p> <p>How to position and attach your baby</p> <p>Hand expression/antenatal colostrum harvesting</p> <p>The importance of exclusive breastfeeding</p> <p>The importance of no teats or soothers for your baby</p> <p>If you are considering formula feeding your baby</p> <p>Support structures for you if you need assistance with breastfeeding</p>	<p>Infant feeding management practices</p> <p>should be discussed between 28-32 weeks in the antenatal period.</p>	<p>Note for educator: New National Infant feeding referral form</p> <p>Antenatal discussion HCP fact Sheet: hse.ie/antenatal-discussion.pdf</p>	<p>Understanding your journey: Breastfeeding Snakes and Ladders hse.ie/support</p>



| Your Late Pregnancy

Final stage of changes and concerns

| CORE ACTIVITIES

The changes you may have experienced and which ones you may not be aware of that are going to happen

How to develop a relationship with your baby in utero

Designing a postnatal wellbeing plan for you

Protecting your relationship

Some concerns you may have heard about

Note for educator

Check participants understanding of concerns



The changes you may have experienced and which ones you may not be aware of that are going to happen

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Note for educator to discuss</p> <ul style="list-style-type: none"> ▶ Fetal size ▶ Womb size ▶ Increased pressure on lungs ▶ Stomach and bladder issues ▶ Breathlessness ▶ Tiredness 	<ul style="list-style-type: none"> ▶ If your baby has IUGR ▶ Is a macrosomic baby (large for dates) ▶ You are diabetic ▶ You have a multiple pregnancy ▶ If you are a multip, these changes can vary 	<p>Useful resource:</p> <p>The Investigation and Management of the Small-for-Gestational-Age Fetus rcog.org</p> <p>Monitoring fetal growth and wellbeing nice.org</p>	<p>Rotunda Hospital antenatal education videos: rotunda.ie</p> <p>Normal effects of pregnancy YouTube.com</p>

How to develop a relationship with your baby in utero

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Note for the educator to discuss:</p> <ul style="list-style-type: none"> ▶ The social baby ▶ Singing ▶ Talking ▶ Touching bump ▶ Partner's voice ▶ Telling stories 	<ul style="list-style-type: none"> ▶ If you have an unexpected pregnancy <p>Note for educator: Reassure that if uncomfortable to tune into baby that this does not have lasting implications for future bonding.</p>	<p>TEAM Acronym: Touch Educate Acknowledge Make a Plan</p> <p>Useful article on bonding: pregnancybirthbaby.org</p>	<p>Rotunda Hospital antenatal education videos: rotunda.ie/trimesters rotunda.ie/mental-health</p> <p>NHS UK Information on bonding: nhsinform.scot</p> <p>HSE website: hse.ie</p> <p>Useful Video - Me to Mum rotunda.ie</p> <p>Developing your relationship with your baby: YouTube.com</p> <p>Connecting and communicating with your baby: YouTube.com</p>

Designing a postnatal wellbeing plan for you

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Your postnatal wellbeing plan</p> <p>How to create a plan for your specific needs</p>	<p>If you require additional social supports these can be built into your wellbeing plan</p> <p>Note for educator: Reiterate that it can be beneficial for both parents to complete together</p>		<p>Mental health support links: newmomhealth.com</p> <p>Postnatal mental health support: ppsupportmn.org</p>
<p>Note for the educator:</p> <ul style="list-style-type: none"> ▶ Physical emotional and mental wellbeing ▶ Stress management 		<p>Tommy's Organisation information on designing a wellbeing plan tommys.org</p>	<p>Information on wellbeing plans-Tommy's UK organisation: tommys.org wellbeing-plan</p> <p>Rotunda Relaxation Tracks: rotunda.ie</p> <p>HSE website: hse.ie hse.ie/healthwellbeing sportireland.ie</p>
<p>Strains on your relationship with a newborn and what you and your partner can expect in the early weeks</p>	<ul style="list-style-type: none"> ▶ If you are a single parent family ▶ If you have history of experiencing domestic violence in the past, please inform your hospital team who can provide support 	<p>Note for educator:</p> <ul style="list-style-type: none"> ▶ Support a discussion on how to take time to plan and prepare ▶ Discuss relationships with family and friends ▶ Who are your support people for pregnancy and postnatally? 	<p>NHS website and on relationships after having a baby: nhs.uk</p> <p>Video: What can we do if we argue and fight</p> <p>My Pregnancy Book: pg. 196 - Take time to plan and prepare, Discuss relationships with family and friends, Who are your support people?</p>

YOUR BABY

YOUR JOURNEY

US

Some concerns you may have heard about **Note for educator: Check everyone's understanding of concerns**

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Sleep disturbance and side lying		Guideline-NICE guideline 2021 on Sleep position	Sleeping advice HSE website: Why you should sleep on your side during pregnancy
Heartburn and frequent urination	If you have blood pressure issues in pregnancy severe upper gastric discomfort should be reported		HSE website advice on: Urine infections (UTIs) in pregnancy hse.ie/pre-eclampsia
Nausea can return	Note for educator: Make participants aware that although nausea and vomiting may have resolved it can reoccur in later pregnancy		HSE website advice on: hse.ie/morning-sickness
Mobilising can be difficult	If you have a disability adaptations may be required to mobilise comfortably		HSE website advice on: Backache and pain in pregnancy
Reduced FM <ul style="list-style-type: none"> ▶ Your baby's pattern of movement should not change ▶ When you should come to hospital if concerned re your baby's movements 		Guideline on FM: <ul style="list-style-type: none"> ▶ NICE Guideline 2021 Reduced fetal movements ▶ National Clinical Guideline on Reduced fetal Movements (pending 2024) Tommy's UK Organisation: <ul style="list-style-type: none"> ▶ Videos on fetal movements 	HSE website advice on: Your baby's movements during pregnancy (changes, last few months of pregnancy)

YOUR BABY

YOUR JOURNEY

US

Some concerns you may have heard about **Note for educator: Check everyone’s understanding of concerns**

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<ul style="list-style-type: none"> ▶ Bleeding ▶ Headaches ▶ Oedema and SROM 	<ul style="list-style-type: none"> ▶ If you have a high risk or multiple pregnancy ▶ If you have a multiple pregnancy you should discuss any of these symptoms with your healthcare professional 		<p>Useful website hse.ie/twins-multiple-pregnancies</p>
<ul style="list-style-type: none"> ▶ DVT ▶ PE ▶ GBS ▶ UTI ▶ Temp ▶ Sickness/vomiting ▶ A raised temperature 			<p>Useful website hse.ie/uti-in-pregnancy</p> <p>Useful resource rcog.org</p>

Getting ready for your labour

| CORE ACTIVITIES

What you can do to help get ready for your labour?

Note for educator:

Go through suggestions and correct any misconceptions

Activities for you to consider that help birth start

What you can do to help ensure your baby is in the best possible position for birth

Have you had a conversation with your support person about what you think you would like for your birth?



What you can do to help get ready for your labour? Note for educator: Go through suggestions and correct any misconceptions

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Positions to promote OFP</p> <p>Note for educator: Positions of the fetal head in pelvis</p>	<p>If you have:</p> <ul style="list-style-type: none"> ▶ PGP ▶ A low-lying placenta ▶ Or your baby is in a breech position then seek advice before adapting any positions 	<p>Resources on active birth positions NMH E-Learning hub positions explained nmh.ie</p> <p>The Coombe Hospital Birth Dynamics - A toolkit for Labour and Birth UK Spinning Babies Birth Dynamics Molly O'Brien</p>	<p>HSE website advice on: Preparing your body for labour and birth - HSE.ie</p> <p>Useful website: spinningbabies.com</p>
<p>How you can avoid OP Position (back-to-back)</p> <p>You can do the Mobilise square of the Labour Hopscotch</p> <p>Avoid sitting positions for long periods</p> <p>Use birthing balls to sit on at desk jobs</p> <p>Tilt pelvis if long commutes</p>	<p>If you have:</p> <ul style="list-style-type: none"> ▶ PGP ▶ Or have a low-lying placenta or your baby is in a breech position - do not adopt squatting or lunging positions 	<p>Teaching the babies positions in the pelvis:</p> <p>NMH E-Learning hub, positions in the pelvis (Click on cards) nmh.ie</p>	<p>HSE website advice on: Preparing your body for labour and birth - HSE.ie</p>

YOUR BABY

YOUR JOURNEY

US

What you can do to help get ready for your labour? Note for educator: Go through suggestions and correct any misconceptions

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Note for educator: Give advice on the effects of long commutes and or the effects of sedentary jobs on baby's position in the pelvis</p>	<p>If you have a disability, adjustment can be suggested by your midwife</p>	<p>Website: Spinning babies spinningbabies.com</p>	<p>Website: Spinning babies spinningbabies.com</p>
<p>Note for educator: Encourage participants to demonstrate and practise positions such as</p> <ul style="list-style-type: none"> ▶ Lunging ▶ Squatting ▶ Up and down the stairs sideways (or kerb) and pelvic tilting 	<p>If you have a disability, positions can be adapted for you</p>	<p>Useful resources:</p> <ul style="list-style-type: none"> ▶ Spinning babies ▶ NMH E-Learning hub for positions nmh.ie ▶ The Coombe Hospital - Birth dynamics toolkit for labour and birth coombe.ie 	<p>Useful Video - Labour hopscotch video: YouTube.com</p>
<p>You may consider a hypnobirthing course</p>	<p>Courses may be available in your maternity unit or Online</p>	<p>Hypnobirthing training courses: Katherine Graves modules on hypnobirthing - Judith Flood course in hypnobirthing - Marie Mongan hypnobirthing training course</p>	<p>HSE website advice on labour preparation: hse.ie</p>

YOUR BABY

YOUR JOURNEY

US

What you can do to help get ready for your labour? Note for educator: Go through suggestions and correct any misconceptions

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Acupuncture and acupressure are very useful for your birth preparation</p> <p>Note for educator: Show points demonstrate and practise counter pressure with participants</p>	<p>If you have a hip disorder you can adapt the counterpressure techniques</p>	<p>Debra Betts - Acupuncture and Acupressure for Pregnancy and Childbirth. Download Booklet</p> <p>Note for educator: Demonstrate points in class</p>	<p>Have you ever considered acupuncture? You can commence acupuncture after 37 weeks for prep for labour and birth if baby is head down in position</p> <p>Acupuncture can be very useful in getting your body ready for birth</p>
<p>Perineal massage can help prepare your perineum for your birth</p> <p>Note for educator: Show videos or facilitate discussion on the correct technique</p>	<p>You should not do perineal massage if you have herpes or thrush (Candida)</p>	<p>Useful article on the benefits of perineal massage: Antenatal perineal massage benefits in reducing perineal trauma and postpartum morbidities: a systematic review and meta-analysis of randomized controlled trials. Abdelhakim, AM; Into Urogynecol J 2020 Sep;31(9):1735-1745. doi: 10.1007/s00192-020-04302-8. Epub 2020 May.</p> <p>Video information on perineal massage: NMH E-Learning hub NMH- YouTube video on perineal massage</p> <p>National Guideline: Supported Care Pathway Guideline 2024</p>	<p>HSE website advice perineal massage and link below hse.ie</p> <p>Useful video on perineal massage NMH E-Learning hub NMH- YouTube video on perineal massage nmh.ie</p>

YOUR BABY

YOUR JOURNEY

US

What you can do to help get ready for your labour? Note for educator: Go through suggestions and correct any misconceptions

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Rebozo techniques</p> <p>Note for educator: Demonstrate how to do and why used in labour</p>	<p>If you have PGP Rebozo maybe uncomfortable</p>	<p>For demonstrations use: Biomechanics for Birth</p> <p>YouTube video on Rebozo Techniques for Labour Support</p> <p>Rebozo scarfs</p> <p>Show acupressure points: Debra Betts website on acupressure acupuncture.rhizome.net</p> <p>Sophie Messenger Rebozo Techniques</p>	<p>Useful website: Debra Betts website in acupressure and acupuncture points demo acupuncture.rhizome.net.nz</p> <p>Sophie Messenger website on The Rebozo Technique</p>
<p>Empowering yourself by practising positive affirmations</p> <ul style="list-style-type: none"> Visualisation 		<p>Positive affirmations: NMH Community Midwives' booklets nmh.ie</p> <p>The Coombe Hospital-Birth Dynamics: A toolkit for labour and birth coombe.ie</p>	<p>Booklets for birth preparation QR Codes for booklets NMH nmh.ie</p>

YOUR BABY

YOUR JOURNEY

US

What you can do to help get ready for your labour? Note for educator: Go through suggestions and correct any misconceptions

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Your mental preparation</p> <p>BRAIN Training - Useful way of thinking knowing that sometimes decision making can be taken away from me</p>	<p>Note for educator: Advise that increased levels of anxiety are expected as your pregnancy progresses</p>	<p>Note for educator:</p> <p>Discussion on topics like</p> <ul style="list-style-type: none"> ▶ I am prepared for the path my birth takes ▶ Acronym training ▶ Shared decision-making tool 	<p>YouTube video/talk on brain training: Lorimer Moseley Brain Training-Why Things Hurt</p> <p>Useful Resource: Prepare your body and mind for birth with research-based advice and learn effective strategies for coping with labour. futurelearn.com</p>
<p>Relaxation techniques you can use when you have contractions/waves</p> <p>Yoga breathing</p>		<p>Useful Video:</p> <p>Pregnancy yoga for a good night's sleep YouTube.com</p>	<p>Useful video on pregnancy yoga on sleep: YouTube.com</p> <p>Relaxation techniques you can use for pregnancy and birth: Belly breathing, progressive muscle relaxation, mindfulness of the breath. coombe.ie</p>
<p>Pilates and yoga</p> <ul style="list-style-type: none"> ▶ Exercise and breathing positions 			<p>Website information on birth preparation: NMH E-Learning hub nmh.ie</p>

YOUR BABY

YOUR JOURNEY

US

What you can do to help get ready for your labour? Note for educator: Go through suggestions and correct any misconceptions

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Packing your 'hospital bag'</p> <p>Note for educator:</p> <ul style="list-style-type: none"> Provide a contents list 			<p>Website information on birth preparation:</p> <p>NMH E-Learning hub nmh.ie</p>
<p>GBS testing and management</p>	<ul style="list-style-type: none"> If you had GBS previously or you have a family history of GBS If GBS is identified during your pregnancy management may vary 	<p>Induction guideline on GBS: NICE Guidelines nice.org</p> <p>National HSE guidelines on Prevention of Early Onset Group B Streptococcal Disease in Term infants</p>	<p>NICE Guideline on GBS: nice.org</p>

Activities for you to consider that work to help birth start: What you can do to help ensure your baby is in the best possible position for birth

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>The importance of your baby's head engaging into your pelvis</p>	<p>If your baby is in the breech presentation this does not apply</p>	<p>Midwifery Publication and Research (2019)</p> <p>An Evaluation of the labour hopscotch framework at the National Maternity Hospital (2019)- Importance of birth preparation</p>	<p>Useful Videos on birth preparation:</p> <p>NMH E-Learning hub nmh.ie</p>
<p>The lower your baby's head can go into your pelvis the more likely you are to go into spontaneous labour</p> <p>Some useful tips that may help are:</p> <ul style="list-style-type: none"> ▶ Nipple stimulation ▶ Hand expression ▶ A vaginal sweep ▶ Eating dates ▶ Having regular bowel motions ▶ Labour hopscotch 	<p>Always discuss with your hospital team before you try any of these suggestions</p> <p>Note for educator: To reassure as sometimes this can be more difficult to achieve for some women just do your best</p>	<p>Useful resources: Getting your baby into a good position - NMH E-Learning Hub nmh.ie</p> <p>Guideline advice on promoting fetal positioning: National supported care pathway antenatal guideline 2024 (unpublished)</p> <p>The Coombe Hospital: The Coombe Women and Infant University Hospital</p>	<p>Spinning babies: spinningbabies.com</p>

YOUR BABY

YOUR JOURNEY

US

Activities for you to consider that work to help birth start: What you can do to help ensure your baby is in the best possible position for birth

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>If your baby presents in the breech position</p> <ul style="list-style-type: none"> ▶ Things you should know ▶ Types of breech ▶ What to do and not do <p>Note for educator</p> <ul style="list-style-type: none"> ▶ Acupuncture ▶ ECV ▶ No squats 		<p>Note for educator: Use diagrams to explain breech positions</p>	<p>HSE website on breech positions: hse.ie</p>

Have you had a conversation with your support person about what you think you would like for your birth?

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Your birth wishes</p> <ul style="list-style-type: none"> ▶ Support with decision making by <ul style="list-style-type: none"> -Support person -Care providers ▶ Your birth wishes <ul style="list-style-type: none"> -If your birth wishes do not happen in the way you hoped ▶ Re-framing and being involved in all decisions 	<p>Planned LSCS</p>	<p>Useful resources:</p> <ul style="list-style-type: none"> england.nhs.uk nice.org personalisedcareinstitute.org 	<p>Useful website:</p> <ul style="list-style-type: none"> hse.ie <p>Useful resource:</p> <ul style="list-style-type: none"> tarabrach.com panda.org
<p>Changing attitudes</p> <ul style="list-style-type: none"> ▶ Techniques you can use when things are unplanned ▶ Reframing and being involved in all decisions 	<p>If you have:</p> <ul style="list-style-type: none"> ▶ An assisted birth ▶ A planned caesarean birth things can be modified to ensure you have a baby friendly birth 	<p>Note for educator:</p> <p>Practise hypnobirthing techniques and or yoga breathing techniques</p> <p>Note for educator - RAIN acronym:</p> <p>Recognizing Acceptance Investigate and Nurture Recognize what is happening; Allow the experience to be there, just as it is; Investigate with interest and care; Nurture with self-compassion.</p> <p>tarabrach.com</p>	<p>Royal College of Midwives UK document on emotional wellbeing and infant development:</p> <p>rcm.org</p>

Have you had a conversation with your support person about what you think you would like for your birth?

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Is your birth partner/support person aware of your birth wishes?</p>	<p>Note for educator:</p> <ul style="list-style-type: none"> ▶ Consideration for Travellers and Roma women ▶ Traveller women may bring their own mother as birthing partner 	<p>LGBT health HSE website: hse.ie</p> <p>Useful resources: cochranelibrary.com rcm.org</p>	<p>Useful resources: Information for birth partners - Community Midwife Booklets NMH nmh.ie</p> <p>NMH E-learning Hub website nmh.ie</p> <p>The Coombe antenatal videos: coombe.ie</p> <p>Reading recommendations: A new Father - A Dad's Guide to the first year by Armin A Brott</p> <p>MyPregnancy Book - Partners pg. 14-15</p>
<p>The benefits of continuous emotional support for labour and birth</p>	<p>If you decide to birth alone your midwife will be your support person</p>	<p>Note for educator: Facilitate discussion on the role of the support person during birth nct.org</p>	<p>HSE website advice on: How to be a birth partner HSE.ie</p> <p>Information on Doula support and the role of a doula: Evidencebasedbirth.com doulas.ie</p>

Your early labour

| CORE ACTIVITIES

How to identify if you are in early labour

How you can manage your early labour

Do you know when you should go to hospital
or call your midwife?



How to identify if you are in early labour

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Hormone roles:</p> <ul style="list-style-type: none"> ▶ Oxytocin ▶ Prostaglandin ▶ Adrenaline and endorphins around labour and birth <p>Note for educator: Discuss the role hormones play during labour and birth</p>		<p>NMH Hospital website information on hormones during birth: nmh.ie</p> <p>Intrapartum Supported Care Guideline 2024 (Pending)</p>	<p>NMH Hospital website E-learning hub birth information: nmh.ie</p>
<ul style="list-style-type: none"> ▶ Diarrhoea ▶ Discomfort ▶ Nesting 			<p>The Coombe Hospital videos on birth: coombe.ie</p>
<ul style="list-style-type: none"> ▶ Vomiting ▶ A show 			<p>The Coombe Hospital videos on birth: coombe.ie</p>
<p>Bleeding in early labour</p>	<p>If you have a low-lying placenta you need to attend the hospital immediately or call an ambulance</p>	<p>Guideline: NICE Antenatal guideline 2020- Bleeding in pregnancy nice.org</p>	<p>The Coombe Hospital videos on birth: coombe.ie</p>

YOUR BABY

YOUR JOURNEY

US

How to identify if you are in early labour

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
SROM (Liquor colour can be clear blood stained or Meconium stained)	If your baby is breech position meconium will often be seen when your waters break	Note for educator: Show examples of liquor colour COAT acronym -Colour Odour Activity(FM) Time	Useful websites-Signs of labour: HSE.ie National Childbirth Trust UK NMH E-Learning hub
Softening and effacement explained	If you are having a second or subsequent baby this will be different to a first-time pregnant woman	Note for educator: Demos -NMH E-Learning hub nmh.ie Use props such as play dough/hands or a doll	NMH E-learning hub signs of labour: nmh.ie
How contractions work	This advice will differ if you are having a second or subsequent baby <ul style="list-style-type: none"> ▶ Having twins or triplets ▶ If you are classed as having a high-risk pregnancy 	Note for educator: Use YouTube videos to explain dilatation or use TtP activities	NMH E-learning hub signs of labour: nmh.ie
Timing a contraction	Advice on timing contractions will alter for women who have had babies previously <ul style="list-style-type: none"> ▶ Always check with your midwife or medical team 	Note for educator: Explain how to time contractions	HSE website: Timing your contractions and when to go to the hospital

YOUR BABY

YOUR JOURNEY

US

How to identify if you are in early labour

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Effacement ▶ Dilation	This can occur at a different pace for women who have had babies previously	Note for educator: Use wall charts/props to explain effacement and dilation	NMH E-learning hub: Effacement and dilatation nmh.ie

How you can manage your early labour - Do you know when you should go to hospital or call your midwife?

Positions shown, UFO (Upright forward and open)	Note for educator: Adapt if having a home birth ▶ Women with disabilities can modify these positions	Note for educator: Practice all UFO positions with women and their chosen birth partner in class	Websites and resources for information on ways to deal with labour: NMH E-learning hub nmh.ie NMH Community Midwives labour and birth booklets HSE.ie nmh.ie
▶ Paracetamol ▶ Walks ▶ Water ▶ Bath ▶ Heat packs		Note for educator: Expand on these advise on correct medication doses and bath temperature and water therapy suitable at home and in hospital	whatsupmum.ie coombe.ie hse.ie

YOUR BABY

YOUR JOURNEY

US

How you can manage your early labour - Do you know when you should go to hospital or call your midwife?

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<ul style="list-style-type: none"> ▶ Rest and sleep as much as possible ▶ Keeping nourished and hydrated in labour 	<p>If you are diabetic or are a gestational diabetic this advice on hydration may alter for your labour</p>	<p>Notes for educator: What to eat in labour: list of recommended snacks</p> <p>Community midwives labour and birth booklets NMH nmh.ie</p>	<p>Eating in labour information: NMH E-Learning Hub nmh.ie</p> <p>Community midwives labour and birth booklets: nmh.ie</p>
<p>Managing hydration</p>	<p>If you require an IV infusion this advice may change</p>	<p>Accurate fluid intake recording: Supported care pathway midwifery guideline- Intrapartum care guideline 2023/4 Pending 2024</p>	<p>Eating in labour information: NMH E-Learning hub nmh.ie</p> <p>Community midwives labour and birth booklets: nmh.ie</p> <p>See booklet for Isotonic Recipe for Labour Aid drink</p>
<ul style="list-style-type: none"> ▶ Birthing ball 		<p>Use birthing balls demonstrate and encourage practise of positions in class - useful video: YouTube.com</p>	<p>HSE website advice on birthing balls: hse.ie</p>

YOUR BABY

YOUR JOURNEY

US

How you can manage your early labour - Do you know when you should go to hospital or call your midwife?

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Lunging and squat station	If you have PGP find position that is easiest for you	<p>Note for educator: Practise labour hopscotch positions and techniques with women and chosen birth partners</p> <p>Useful Video: YouTube.com</p>	<p>Information on: Staying active and upright positions during labour</p> <p>Useful website HSE.ie: Domino Community Midwifery labour and birth booklets NMH nmh.ie</p>
Breathing and coping techniques		<p>Video on breathing techniques: NMH E-Learning hub nmh.ie</p>	<p>HSE website advice on: Breathing and self-help techniques for labour</p> <p>Rotunda.ie-Breathing techniques for labour rotunda.ie/resources</p>
Diaphragmatic breathing and link with pushing	<p>Epidural and no epidural</p> <p>Note for educator: Facilitate a discussion on directed pushing versus undirected pushing also discuss local practices on pushing nice.org</p>	<p>Physio discussion on Pushing techniques: Defecation technique v's Valsalva/coached pushing</p> <p>NICE Guidance on pushing techniques: nice.org Evidence and local practices should also be discussed</p>	<p>HSE website advice on: Breathing techniques for the 2nd stage of labour</p> <p>Rotunda Hospital website: @ Rotunda.ie rotunda.ie</p>

YOUR BABY

YOUR JOURNEY

US

How you can manage your early labour - Do you know when you should go to hospital or call your midwife?

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Note for educator:</p> <ul style="list-style-type: none"> Discuss coping strategies TENS machine Breathing techniques 	When is it ok for you to stay at home?	<p>Positions for labour at home and in hospital: NMH E-Learning hub and labour hopscotch nmh.ie</p> <p>The Coombe Hospital: Birth Dynamics-Toolkit for labour and birth</p>	<p>HSE website advice on: Staying active and upright positions during labour</p> <p>HSE.ie</p> <p>The Coombe Hospital: Antenatal education videos</p>
Transitioning from home environment to maternity unit environment	If you had a baby previously you will be advised to come to hospital earlier than on your first pregnancy	<p>Note for educator: Consider and offer ways to maintain similar ambience and remain relaxed</p>	<p>HSE website advice on: How to remain relaxed/relaxation techniques Plan what to bring from home to help stay relaxed e.g., pillow dim lights music</p>
<p>Techniques to use when changing birthing environments You may experience anxiety when you have to transfer to a maternity unit</p>	<p>Note to educator: Tips to aid transition to a hospital environment</p>	<p>How to encourage relaxation: Hypnobirthing techniques - Principles of breathing techniques and using your support networks rotunda.ie</p>	<p>Rotunda Relaxation Tracks rotunda.ie rotunda.ie/resources</p>
When you should go to your maternity unit or call your midwife if you are having a homebirth	<p>If you are having a:</p> <ul style="list-style-type: none"> High risk or multiple pregnancy If you are transferring from a homebirth, you will be advised re when to go to hospital 	<p>Useful resource: nice.org</p>	<p>HSE advice on packing your hospital bag: hse.ie</p>

YOUR BABY

YOUR JOURNEY

US

How you can manage your early labour - Do you know when you should go to hospital or call your midwife?

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>TENS</p> <ul style="list-style-type: none"> Entonox 	<p>Note to educator: Explain the safe use of Entonox</p>	<p>Use of Non-Pharmacological methods of support: NMH E-Learning hub nmh.ie</p>	<p>HSE website advice on labour and birth: hse.ie</p>
<p>Hydrotherapy and hypnobirthing</p>	<p>You can avail of showers if no hydrotherapy unit available</p>	<p>Recommended reading: <i>Hypnobirthing Practical ways to make your birth better</i> by Siobhan Miller</p> <p>Hypnobirthing podcast: thenurturenest.co.uk</p>	<p>Hypnobirthing videos: YouTube YouTube YouTube YouTube</p> <p>freya-hypnobirthing-app</p>

YOUR BABY

YOUR JOURNEY

US

How you can manage your early labour - Do you know when you should go to hospital or call your midwife?

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Homeopathy	<p>Safe use of homeopathy:</p> <ul style="list-style-type: none"> Homeopathy should be prescribed by registered homeopath You should always inform your midwife if you are planning on using homeopathy for labour and birth 	<p>Note for educator:</p> <ul style="list-style-type: none"> Discussion on safe use of homeopathy in labour 	<p>Useful article: How to reduce your labour pain and length ajog.org</p>
Massage peanut ball		<p>Note for educator:</p> <ul style="list-style-type: none"> Useful article on peanut balls: Use of and demonstration ajog.org 	
<ul style="list-style-type: none"> Music Yoga matts 			<p>Have you considered: Making a music play list for labour and birth</p>
<p>Mat techniques</p> <p>How to use warm and cold compresses</p> <p>Food/drink tips for use in labour to help energise you e.g.</p> <ul style="list-style-type: none"> Isotonic drinks Jellies Bach rescue remedy Honey 	<p>If you are diabetic or are a gestational diabetic, snacks can be recommended for you by your diabetic team</p>	<p>Useful resources and videos:</p> <p>The Coombe Hospital coombe.ie</p>	<p>Videos on labour and birth: The Coombe Hospital coombe.ie</p>

YOUR BABY

YOUR JOURNEY

US

How you can manage your early labour - Do you know when you should go to hospital or call your midwife?

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>It is OK to take a break</p> <ul style="list-style-type: none"> Rest is important during labour if possible 		<p>The role of the birth partner NMH E-Learning hub - How to be a supportive birth partner nmh.ie</p>	<p>HSE website advice on: How to be a birth partner hse.ie/being-a-birth-partner</p>

Your birth

| CORE ACTIVITIES

Do you know what transition is?

Note for educator

Work through transition signs, sounds, symptoms and emotions

Have you ever seen a real physiological birth?
What do you expect?

What birth variations have you heard about?
Do you have concerns around variations?

Note for educator

Check misconceptions



Do you know what transition is? Note for educator - Work through transition signs, sounds, symptoms and emotions

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Pressure/PR	This pressure feeling may be different if you have an epidural	Note for educator: Discuss and explain all about transition	
Noises/sounds		Note for educator: <ul style="list-style-type: none"> ▶ Explain what is happening ▶ How you will feel ▶ Involuntary sounds you may make 	The physiology of childbirth video: YouTube YouTube.com
Panic why?		Transition explained: NMH E-learning Hub nmh.ie	NMH website: NMH E-Learning hub-Transition explained nmh.ie
Hitting the wall The final strait		Note for educator: Discussion on what this means?	
Your baby's head descending through your pelvis			HSE website advice - on birth: hse.ie

YOUR BABY

YOUR JOURNEY

US

Have you ever seen a physiological birth? What do you expect?

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>How your body knows to birth</p> <p>Note for educator: Positions demonstrated and practiced by participants</p>	<p>If you have an epidural, positions may be adapted to side lying</p> <p>You can also use a peanut ball when you have an epidural</p>	<p>Note for educator: Demonstrate different upright positions for SVD</p>	<p>HSE website advice on: Find a birth position</p>
<p>How you will know when to push</p>	<p>If you have an epidural guidance maybe required around pushing</p>	<p>Note for educator: Active and passive pushing with breathing techniques</p>	<p>HSE website advice on: Breathing out and pushing - HSE.ie</p>
<p>How long pushing can take</p> <p>Note for educator: Active and passive pushing and why?</p>	<p>This may be different if you have had a baby/ies previously</p>	<p>Useful YouTube videos for demonstrating the birth process: YouTube.com YouTube.com</p>	<p>HSE website advice on: Breathing out and pushing - HSE.ie</p>

Have you ever seen a physiological birth? What do you expect?

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Crowning How long this can take and the importance of listening to guidance</p>	<p>This may be different if you have had a baby/ies previously</p>	<p>Useful YouTube video on the birth process: YouTube.com</p>	<p>Useful YouTube video on the birth process: YouTube.com</p>
<p>Perineal tears and some protection methods e.g., A warm compresses and position to birth in</p>	<p>If you had a previous tear your midwife will advise you at your birth</p>	<p>Note for educator: Support a discussion on perineal tears</p> <p>Article on the use of warm compresses: karger.com</p> <p>Perineal techniques during the second stage of labour for reducing perineal trauma pubmed.ncbi.nlm.nih.gov</p>	<p>Article on the use of warm compresses for perineum during birth: karger.com</p>
<p>Perineal tears during childbirth</p>		<p>National clinical guideline on FGM 2019: Management of Obstetric Anal Sphincter Injury (2012) Update due- NWIHP hse.ie</p> <p>RCOG Guideline: Green top guideline No 29: rcog.org.uk</p>	<p>Information on perineal tears during childbirth: Patient information poster RCOG</p> <p>rcog.org</p>

YOUR BABY

YOUR JOURNEY

US

Have you ever seen a physiological birth? What do you expect?

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>The different stages of your birth</p> <p>The anatomy and physiology will be explained by your educator</p>		<p>Useful Information on the mechanisms of labour:</p> <p>NMH E-Learning hub nmh.ie</p>	<p>Useful Information on the mechanisms of labour:</p> <p>NMH E-Learning hub with video nmh.ie</p>
<p>Episiotomy</p> <ul style="list-style-type: none"> ▶ Why ▶ How and when? 	<p>If you are having:</p> <p>A planned/emergency LSCS this will not apply</p>	<p>Note for educator - Support a discussion around episiotomies:</p> <p>Use the BRAIN acronym to discuss reasons for an episiotomy</p> <p>NICE Guidelines:</p> <ul style="list-style-type: none"> ▶ Intrapartum interventions to reduce perineal trauma ▶ Also discuss Informed consent again 	<p>NMH website:</p> <p>E-Learning hub for information about episiotomies nmh.ie</p> <p>How to use Brain Acronym - Benefits, Risks, Alternatives, Intuition, Nothing</p>

Have you ever seen a physiological birth? What do you expect?

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Placenta</p> <ul style="list-style-type: none"> ▶ The third stage ▶ Types of third stage ▶ A physiological third stage 	<p>This may depend on the type of birth you have:</p> <ul style="list-style-type: none"> ▶ If you had a PPH ▶ Or if you had previous history of a retained placenta or ▶ If you have low Hb/anaemia in this pregnancy 	<p>Guidelines:</p> <ul style="list-style-type: none"> ▶ National Clinical Practice Guideline 2022 ▶ Prevention and management of PPH and medication recommended for the 3rd stage of labour ▶ Syntocinon rather than Syntometrine? <p>hse.ie</p>	<p>HSE website information of the third stage of labour: Birthing the placenta (after birth)</p>
<p>Placenta encapsulation</p>	<p>This is not recommended if:</p> <ul style="list-style-type: none"> ▶ You were pyrexia/had an infection during your birth ▶ You may be asked to give your consent for samples of your placenta be analysed prior to you having encapsulation done ▶ This is to assess further for infection before ingestion 	<p>Note for educator:</p> <ul style="list-style-type: none"> ▶ Discuss the minimal amount of research around encapsulation and the unsupported evidence re the benefits ▶ Discuss and explain recommendations around maternal pyrexia in labour (ie., send placenta for lab analysis before ingestion) 	<p>Recommendation: Discuss encapsulation with your midwives or medical team</p>
<p>Monitoring your baby in labour Types and reasons</p>	<p>If you have a multiple pregnancy monitoring your babies will be explained to you</p>	<p>Under revision: National fetal monitoring guideline pending 2024</p>	<p>Useful guideline resource: NICE Guidelines on monitoring the wellbeing of baby during labour</p>

YOUR BABY

YOUR JOURNEY

US

Have you ever seen a physiological birth? What do you expect?

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Involution After pains and delayed optimal cord clamping		Article on delayed cord clamping: acog.org	Useful reading on delayed cord clamping: tommys.org

What birth variations have you heard about? What fears do you have around variations? Note for educator - Resolve misconceptions?

Artificial rupture of membranes	This means breaking your waters around baby	Useful resource: Best Practice Guidelines- NICE nice.org	HSE website information on induction of labour (IOL): hse.ie
Syntocinon for augmentation		Useful resource: <ul style="list-style-type: none"> ▶ National Clinical Care Guidelines management of third stage nice.org ▶ WHO Recommendations for augmentation of labour who.int/publications 	HSE website information on IOL: hse.ie
Assisted births Types and why one maybe required for your birth		Useful resource: UK App-MUM&BABYAPP (video of forceps birth) Useful resource - National Clinical Practice Guideline: hse.ie	Useful resource - guidelines on IOL: NICE guidelines on Inducing labour Useful resource - National Clinical Practice Guideline: hse.ie

YOUR BABY

YOUR JOURNEY

US

What birth variations have you heard about? Do you have concerns around variations? Note for educator - Check misconceptions

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Manual removal of placenta/retained placenta</p>		<p>HSE website Information on: Birthing the placenta (afterbirth) - HSE.ie</p>	<p>Useful website hse.ie</p>
<p>Induction of labour Medical/mechanical and non-medical methods of IOL (natural)</p>	<ul style="list-style-type: none"> ▶ How you can reduce requirements for IOL? ▶ Are there facilities to return home during IOL in your maternity unit? 	<p>Note for educator to discuss IOL:</p> <ul style="list-style-type: none"> ▶ Why IOL is recommended? - Local and national statistics <p>Recommended guidelines: RCOG and NICE guidelines nice.org</p> <ul style="list-style-type: none"> ▶ The supported care pathway antenatal guideline on natural induction methods e.g., Nipple stimulation- Intercourse 2023/4 ▶ National IOL guideline on IOL 2021 (under review by NWIHP for 2024) 	<p>Useful websites information on IOL: hse.ie</p> <p>Rotunda Hospital video on IOL: YouTube</p>

What birth variations have you heard about? Do you have concerns around variations? Note for educator - Check misconceptions

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Pharmacological methods of support you may choose e.g., Epidural</p>	<p>Note for educator:</p> <p>33 languages on labourpains.org to explain about epidurals</p>	<p>Useful Resources:</p> <ul style="list-style-type: none"> ▶ NMH E-Learning hub - nmh.ie YouTube video on analgesia for birth ▶ Supported Care Pathway Guideline pending 2024 ▶ The Coombe Hospital Videos on Pain relief options coombe.ie ▶ Website with language translation-Epidural insertion; mft.nhs.uk labourpains.com 	<p>Hospital website:</p> <p>NMH-E-Learning hub video of epidural insertion nmh.ie</p> <p>Useful websites for pharmacological methods of support:</p> <p>nhs.uk</p>
<p>Descent</p> <ul style="list-style-type: none"> ▶ Active versus passive descent ▶ Pushing ▶ Birthing your baby using an epidural 		<p>Useful hospital website OLOLHD:</p> <p>flowcode.com/page/ololmaternity</p> <p>Note for educator:</p> <p>Differentiate between active and passive descent with an epidural</p>	<p>HSE website information on:</p> <p>Breathing out and pushing</p> <p>HSE.ie</p>

YOUR BABY

YOUR JOURNEY

US

What birth variations have you heard about? Do you have concerns around variations? Note for educator - Check misconceptions

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Note for educator: Discuss and explain rationale for vaginal examinations</p>	<ul style="list-style-type: none"> ▶ If you have vaginismus or suffered an SSA/CSA considerations will be made for your examinations ▶ you may also decline an examination if distressing 	<p>Note for educator:</p> <ul style="list-style-type: none"> ▶ Facilitate a discussion around timing of VE's and International best practise ▶ Provide evidence on this ▶ Facilitate a discussion on "Why do I need a VE?" ▶ HSE Antenatal guideline on supported care pathway- Unpublished 2024 	<p>Question to consider: Do you understand why vaginal examinations are preformed? Ask any questions you have during your education course to help you prepare for vaginal examinations.</p>
<p>Pre-term birth</p>		<p>Useful resource: Irish neonatal health alliance INHA INHA</p>	<p>Useful resource for information on pre term birth: INHA-Family resource videos and podcasts on babies care in NICU and coming home from NICU INHA</p>
<p>IV antibiotics for GBS or PSROM</p>	<p>Allergies</p>	<p>NICE guideline on GBS: nice.org</p>	<p>Useful article on GBS: gbss.org and evidencebasedbirth.com</p>

What birth variations have you heard about? Do you have concerns around variations? Note for educator - Check misconceptions

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Multiple pregnancies		National guidelines pending 2024: Dichorionic twin guideline Monochorionic twin's guideline	Useful website: hse.ie/twins-multiple-pregnancies
Caesarean birth Emergency versus planned	If you have a caesarean birth at advanced dilation there will be some differences to a planned caesarean section	Useful videos for LSCS: Risks with LSCS outube.com The Coombe Hospital: coombe.ie The Rotunda Hospital class slides on planned LSCS rotunda.ie Note for educator: To facilitate a discussion on birth plans for baby friendly LSCS	HSE website information on: hse.ie/caesarean-birth HSE.ie hse.ie/caesarean The Coombe Hospital website: coombe.ie
Vaginal birth after caesarean or next birth after C section (VBAC)		Useful guidelines: <ul style="list-style-type: none"> ▶ RCOG Guidelines on birth after caesarean NICE guidelines: ▶ Caesarean birth ▶ Baby friendly caesarean births 	HSE website information on: hse.ie/caesarean

YOUR BABY

YOUR JOURNEY

US

What birth variations have you heard about? Do you have concerns around variations? Note for educator - Check misconceptions

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Birth wishes and contingency plans		<p>Note for educator: Facilitate a discussion on how to make a birth plan or birth wishes</p>	<p>Hospital website: NMH E-Learning birth plans nmh.ie</p>
Informed Choices - BRAIN acronym		<p>Useful website information on informed consent: HSeLanD E-Learning programme hse.ie/consent-matters-training-course E-Learning hub nmh.ie</p>	<p>Useful Resource - National consent policy: hse.ie</p>
Pregnancy complications and conditions		<p>Useful resource: Irish Neonatal Health Alliance inha.ie</p>	<p>Useful information website: INHA pregnancy complications inha.ie HSE advice on complications in pregnancy hse.ie</p>
Breech positions			<p>HSE website information: Breech position - pregnancy</p>

YOUR BABY

YOUR JOURNEY

US

Your golden hour and beyond

| CORE ACTIVITIES

What you can expect once you have given birth



What you can expect once you have given birth

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Apgar score			HSE website information on: What newborns look like
<p>The importance of safe skin-to-skin contact with your baby</p> <ul style="list-style-type: none"> What if you are separated? Your partner's role in skin-to-skin if you are separated from your baby 	<p>If your baby becomes sick: If the paediatrician is involved in your baby's care, skin-to-skin maybe delayed</p> <p>Note for educator: Safe skin-to-skin recommendations and practice HSE hse.ie</p>	<p>Recommended reading: The Neuroscience of birth-and the case for zero separation by Nils J Bergman</p> <p>UNICEF website: unicef.org</p> <p>Pending 2024-National Clinical Practice Guideline on Postnatal care for Mother and Infant</p>	<p>Useful websites: HSE on skin-to skin contact hse.ie</p> <p>Skin-to-skin contact with newborns Skin-to-skin with premature baby INHA - unicef.org</p> <p>Do you know what safe skin-to-skin means? Ask your midwife to update you</p>
<p>Bonding</p> <ul style="list-style-type: none"> This is an ongoing process and more often not instantaneous There is no pressure if you do not bond straight away with your baby 	<p>If your baby is admitted to NICU this may inhibit continuous contact with your baby but will have no implications on long term bonding.</p>	<p>Useful reading: The attachment theory by Bowlby</p> <p>The Rotunda Hospital neonatal information book: rotunda.ie</p> <p>Bonding: kidshealth.org</p> <p>Recommended website and podcast: 13 ways for parents to bond with a new baby for modern mothers by Susan Bradley</p>	<p>Useful websites podcasts for bonding with your baby: INHA-Family resource videos and podcasts on babies care in NICU and skin-to-skin if in NICU inha.ie</p> <p>HSE website- hse.ie</p> <p>zerotothree.org</p> <p>Your baby is speaking to you: A visual guide to the amazing behaviours of your newborn and growing baby by Kevin Nugent</p>

YOUR BABY

YOUR JOURNEY

US

What you can expect once you have given birth

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Not limiting skin-to-skin to the first hour		Useful reading: The 1st 1,000 minutes by Dr.Nils Bergman	Useful reading by: The 1st 1,000 minutes by Dr.Nils Bergman
Vitamin K - IM or oral	If you decide to decline Vitamin K for your baby a paediatrician may discuss some recommendations with you	Guidelines: NICE Guidelines nice.org	Useful websites: Vitamin K for newborns hse.ie
The newborn examination	This may be carried out by a Paediatrician or by midwives on day 2 or after 6 hours if you choose to go home early	Useful resource on care of the newborn care: The newborn clinical examination handbook hse.ie	HSE website information on: hse.ie/newborn-hearing-screening hse.ie/child-health-and-wellbeing.pdf
Weighing your baby	Your baby maybe weighed in NICU if admitted there		
Blood loss in the first 24 hours ► What you can expect	If you had a PPH you will be reminded to observe for increased blood loss		

YOUR BABY

YOUR JOURNEY

US

What you can expect once you have given birth

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Perineal hygiene and care in the early days</p>	<p>Perineal hygiene is also important if you have a LSCS as you may bleed vaginally</p> <ul style="list-style-type: none"> ▶ Your abdominal wound care is important to prevent infection ▶ If you have difficult social/home circumstances please let a midwife know she will help you maintain good hygiene 		<p>NMH hospital website postnatal information: NMH E-learning hub nmh.ie</p>
<p>Pain relief after your baby is born</p> <ul style="list-style-type: none"> ▶ What is available to you 	<p>If you have allergies alternative medication can be prescribed that are safe for breastfeeding</p>	<p>Note for educator: Co facilitation with a pharmacist if possible</p>	<p>Tips: Get a prescription for pain relief before going home if you cannot take over the counter analgesia</p>
<p>Bladder care</p> <ul style="list-style-type: none"> ▶ Voiding and importance of safe bladder care after birth 	<p>If you have a catheter inserted after birth it will often stay in for 24 hours</p>	<p>Guideline: NICE Guideline 2019 postnatal care/managing urinary incontinence and pelvic organ prolapse in women over 18. nice.org</p>	<p>Useful website: rotunda.ie</p>

YOUR BABY

YOUR JOURNEY

US

Infant feeding

| CORE ACTIVITIES

How to get breastfeeding off to a good start

If you choose not to breastfeed

If supplements are needed



Getting breastfeeding off to a good start

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Anatomy and physiology of breastfeeding</p>		<p>Educator resource: Low milk supply -Fact-sheet for healthcare professionals (HSE.ie)</p> <p>Educator latching video: Breastfeeding: A good start in life Breastfeeding or expressing for your premature or sick baby</p>	<p>Physiological basis of breastfeeding: ncbi.nlm.nih.gov</p>
<p>Recognising your baby's feeding cues</p>	<p>This will differ if your baby is regarded as an at-risk newborn e.g.</p> <ul style="list-style-type: none"> ▶ Post IOL ▶ You had an instrumental birth ▶ You had a LSCS birth ▶ If you availed of pharmacological analgesia during birth ▶ If your baby was preterm or ill ▶ You had antenatal risk factors 	<p>HSE website information on breastfeeding: hse.ie</p>	<p>HSE website information on breastfeeding: hse.ie</p>

YOUR BABY

YOUR JOURNEY

US

Getting breastfeeding off to a good start

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Positioning and attaching your baby at the breast	<p>Management of nipple and breast problems - sore nipples, engorgement, mastitis, abscess</p> <p>Breast feeding for the ill or pre-term infant</p>	<p>Useful article: bfmed.org</p> <p>Useful articles: nancymohrbacher.com</p>	<p>HSE website: hse.ie/sore-nipples</p> <p>Finding comfortable positions for breastfeeding: hse.ie</p> <p>Useful resource - HSE Booklet: Breastfeeding and expressing for your premature or sick</p>
How do you know your baby is getting enough?	<p>Breastfeeding for the sick and preterm infant: hse.ie/breastfeeding-expressing-premature.pdf</p>	<p>WHO information on assessment tools for breastfeeding: unicef.org</p>	<p>HSE website information on: hse.ie</p>
Normal feeding patterns		<p>Managing night-time breastfeeding in Young Infants. Physiologic infant Care Protocol.pdf</p>	<p>HSE website information on: hse.ie</p>

YOUR BABY

YOUR JOURNEY

US

Getting breastfeeding off to a good start

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Challenges to latch		HSE website information on attachment: hse.ie	HSE website information on tongue tie: hse.ie
Challenges to supply		HSE website information on breastfeeding supply issues: hse.ie	HSE website information on breastfeeding challenges: hse.ie
Support network		About ALCI: alcireland.ie	HSE website information on breastfeeding support services: hse.ie Ask Our Experts online webchat facility
Importance of breastfeeding?	If your baby is pre-term	WHO infant feeding resource: who.int	HSE website information on breastfeeding and how long to breastfeed for: hse.ie

YOUR BABY

YOUR JOURNEY

US

Getting breastfeeding off to a good start

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Hand expression		Useful Resource: hand-expressing-milk	Useful Resource Breastfeeding: A good start in life HSE booklet Breastfeeding for the sick and preterm infant: hse.ie/breastfeeding-expressing-premature.pdf
Pump expressing	If your baby is in NICU	Useful Resource Breastfeeding: A good start in life HSE booklet HSE page on pumping and storing unicef.org	Expressing Guidance: hse.ie/expressing-pumping Useful Resource HSE page on pumping and storing unicef.org

If not choosing to breastfeed

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Types of formula milk	<p>Note for educators: Mothers in direct provision centres will require support with making up feeds.</p> <p>Bottled mineral water is unsuitable for formula preparation due to high sodium content</p>	<p>Working within the code: HSE Policy on the Marketing of Breast Milk Substitutes</p> <p>Water supply questions: epa.ie</p>	<p>HSE website information on formula feeding: hse.ie</p> <p>HSE website information on bottle feeding: hse.ie</p>
Cost			
Equipment needed			
If you have water supply issues			

If not choosing to breastfeed

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Demo on the postnatal ward</p>	<p>You may feed your baby with colostrum via buccal feeding, your midwife will assist you</p> <ul style="list-style-type: none"> ▶ Traveller mothers ▶ Roma mothers may require assistance with formula feeding equipment <p>Note for educators: Highlight the concerns and infection issues around ready to feed formula prep machines</p>	<p>Provide a local video if available</p> <p>Public Health Guidelines on Formula Preparation Machines 2023 pdf (Unpublished 2023)</p>	<p>HSE website information on formula feeding: hse.ie</p> <p>whatsupmum formula feeding demo</p>
Combination feeding			
<p>Combined breastfeeding and formula feeding</p>			<p>HSE website information on combination feeding: hse.ie</p>

YOUR BABY

YOUR JOURNEY

US

If not choosing to breastfeed

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Alternate feeding methods		Supplementary feeding in the healthy breastfed term neonate: bfmed.org	
Diet, fluid intake, rest and alcohol intake when breastfeeding		Lactmed - Alcohol and Breastfeeding ncbi.nlm.nih.gov HSE website: hse.ie/alcohol-and-breastfeeding	HSE website information on breastfeeding and keeping healthy: hse.ie/health-lifestyle hse.ie/what-to-eat hse.ie/alcohol-and-breastfeeding
Breastfeeding and cigarette smoking			Useful website: lilli.org/breastfeeding-info
Safe sleep and breastfeeding		Article on breastfeeding and bedsharing, The Breastfeeding medicine: bfmed.org	HSE website information on cot death prevention: hse.ie
Introduction of solids		Nurture programme- Infant Health and wellbeing hse.ie	HSE website information on weaning: hse.ie

YOUR BABY

YOUR JOURNEY

US



| Your next stage - Life with baby

Caring for your newborn baby

| CORE ACTIVITIES

Caring for your baby's needs

Communicating with your baby and why it is important

Your newborn baby's sleep pattern

Developmental milestones you can watch out for in first 6 weeks and ways you can support this

Things to encourage your baby's development through positive engagement activities

Your baby's transition to the outside world

Breastfeeding your baby

Feeding your baby if you choose not to breastfeed

Your baby's sleep



Caring for your baby's needs

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Changing your baby's nappy	If your baby has CDH and is in a harness you will be shown how to change your baby and wash your baby	Useful resource: The newborn clinical examination handbook hse.ie	HSE website information on parenting: What a new-born baby needs - HSE.ie brazelton.co.uk flowcode.com/page/ololpostnatal
Your baby's cord care		Useful resource: The newborn clinical examination handbook hse.ie	The Rotunda Hospital Information for parents: rotunda.ie
Your baby's eye care		Useful resource: The newborn clinical examination handbook hse.ie	HSE website information on: hse.ie
Dressing your baby ► How many layers are recommended?	Note for educator: Consider different home environments		HSE website information for parents: hse.ie/babys-sleep-temperature hse.ie/how-to-dress-undress
Bathing your baby	Note for educator: Consider premature babies in different home environments	Useful resource: Irish neonatal health alliance-NICE guidelines on postnatal care of baby	The Rotunda Hospital website: rotunda.ie

YOUR BABY

YOUR JOURNEY

US

Caring for your baby's needs

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Safe sleep practises with your baby - safe co sleeping</p>	<p>If you have twins or triplets, please get advice on safe sleeping practises</p>	<p>Useful website: lullabytrust.org Basis website</p>	<p>The Rotunda Hospital website: rotunda.ie and the Basis website Useful website: hse.ie/safe-sleep-position</p>
<p>Prevention of SIDS</p>	<p>Previous SIDS - smokers</p>	<p>Useful website: lullabytrust.org</p>	<p>HSE website Information on first aid for newborns: NMH - E-Learning Hub Rotunda Hospital website: Parent education classes</p>
<p>Jaundice and your baby</p>	<p>The requirements may differ if your baby is</p> <ul style="list-style-type: none"> ▶ Premature ▶ You are Rh negative 	<p>Guidelines: NICE Guidelines postnatal care and jaundice nice.org</p>	<p>The Coombe Hospital website: coombe.ie Practical baby care</p>
<p>Red flags you need to be on the lookout for with your baby</p>		<p>Guidelines: NICE Guidelines on postnatal care nice.org Signs and symptoms of illness in babies</p>	<p>NMH Hospital website: Information on postnatal care NMH E-Learning Hub nmh.ie</p>

YOUR BABY

YOUR JOURNEY

US

Caring for your baby's needs

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Vitamins recommended for your baby		HSE website: Vitamin D and K information	NMH Hospital website: NMH E-Learning Hub hse.ie/vitamin-d hse.ie/vitamin-k
Small problems like <ul style="list-style-type: none"> ▶ Sneezing ▶ Scratching ▶ Rashes 		OLOLHD Hospital website Postnatal information: flowcode.com/page/ololmaternity flowcode.com/page/olollanguages	HSE website: Information on life with newborn baby HSE.ie NMH E-Learning hub

Communicating with your baby and why it is important

Playing with your new baby	If your baby is in the NICU staff will advise you on how to communicate with your baby through touch and talking/reading	OLOLHD Hospital website information: flowcode.com/page/olollanguages Useful website: nct.org	Useful websites and resources for information on communicating with your baby: Skin-to-skin contact with newborns HSE.ie hse.ie brazelton.co.uk nct.org.uk Your baby is speaking to you: a visual guide to the amazing behaviours of your newborn and growing baby by Kevin Nugent
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YOUR BABY

YOUR JOURNEY

US

Your newborn baby's sleep pattern

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Information on safe co-Sleeping</p>	<p>If you have:</p> <ul style="list-style-type: none"> ▶ A disability ▶ Twins and or triplets this information can be provided separately 	<p>HSE website: lullabytrust.org.uk</p> <p>Guideline: NICE guidelines on co-sleeping 2019</p>	<p>Useful resources and websites for information on co-sleeping: brazelton.co.uk The Lullaby trust UK</p> <p>HSE: Mychild.ie hse.ie/suffocation-risks</p>
<p>Your crying baby</p> <ul style="list-style-type: none"> ▶ Recognising your baby's cues 		<p>Useful Activities for classes: Bridget Supple demonstrating how a Baby's Brain wires - 'The Wool brain' exercise - YouTube</p> <p>Note for educator to explain: What is the "infant crying curve" and why should you care?</p> <p>Useful website: herobirthservices.com</p>	<p>Useful websites for information on crying: Why babies cry? hse.ie hse.ie/why-babies-cry brazelton.co.uk The crying curve and what you need to know about babies crying herobirthservices.com</p>

YOUR BABY

YOUR JOURNEY

US

Your newborn baby's screening tests

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Recommended screening tests for your baby</p>	<p>Note for educator:</p> <ul style="list-style-type: none"> ▶ Babies from the Traveller community that require Buetler test for galactocaemia at birth will be fed soya-based formula unless Antenatal screening proven to be low risk for Galactosemia ▶ Find out if carrier status tests are available ▶ Consider information on expressing until result is available 	<p>Note for educator: Provide information on the Buetler test for babies in the Travelling Community</p> <p>HSE website: Information on the Buetler test</p> <p>Useful Resource for Midwives: A practical guide to newborn bloodspot screening in ireland.pdf</p>	<p>HSE website: Information on screening tests</p> <p>Vitamin K + hearing + heel prick screening</p> <p>HSE advice on screening: hse.ie</p> <p>Beutler test for babies in the travelling community HSE: hse.ie</p>

Developmental milestones you can watch out for in first 6 weeks and ways you can support this

<p>What to expect from your baby</p>	<p>Premature babies</p>	<p>Useful Resource: Irish neonatal health alliance website and resources inha.ie</p> <p>Videos: You Tube videos on the Brazelton YouTube.com</p>	<p>HSE website Information on: Your baby's development milestones from 0-6 months HSE hse.ie</p>
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YOUR BABY

YOUR JOURNEY

US

Things to encourage your baby's development through positive engagement activities

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Tummy time		<p>Recommended reading on newborn observation: Dr. Kevin Nugent, Author of the NBO brazelton.co.uk</p>	<p>The Coombe Hospital website: Advice for parents coombe.ie</p>
<p>Prevention of Plagiocephaly (Flat head)/Torticollis (neck condition)</p>		<p>Advice from Physio: Positions for sleeping/car seats</p>	<p>The Coombe Hospital website: Advice for parents coombe.ie</p>

Your baby's transition to the outside world

<p>Spoiling your baby versus responding to your baby's needs</p>		<p>Useful resources on child health: HSE child safety programme</p> <p>Child emotional health: HSE help your baby manage their feelings</p> <p>Working in partnership with parents: HSeLanD Education for parenting a guide for health - Prof Mary Nolan and The Brazelton Institute videos on touch time YouTube.com</p>	<p>Useful resources on child health: Infant mental health videos The Association of Infant Mental Health aimh.uk</p> <p>Brazelton Institute videos on parenting YouTube.com</p>
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YOUR BABY

YOUR JOURNEY

US

Infant feeding knowledge and skills in the postnatal period

| CORE ACTIVITIES

Breastfeeding your baby

Feeding if chosen not to breastfeed

Your baby's sleep



Breastfeeding your baby

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Safe skin-to-skin contact and breastfeeding in the early postnatal period		Useful breastfeeding information: unicef.org.uk	HSE website information on breastfeeding: hse.ie Useful resource: hse.ie/breastfeeding-your-premature-or-ill-baby
Feeding cues			Useful resource: hse.ie/responding-to-baby-cues

Breastfeeding your baby

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Frequency of feeds What is a normal feeding pattern/frequency?</p>	<p>This will differ if your baby is regarded as an at-risk newborn e.g.</p> <ul style="list-style-type: none"> ▶ Post IOL ▶ You had an instrumental birth ▶ You had a LSCS birth ▶ If you availed of pharmacological analgesia during birth ▶ If your baby was preterm or ill 	<p>Useful article: The clock and early nursing by Nancy mohrbacher nancymohrbacher.com</p>	<p>HSE website information on breastfeeding: hse.ie</p>
<p>How to know when your baby is having enough milk</p>	<p>Referral to lactation specialist in the maternity hospital or community for follow up if lactation challenges identified</p>	<p>Useful article: biomedcentral.com</p>	<p>HSE website information: hse.ie</p>
	<p>Jaundice</p>	<p>Useful article: Jaundice Protocol bfmed.org</p>	<p>HSE website information: hse.ie</p>

YOUR BABY

YOUR JOURNEY

US

Breastfeeding your baby

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>How to know when your baby is having enough milk</p>	<p>Dehydration</p>	<p>Useful article: bfmed.org</p>	
	<p>Hypoglycaemia</p>	<p>Useful article: bfmed.org</p>	

Breastfeeding your baby

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Vitamin D supplementation	No longer a requirement for exclusive formula feeding babies	Useful article: bfmed.org	HSE website information on weaning: hse.ie
Importance of exclusive breastfeeding		Useful article: National Infant Feeding Guidelines hse.ie ncbi.nlm.nih.gov Useful Resource National Infant Feeding Policy 2019: healthservice.hse.ie	Useful Resource hse.ie
Combining breastfeeding and work		Useful article: Breastfeeding policy for staff working in the Public Health Service healthservice.hse.ie	Hse website information on breastfeeding: hse.ie

YOUR BABY

YOUR JOURNEY

US

Breastfeeding your baby

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Support groups and services for BF support	<p>Note for educator:</p> <ul style="list-style-type: none"> ▶ Traveller women have a reluctance to feed in public ▶ How to manage privacy at home ▶ Think who are their support people at home and among their friends? 	<p>Useful resources:</p> <p>Pavee Mothers and Roma resources on breastfeeding Ask Our Breastfeeding Support webchat link to Pavee Breastfeeding information for Traveller Beoirs paveemothers.ie</p>	<p>HSE website information on breastfeeding: Breastfeeding services in each county hse.ie</p>
Safe sleep and breastfeeding	<p>Note for educator:</p> <p>Provide visual information on safe sleep practices if any literacy problems, language barriers or disabilities</p>	<p>Useful article:</p> <p>Protocol Bed-sharing and Breastfeeding bfmed.org</p>	<p>Useful website:</p> <p>BASIS Lyndsey Hookway (IBCLC) The Lullaby Trust</p>
Breastfeeding and analgesia		<p>Useful article:</p> <p>Protocol Peripartum Analgesia and Anaesthesia for the Breastfeeding Mother bfmed.org</p>	<p>Useful resource for information on breastfeeding: breastfeedingnetwork.org</p>

YOUR BABY

YOUR JOURNEY

US

Breastfeeding your baby

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Breastfeeding and antidepressants		Useful resources: Protocol Use of Antidepressants in Breastfeeding Mothers bfmed.org NMIC St James' Hospital	HSE website information on breastfeeding: breastfeedingnetwork.org
Breastfeeding and breast cancer		Useful resources: Breastfeeding and breast cancer module on HSeLanD Reducing cancer risk: Breastfeeding, hormonal contraceptives and HRT bfmed.org	Breastfeeding Network factsheet antidepressants and breastfeeding breastfeedingnetwork.org
Breastfeeding and contraception		Useful resources: Protocol - Contraception and breastfeeding breastfeedingnetwork.org	HSE website information on breastfeeding: breastfeedingnetwork.org
Breast refusal	Sudden onset of breast refusal after previously breastfeeding well		Useful resource for information on breastfeeding: The Baby Who Doesn't Nurse - La Leche League International

YOUR BABY

YOUR JOURNEY

US

Breastfeeding your baby

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Galactagogues (low milk supply)	Oversupply problems can be helped by your midwife	Useful article: Protocol - Use of Galactagogues in Initiating or Augmenting Maternal Milk Production bfmed.org	Useful resource for information on breastfeeding: breastfeedingnetwork.org
Discharge planning if you have some feeding challenges	Mothers without community midwife or community lactation service	Useful article: Protocol- Guidelines for Birth Hospitalization Discharge of Breastfeeding Dyads bfmed.org	Useful resource: hse.ie/breastfeeding common queries and challenges YouTube
Your mental health and breastfeeding	When expected breastfeeding goals are not achieved Balancing potentially huge positive benefits of breast feeding versus mother's mental health and potential significant side effects		Useful reading: Why breastfeeding grief and trauma matter by Amy Brown

YOUR BABY

YOUR JOURNEY

US

Formula feeding your baby

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Safe preparation of formula feeds	Different home environments: If you are in direct provision centres, please let your midwife know		HSE website information on formula feeding: hse.ie
Feeding cues		Useful resource: hse.ie/responding-to-baby-cues	Useful resource: hse.ie
Paced bottle feeding technique		HSE Website information on formula feeding: hse.ie	HSE website information on formula feeding: hse.ie
Standard formula only unless medically indicated	Feeding related challenges in babies 0-12 months	HSE website information on formula feeding: hse.ie	HSE website information on formula feeding: hse.ie

YOUR BABY

YOUR JOURNEY

US

Formula feeding your baby

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Advice on suppression of lactation		Useful resource: ncbi.nlm.nih.gov	Useful resource: hse.ie/stopping-breastfeeding

Your baby's sleep

How your baby sleeps 0-3 month		Useful articles: latchingon.ie nancymohrbacher.com	Useful resource: hse.ie/newborns
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Postnatal self care

| CORE ACTIVITIES

What you can expect in the first few days after your birth

Baby blues

Postnatal anxiety

Intrusive thoughts



The first few days

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Perineal pain and care including care of labial lacerations</p> <p>Perineal tears</p>	<ul style="list-style-type: none"> ▶ Third degree tear: follow up care ▶ LSCS 	<p>Note for educator: Are perineal review clinics available postnatally?</p> <p>Guideline: NICE guideline in perineal health 2019 Postnatal care of mother</p> <p>Management of perineal sutures: Ice (not directly on the wound - if bruised) Air Arnica Analgesia</p> <p>Painful perineal wound NMH E-Learning course: tcd.ie/mammi</p> <p>NMH Hospital E-Learning course: tcd.ie/mammi</p> <p>WHAM Course TCD (Women's Health after Motherhood Course)</p>	<p>Useful resources: NMH E-Learning course on painful perineal wound nmh.ie</p> <p>TCD course: tcd.ie/mammi</p> <p>MAMMI Study TCD: tcd.ie/mammi</p> <p>Futurelearn Women's Health After Motherhood: English Spanish Dutch</p> <p>HSE advice on perineal care: hse.ie</p>

YOUR BABY

YOUR JOURNEY

US

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Bleeding/Lochia ▶ What is normal and what is not normal for you?	If you had a PPH you will be informed about what you need to be aware of postnatally	Guideline: NICE Guidelines 2019 Postnatal care Postpartum bleeding	Useful website: MAMMI Study TCD: tcd.ie/mammi
Bladder and bowel care	If you had a catheter inserted after birth ▶ bladder care may be different	OLOLHD website: flowcode.com	Useful website: MAMMI Study TCD: tcd.ie/mammi
How you can prevent infections by practising good hygiene standards ▶ Sepsis prevention and DVT prevention	Note for educator: Consider different home environment situations	Useful Resource: Sepsis management for adults including maternity hse.ie AMRIC basics of infection prevention and control hse.ie	Useful website: MAMMI Study TCD: tcd.ie/mammi HSE website: hse.ie/sepsis

Some common feelings you may experience in the 4th Trimester

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Baby blues</p> <ul style="list-style-type: none"> ▶ Most women get baby blues during the first weeks after childbirth and this is normal. ▶ Signs & Symptoms ▶ Passes quickly usually within 1 – 2wks 	<p>Contact your midwife/ PHN or GP if the symptoms are severe or lasting more than 1 week.</p>	<p>Useful resources: HSE hse.ie/baby-blues</p> <p>Self-compassion - tips: PANDA.org</p>	<p>Recommended reading and resources: The good enough mother podcast by Dr Sophie Brock</p> <p>Useful websites and support groups: Tommys.org</p>

Postnatal Anxiety

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<ul style="list-style-type: none"> ▶ Very common and normal to feel some anxiety after having a baby. ▶ Can affect dads & partners as well. If anxiety is constant & affecting your daily life you may need some help. ▶ Treatment can include talking therapy, self-help, medications or a combination. 	<p>Perinatal OCD – anxiety disorder</p> <p>PTSD (must be differentiated from normal distress after a trauma)</p>	<p>SPMHS App Panda.org</p>	<p>Australian MH support website: PANDA.org</p>
<p>Intrusive thoughts</p> <ul style="list-style-type: none"> ▶ Over 70 % of new mums may experience intrusive thoughts after having a new baby 	<p>Contact your midwife, PHN or GP if intrusive thoughts are ongoing and causing you considerable distress.</p>	<p>Useful resource: dontbuyherflowers.com drcarolineboyd.com</p>	<p>Good moms have scary thoughts a healing guide to the secret fears of new mothers by Karen Kleiman</p> <p>HSE Post birth well-being plan hse.ie</p>

YOUR BABY

YOUR JOURNEY

US

Postnatal self care

| CORE ACTIVITIES

Your Postnatal care plan -
Have you done the Future Learn course?

Your Matrescence

The 4th trimester

Sexual health and your relationship

Care after your caesarean birth

Resuming sexual intercourse

When is it safe for you to return to exercise and/or running?

DRAM (Abdominal muscle separation)



Your Postnatal care plan - Have you done the Future Learn course?

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Physical health promotion and resuming gentle exercise</p>		<p>Useful resource: (from MAMMI Study) - postpartum health challenges - Free online course tcd.ie/mammi</p> <p>TCD: Women's health after motherhood - Online course TCD (WHAM) futurelearn.com</p>	<p>Useful Resource: rcm.org.uk</p>

The 4th trimester

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Red flags you should watch out for</p> <ul style="list-style-type: none"> ▶ Bleeding, infection ▶ Sepsis ▶ Blood clots ▶ Pre-eclampsia 	<p>Note for educator:</p> <p>hse.ie/thrombosis-ireland-alert-card.pdf</p>	<p>HSeLanD: To provide nurses and midwives with the knowledge and skills to provide optimal care to women with complications and risk factors during the postnatal period HSeLanD.ie</p> <p>OLOLHD Hospital website: flowcode.com/page/ololpostnatal (how to administer innohep)</p>	<p>PHN Service Postnatal information for mothers: Jan 2023 Version 1 for review Oct 2024</p> <p>PUBLIC HEALTH NURSING SERVICE POSTNATAL INFORMATION Your PHN will provide you with a postnatal information package when she visits you</p>
<p>Your support/birth partners role during the postnatal period</p>	<p>Your support person for the postnatal period may be a friend or family member or doula</p>	<p>HSE advice on: Safe skin-to-skin and sharing care of baby</p>	<p>Useful Resource: rcm.org.uk</p> <p>HSE advice on: Safe skin-to-skin and sharing care of baby</p>

YOUR BABY

YOUR JOURNEY

US

The 4th trimester

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
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Sexual health and your relationship

<p>Resuming sexual intercourse</p>	<p>If you had an unexpected pregnancy</p> <ul style="list-style-type: none"> ▶ If you experienced some trauma around your pregnancy or birth this may take longer and you can avail of support and advice 	<p>Useful article: The Mayo Clinic advice: Sex after pregnancy - set your own timeline</p> <p>hse.ie</p>	<p>Useful Hospital website: NMH E-Learning hub postnatal advice nmh.ie</p>
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The importance of sleep and rest for your recovery post birth

<p>Mental exhaustion</p> <ul style="list-style-type: none"> ▶ Risk Factors ▶ Signs and symptoms ▶ Treatment 		<p>Useful UK/NHS Campaign: #Readyforparenthood campaign NHS -Twitter Facebook and Instagram- YouTube Videos</p>	<p>Website: #Readyforparenthood campaign NHS Twitter-Instagram- YouTube videos-Twitter Facebook and Instagram (UK) Link for above campagin:southeastclinicalnetworks.nhs.uk</p> <p>Panda - journeys to recovery - sleep</p>
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The 4th trimester

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
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When is it safe for you to return to exercise and/or running?

<p>Exercise benefits in the postnatal period</p>		<p>Guideline: The 2019 returning to running postnatal guidelines</p> <p>returning-to-running-postnatal-guidelines.pdf</p>	<p>Guideline: The 2019 returning to running postnatal guidelines</p> <p>returning-to-running-postnatal-guidelines.pdf</p>
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DRAM (Abdominal muscle separation)

<p>Postnatal exercises</p>		<p>Guideline: returning-to-running-postnatal-guidelines.pdf</p> <p>Useful resources: hepogp.co.uk</p> <p>what-exactly-are-we-measuring</p>	<p>Guideline: returning-to-running-postnatal-guidelines.pdf</p> <p>Useful resource: what-exactly-are-we-measuring Physiotherapy Postnatal - The Coombe Hospital rotunda.ie</p>
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YOUR BABY

YOUR JOURNEY

US

Care after your Caesarean birth

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Abdominal wound care, DVT prevention</p>	<p>You can avail of a debrief with a HCP if you had an emergency LSCS</p> <ul style="list-style-type: none"> You may also consider a birth reflections clinic appointment before discharge if available if your unit 	<p>Note for educator: Promote postnatal hubs if available in your area</p> <p>Prevention of DVT: pp295-thrombosis-ireland-alert-card.pdf (hse.ie)</p> <p>Hannah Powell UK Physio: Advice 5 tips to reduce your pregnancy overhang and improve you c-section scar YouTube</p>	<p>NMH Hospital website: E-Learning course: tcd.ie/mammi</p> <p>Hannah Powell advice videos on YouTube HLP physiotherapy</p>
<p>Scar management if you had a caesarean birth</p>		<p>Useful resource: Scar Massage.pdf</p>	<p>Useful Resource: Scar Massage.pdf</p> <p>Scar management flowcode.com/page/ololpostnatal</p>

Mental health disorders after birth

| CORE ACTIVITIES

Postnatal anxiety

Postnatal depression

Postnatal OCD

Postpartum psychosis



Mental Health Disorders After Birth

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Postnatal Anxiety Disorder</p> <ul style="list-style-type: none"> ▶ Signs & symptoms ▶ Treatment 		<p>Useful resource: Break Free from Maternal Anxiety A Self-Help Guide for Pregnancy, Birth and the First Postnatal Year by Fiona Challacombe, Catherine Green, Victoria Bream</p>	<p>Tommys.org panda.org</p> <p>Recommended Reading: Break free from maternal anxietya self help guide for pregnancy birth and first postnatal year by Green, Challacombe and Bream</p> <p>Useful resources: Perinatal Mental Health – The Coombe Hospital Minding Your Wellbeing - HSE.ie</p>
<p>Postnatal Depression (PND)</p> <ul style="list-style-type: none"> ▶ PND- depressive illness. ▶ Can affect dads and partners too ▶ Signs & symptoms of PND ▶ Treatment – talking therapy, medication, self help 	<p>Contact your GP, midwife or PHN urgently if you have thoughts of harming yourself or your baby. Go to the emergency department if you cannot get an urgent appointment.</p>	<p>Recommended Reading: The compassionate mind approach to parental depression using compassion focused therapy to enhance mood, confidence & bonding by Michelle Cree</p>	<p>Useful websites and support groups: Australia: PANDA.org hse.ie/postnatal-depression Tommys.org panda.org</p> <p>HSE Leaflet: Postnatal depression</p>

YOUR BABY

YOUR JOURNEY

US

Mental Health Disorders After Birth

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Postpartum psychosis</p> <ul style="list-style-type: none"> ▶ A medical emergency important to get help quickly ▶ Risk Factors ▶ Signs and symptoms ▶ Treatment ▶ Medication, possible hospital admission 		<p>Educator Resource:</p> <p>HSE – leaflet Action on postpartum psychosis Perinatal OCD</p>	<p>HSE leaflet:</p> <p>Postpartum psychosis: Action on postpartum psychosis</p> <p>Website: app-network.org</p>
<p>Postpartum OCD</p> <ul style="list-style-type: none"> ▶ Risk Factors ▶ Signs and symptoms ▶ Treatment 		<p>Educator Resource:</p> <p>HSE – leaflet Action on postpartum psychosis Perinatal OCD</p> <p>Maternalocd.org</p>	<p>HSE – leaflet Action on postpartum psychosis Perinatal OCD</p> <p>Maternalocd.org</p> <p>Minding me looking after mental health leaflet hse wellbeing plan: countykildarelp.ie</p>

Your healthy eating for breastfeeding

| CORE ACTIVITIES

Nutrition advice



FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Increased energy needs		Useful resource: hse.ie	Useful website: hse.ie/what-to-eat Useful Video: Eating during breastfeeding coombe.ie
Postpartum weight loss		WHO resource: who.int	Useful article: indi.ie eatright.org lli.org breastfeeding.asn.au
Fluid		Useful website: hse.ie/what-to-eat/	The Coombe Hospital Videos: coombe.ie (video on healthy eating for breastfeeding)
Calcium	<ul style="list-style-type: none"> ▶ Vegan ▶ Vegetarian ▶ Non-dairy consumer 	Useful article: ncbi.nlm.nih.gov See other resources highlighted in other section on BF	Useful App: NMH - nmh.ie HSE website: hse.ie

YOUR BABY

YOUR JOURNEY

US

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Vitamin D supplement + potentially folic acid		<p>Useful resources: ncbi.nlm.nih.gov lli.org ncbi.nlm.nih.gov</p>	<p>Useful App: hse.ie/folic-acid hse.ie/vitamin-d</p>
Nutrients your baby is dependent on from your diet (B1, B2, B12, A, D, iodine and essential fatty acids (omega 3))		<p>Useful resources: ncbi.nlm.nih.gov seslhd.health.nsw.gov</p>	
Caffeine and alcohol		<p>Useful resources: hse.ie/what-to-eat/</p>	<p>HSE website information on breastfeeding: hse.ie/alcohol-and-breastfeeding hse.ie/what-to-eat</p>

YOUR BABY

YOUR JOURNEY

US

Reminders

| CORE ACTIVITIES

Do you need to discuss or reflect on your birth with a healthcare professional?

Advice for you around visitors

Getting out and about with your baby



Do you need to discuss or reflect on your birth with a healthcare professional?

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Services that are available in your maternity unit and in your local area to support you if you encountered difficulties during your birth</p>	<p>If you had an unexpected pregnancy</p> <ul style="list-style-type: none"> ▶ Unexpected outcomes ▶ Birth reflection services are to support you 	<p>Note for educator:</p> <p>Discuss the availability of sensitive birth reflections by the right MDT member at the right time</p>	<p>Useful websites for MH and Postnatal support:</p> <p>hse.ie</p>

Advice for you around visitors

<p>Your partner can organise your visitors for you in the first few weeks so you get time with your baby and rest</p> <ul style="list-style-type: none"> ▶ Family members can help you and feed you ▶ The significance of rest in the first few weeks 	<p>If you are a lone parent, visitors may be of assistance</p> <p>Note for the educator:</p> <ul style="list-style-type: none"> ▶ Traveller women embrace family support and visitors 		<p>Some tips:</p> <ul style="list-style-type: none"> ▶ Ensure visitors practise good hand hygiene before handling baby ▶ No kissing or handling baby if cold sores or colds/flu ▶ Do not smell of cigarette smoke ▶ Short visits
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YOUR BABY

YOUR JOURNEY

US

Getting out and about with your baby

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Getting the confidence to go out with your new baby takes time and practice</p>		<p>Note for educator:</p> <ul style="list-style-type: none"> ▶ Recommend local amenities that are buggy and baby friendly ▶ Peer support groups 	<p>Useful website on car Safe Car Seat use:</p> <p>rsa.ie Breastfeeding groups and support - HSE.ie</p>



| Life as a new mother

Finding your way as a new mother

| CORE ACTIVITIES

Your Matrescence

Self-compassion busting the myth of the perfect parent

4th Trimester & your social baby

Relationship with your partner

Relationship with your baby

If you are returning to work



Finding your way as a new mother

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Your matrescence</p> <ul style="list-style-type: none"> ▶ Learning to navigate the ups & downs of new motherhood 		<p>Recommended reading: “What no-one tells you: A guide to your emotions from pregnancy to motherhood” by Alexandra Sacks and Catherine Birndorf</p> <p>TCD WHAM: Women's health after Motherhood-Online course futurelearn.com</p> <p>TCD WHAM course: What I wish I had known before having my baby futurelearn.com</p>	<p>Recommended reading: “What no-one tells you: A guide to your emotions from pregnancy to motherhood” by Alexandra Sacks and Catherine Birndorf</p> <p>Recommended listening TED TALK and Podcast A new way to think about the transition to motherhood by Alexandra Sacks</p> <p>Podcast: The Matrescence Project by Kaitalyn Bathel and Eden Schmidt</p> <p>Rotunda - Me to mum video Episode 2 changes and identity</p> <p>Towards Recovery after childbirth through knowledge tcd.ie/mammi</p> <p>Useful videos TCD Ontrack - Towards recovery after childbirth through knowledge tcd.ie/mammi</p>

Finding your way as a new mother

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Self-compassion</p> <ul style="list-style-type: none"> ▶ Busting the myth of the perfect parent ▶ Introduction of the good enough parent 		<p>Panda Video: Why good enough parenting is great parenting</p>	<p>Panda Video: Why good enough parenting is great parenting</p> <p>Recommended reading: Mindful New Mum A Mind Body approach to the Highs and Low of Motherhood Dr Caroline Boyd self-compassion.org</p>
<p>4th Trimester</p> <ul style="list-style-type: none"> ▶ Time after birth when both parents and baby are adjusting to their new lives. 			<p>Useful resource: nct.org.uk</p> <p>Useful video: What is the fourth trimester?</p> <p>Women's Health After Motherhood (WHAM TCD) English Spanish Dutch</p>
<p>Your relationship with your baby</p> <ul style="list-style-type: none"> ▶ Your social baby <p>Newborn behaviour observations course work and videos</p> <ul style="list-style-type: none"> ▶ Importance of play ▶ Baby massage ▶ Singing and talking to your baby 		<p>Information and videos on how to have fun with your baby: hse.ie</p> <p>MyChild videos Playing with your new baby</p> <p>OLOLHD Hospital website information on teenage pregnancy: flowcode.com</p> <p>Infant Mental Health Courses HSeLanD.ie</p> <p>An introduction to Infant Mental Health and Infant Mental Health Unit 1, 2 and 3</p>	<p>Useful video: YouTube.com</p> <p>Recommended reading: Boswell, S (2004) Understanding you baby, London Your Baby Is Speaking To You by Kevin Nugent</p> <p>MyChild Videos on: Playing with your newborn baby</p>

YOUR BABY

YOUR JOURNEY

US

Finding your way as a new mother

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Your relationship with your partner</p> <ul style="list-style-type: none"> Communicating with your partner in the perinatal period The transition from partners to parents can be a stressful time. 	<p>If couple conflict feels unsafe for you, support is available.</p> <p>You can ask to speak to the M.S.W. if one is available in your hospital or Women's Aid.</p>	<p>Useful articles:</p> <p>Communicating with your partner in the perinatal period</p> <p>Supporting women and babies after domestic abuse</p> <p>Toolkit for domestic abuse specialists</p>	<p>Useful resources:</p> <p>Are you parenting alone?</p> <p>Communicating with your partner in the perinatal period</p> <p>Recommended reading:</p> <p>What about us? A new parents Guide to safeguard your over-anxious, over-extended, sleep deprived relationship by Karen Kleiman</p>

If you are going back to work

<p>The transition to returning to work can be a very emotional time.</p> <p>Planning around what may need to be put in place for when you go back to work</p> <ul style="list-style-type: none"> Stressors with work and home life Partners/fathers role in care giving 			<p>Useful parenting resources:</p> <p>Brazelton videos on baby's development</p> <p>Returning to work after maternity shared</p> <p>Useful resource:</p> <p>hse.ie</p> <p>Under the Weather:</p> <p>hse.ie</p> <p>My child 0-2yrs Booklet:</p> <p>My Child 0 to 2 years book.pdf</p>
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YOUR BABY

YOUR JOURNEY

US

Baby care at six weeks

| CORE ACTIVITIES

Your baby's 2 and 6 week postnatal check up with GP

"Your social baby"

Public health nurse information

Newborn vaccinations

Newborn first aid



Your baby's 2 and 6 week postnatal check up with GP

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>What will your GP be checking?</p> <p>This is a follow on check from your baby's initial full check-up on day 2</p> <ul style="list-style-type: none"> ▶ Length and Head circumference ▶ Hips ▶ Heart ▶ Eyes ▶ Skin ▶ Babies weight ▶ Feeding ▶ Expected milestones for your baby's 2 and 6 weeks ▶ Your GP may discuss vaccinations 	<p>If your baby had neonatal care, follow up may be in the hospital</p>	<p>HSE website information on your baby's 6 week check:</p> <p>hse.ie</p>	<p>HSE website information on babies 6 week check:</p> <p>hse.ie</p> <p>Useful website:</p> <p>zerotothree.org</p> <p>Useful videos:</p> <p>Bonding with your baby:</p> <p>YouTube.com</p> <p>Helping your baby regulate their emotions:</p> <p>YouTube.com</p> <p>Soothing your baby when they cry:</p> <p>YouTube.com</p> <p>Responding to baby cues:</p> <p>YouTube.com</p>

YOUR BABY

YOUR JOURNEY

US

Public Health Nurse Information

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
Do you know how to contact your PHN		<p>Useful resource: Mind Mothers project HSE (2021)</p> <p>Mychild.ie: Information on PHN role</p> <p>My Pregnancy book - HSE website: information on PHN-hse.ie (16 languages)</p>	<p>HSE website: hse.ie</p> <p>HSE website information on PHN: hse.ie (16 languages)</p>

Newborn vaccinations

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>You will receive recommendations and advice on vaccinations from your PHN and GP</p>	<p>If you decide not to vaccinate your baby your GP will discuss your options</p>	<p>Vaccination info booklet: hse.ie rcpi.ie</p>	<p>HSE website information on vaccinations: hse.ie</p> <p>Vaccination info booklet: hse.ie</p>

New born first Aid

<p>Care when you go home</p> <ul style="list-style-type: none"> ▶ First aid kit ▶ Car safety ▶ Herpes and newborns - prevention and advice 		<p>HSE website information on first aid: hse.ie</p> <p>Whatsupmum first aid videos and caring for your child information</p>	<p>First aid: St John ambulance nursery rhymes inc. Irish red cross hse.ie</p> <p>HSE advice on car seats and child safety in cars</p> <p>Herpes in newborns babies</p> <p>The Rotunda Hospital website information and videos: Infant resuscitation and choking videos YouTube</p> <p>Postnatal parent education video Rotunda- YouTube</p> <p>Whatsupmum first aid videos and caring for your child information</p>
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YOUR BABY

YOUR JOURNEY

US

Mother's postnatal check at six weeks

| CORE ACTIVITIES

The importance of your 6 week check with your G.P. and what will be involved in your check up

Vaginal examinations in the postnatal period



The importance of your 6 week check with your G.P. and what will be involved in your check up

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>The GP will:</p> <ul style="list-style-type: none"> ▶ Discuss your Birth ▶ Check involution of your womb ▶ Your bleeding ▶ Your sutures ▶ Examine your breasts ▶ Review your iron therapy requirements ▶ Discuss your mood and mental health ▶ Discuss resuming sexual intercourse ▶ Discuss your plans for contraception ▶ Book or advise you on your smear test ▶ Discuss your plans around your next baby/pregnancy ▶ Resuming exercise and your pelvic floor repair 	<p>You will require a hospital clinic review if you were</p> <ul style="list-style-type: none"> ▶ If you had gestational diabetes ▶ If you had thyroid conditions you may also need an endocrinology review 	<p>Postnatal Information Cavan Monaghan Hospital: hse.ie</p> <p>MyChild Video on the your 6 week check: YouTube.com</p>	<p>Your health and wellbeing after the birth: My Pregnancy Book</p> <p>Useful website: sexualwellbeing.ie breastcheck.ie</p> <p>IMPORTANT NOTE: Ask for referrals to relevant teams in the maternity services if you feel you need follow up in any particular area after birth</p> <p>Contraception Booklet: sexualwellbeing.ie</p>

YOUR BABY

YOUR JOURNEY

US

Vaginal examinations in the postnatal period

FOUNDATION KNOWLEDGE	ADAPTATIONS	EDUCATOR RESOURCES	PARENT RESOURCES
<p>Sometimes vaginal examinations are offered at your 6 week check by your GP and also may be offered by your physio to assess your pelvic floor issues</p>	<p>If you had:</p> <ul style="list-style-type: none"> ▶ An SSA (serious sexual assault) ▶ Sutures <p>You may not wish to have a vaginal examination</p>	<p>Note for educator: Discuss vaginal examinations in the postnatal period</p>	



| Support and Resource Services

APPENDIX 1

Support/Services	Support/Services Information	Links/website information on available Support/Services Within Your Specific Area
Parents who had assisted conception	<ul style="list-style-type: none"> ▶ NISIG – National Infertility Support and Information Group 	
Unexpected pregnancies	<ul style="list-style-type: none"> ▶ My Options Helpline <p>t: +353 59 913 8175 wellwomancentre.ie</p>	
Younger Mothers	<ul style="list-style-type: none"> ▶ Teen parents support programme Cork <p>irelandsouthwid.cumh.hse.ie</p>	e: teenmidwifepuh@hse.ie
Pregnancy loss and pregnancy support groups	<ul style="list-style-type: none"> ▶ Bereavement and childbirth citizen's advice national pregnancy loss ▶ Loss Feleacain feileacain.ie 	SANDS, Miscarriage Association, Felacain www.pregnancyandinfantloss.ie A little Lifetime foundation Every Life Counts Leanbh Mo Chroi First Light Now I Lay Me Down to Sleep Laura Lynn Irish Hospice Foundation
Multiple births	<ul style="list-style-type: none"> ▶ Irish Multiple Birth Association imba.ie 	
Parents with a baby who has a disability	<ul style="list-style-type: none"> ▶ National Disability Authority: Experiences of women with disabilities in their journey through maternity services in Ireland nda.ie 	

Support/Services	Support/Services Information	Links/website information on available Support/Services Within Your Specific Area
If a baby has a disability	<ul style="list-style-type: none"> ▶ Caring for a baby with a disability HSE hse.ie 	
Bereaved families	<ul style="list-style-type: none"> ▶ Pregnancy Loss Research website ▶ hse.ie/bereavement-care 	ucc.ie/pregnancyloss pregnancyandinfantloss.ie/support-links/pregnancyandinfantloss.ie
Drug and alcohol misuse	<ul style="list-style-type: none"> ▶ Taking illegal drugs in Pregnancy HSE advice-Pregnancy and alcohol hse.ie/pregnancy-and-alcohol-leaflet.pdf 	
Domestic violence	<ul style="list-style-type: none"> ▶ Womens Aid 1800 341 900 24hr helpline ▶ Safeireland 	hse.ie/stop-domestic-violence Safeireland
Breast Feeding Support	<ul style="list-style-type: none"> ▶ La Leche League 	lalecheleagueireland.com HSE support search PHN/Voluntary support BF groups Ask Our Breastfeeding Expert
	<ul style="list-style-type: none"> ▶ Cuidiu 	cuidiu.ie
	<ul style="list-style-type: none"> ▶ Friends of breastfeeding 	friendsofbreastfeedingireland.ie
	<ul style="list-style-type: none"> ▶ ALCI Ireland 	alcireland.ie
	<ul style="list-style-type: none"> ▶ Bannie Beatha 	Facebook and Instagram

Support/Services	Support/Services Information	Links/website information on available Support/Services Within Your Specific Area
Community Resources	<ul style="list-style-type: none"> ▶ Cuidiu: Family supports regardless of feeding choices, parent toddler groups, challenges for parents 	cuidiu.ie
	<ul style="list-style-type: none"> ▶ Women's Aid 	stillhere.ie Women's Aid
	<ul style="list-style-type: none"> ▶ Safe Ireland 	safeireland.ie
	<ul style="list-style-type: none"> ▶ Sexual Assault Units 	sexualwellbeing.ie
	<ul style="list-style-type: none"> ▶ Breast Check 	breastcheck.ie
	<ul style="list-style-type: none"> ▶ Cervical Check 	cervicalcheck.ie
	<ul style="list-style-type: none"> ▶ Quit Helpline; Stop Smoking Service – Text QUIT to 50100 	quit.ie
	<ul style="list-style-type: none"> ▶ Rape Crisis Centre 	drcc.ie
	<ul style="list-style-type: none"> ▶ The National Healthy Childhood Programme 	hse.ie
	<ul style="list-style-type: none"> ▶ Community Family Home Visiting Programme - ABC Programme 	dublincypscdirectory.ie
	<ul style="list-style-type: none"> ▶ Mind mother's project 	healthservice.hse.ie
	<ul style="list-style-type: none"> ▶ Office of human rights and citizen's advice information 	citizensinformation.ie ihrec.ie
<ul style="list-style-type: none"> ▶ St John's Ambulance 	stjohn.ie	

Support/Services	Support/Services Information	Links/website information on available Support/Services Within Your Specific Area
Community Resources	▶ The Red Cross	redcross.ie
	▶ The MAMMI Study Trinity College Dublin: Resource link	futurelearn.com
	▶ Pavee Mother's	paveemothers.ie
	▶ TUSLA	tusla.ie
Apps	▶ MUM & BABY APP	The App Store
	▶ Tommy's App	tommys.org
	▶ Holistic App (National Maternity Hospital nutrition app)	The App Store
	▶ Ready for parenthood UK programme on getting ready for parenthood	#Readyforparenthood Twitter, Facebook Videos
Fathers	▶ #fromladstodads	Facebook and Instagram
	▶ Men's health forum in Ireland	mhfi.org

Support/Services	Support/Services Information	Links/website information on available Support/Services Within Your Specific Area
Mental Health Resources	▶ Make Birth Better UK based organisation that offers free resources/info sheets about recovering from birth trauma	makebirthbetter.org
	▶ PANDA.org : Perinatal Anxiety and Depression (Australian website)	PANDA.org
	▶ BEYONDBLUE.org	
	▶ Zero to three	zerotothree.org
	▶ Aware	aware.ie
	▶ Young Pavees Mental Health	paveepoint.ie
	▶ The Samaritans	Pieta.ie
	▶ Women's Aid	womensaid.ie
	▶ One family Ireland	onefamily.ie
	▶ What were we thinking!	whatwerewethinking.org
	▶ Red flags In Mental Health: What parents should know	kennedykrieger.org
	▶ Jigsaw	jigsaw.ie
	▶ Mind the bump - smiling mind	The App Store
	▶ Gentle birth	The App Store
▶ HSE Specialist Perinatal mental Health Services: website and leaflets	hse.ie	
Ted Talk	▶ A new way to think about the transition to motherhood: Alexandra Sacks	
	▶ Pain, The brain and your amazing protectometer: Lorimer Moseley	

Support/Services	Support/Services Information	Links/website information on available Support/Services Within Your Specific Area
Podcasts	▶ Matrescence project	
	▶ The Dad Vibes podcast	
	▶ Good enough mother	
	▶ Functional fitness	
Books	▶ The Baby Tribe Podcast	
	▶ What no one tells you a guide to your emotions from pregnancy to motherhood, Alexandra Sacks	
	▶ Good Moms have scary thoughts, Karen Kleiman	
	▶ Postnatal depression using compassion focused therapy to enhance mood, confidence and bonding	
	▶ Antenatal & Postnatal Depression by Siobhan Curran, Vermillion, 2017	
HSE Educator Resources	▶ Training for PMH teams Perinatal frame of mind PTSD Tochophobia Birth trauma courses	hse.ie
	▶ Open disclosure training Communication skills	
	▶ Patient Advocacy Service the National patient safety office	patientadvocacyservice.ie

Support/Services	Support/Services Information	Links/website information on available Support/Services Within Your Specific Area
HSE Educator Resources	<ul style="list-style-type: none"> ▶ Safer to Ask leaflets decision making about their care are available across hospital sites on and the HSE website 	
	<ul style="list-style-type: none"> ▶ Safer to Ask' series 	
	<ul style="list-style-type: none"> ▶ Patient safety complaints advocacy is a training programme in Patients' rights <p>Communication skills in healthcare</p> <p>Resolving and learning from complaints</p> <p>Handling patient safety complaints and advocacy related issues</p>	
	<ul style="list-style-type: none"> ▶ Your Service Your Say – feedback on the HSE 	yoursay@hse.ie
	<ul style="list-style-type: none"> ▶ Solihull Programme UK 	solihullapproachparenting.com
	<ul style="list-style-type: none"> ▶ MBACE: UK Report 	npeu.ox.ac.uk
	<ul style="list-style-type: none"> ▶ AMAL Women's Association 	amalwomenirl.com
	<ul style="list-style-type: none"> ▶ Myhealth My Language 	HSE.ie
	<ul style="list-style-type: none"> ▶ Roma Daja: Supporting Roma women during Pregnancy 	hse.ie/Roma
	<ul style="list-style-type: none"> ▶ Pavee Mothers Pregnancy booklet 	Traveller specific adoption of the Mypregnancy book
<ul style="list-style-type: none"> ▶ Roma breastfeeding booklet 		

Support/Services	Support/Services Information	Links/website information on available Support/Services Within Your Specific Area
HSE Educator Resources	<ul style="list-style-type: none"> ▶ Ethnic Equality Monitoring - Training HSeLanD 	Introduction to Ethnic Equality Monitoring, HSE Social Inclusion Dept.
	<ul style="list-style-type: none"> ▶ The Intercultural Awareness E-Learning Programme 	HSeLanD
	<ul style="list-style-type: none"> ▶ The Introduction to Traveller Health E-Learning Programme 	HSeLanD
	<ul style="list-style-type: none"> ▶ Exchange House Ireland National Travellers Service Community outreach and liaison service 	61 Great Strand Street, Dublin 1, D01 WC97,Ireland.
Postnatal Hubs	<ul style="list-style-type: none"> ▶ Cork-Postnatal Hubs 	St Mary's Orthopaedic Hospital Gurrabraher and Kinsale Road. Others are available, ask your midwife.
	<ul style="list-style-type: none"> ▶ University Hospital Kerry Postnatal Hubs Tralee - Listowel - Dingle Early transfer home scheme 7 days a week 	Antenatal outreach clinics in Listowel, Killarney and Dingle
	<ul style="list-style-type: none"> ▶ St Luke's General Hospital Carlow/Kilkenny 	ETH-Domino
	<ul style="list-style-type: none"> ▶ Portiuncula University Hospital Postnatal hub Ballinasloe 	

Support/Services	Support/Services Information	Links/website information on available Support/Services Within Your Specific Area
Postnatal Hubs	<ul style="list-style-type: none"> ▶ Sligo University Hospital-Postnatal Hubs Carrick-on-Shannon Ballymote Ballyshannon 	Proposed areas - Carrick on Shannon Ballymote and Ballyshannon
Social Supports	▶ One family	ETH-Domino
	▶ Relate	
	▶ The Samaritans	
	▶ ABC Area Based Childhood Programmes	
	▶ Barnados	
	▶ MyHealth My Language HSE	Information about the public healthcare system and common health topics in your language. flowcode.com/page/olollanguages



| Glossary of Terms

Abbreviation	Early Pregnancy
CSA	Child Sex Abuse
FA	Iron
GP	General Practitioner
HE pyramid	Healthy Eating pyramid
HSE	Health Service Executive
IVF	In Vitro Fertilisation
KNACK	Kegel or pelvic floor exercise
MDT	Multidisciplinary Team
MH	Mental Health
N+V	Nausea and Vomiting
NICE	National Institute for Health Care Excellence
NTD	Nural Tube Defects
OCD	Obsessive Compulsive Disorder
PF	Pelvic floor
SSA	Serious Sexual Assault

Abbreviation	Early Pregnancy
T1D T2D	Type 1 Diabetes Type 2 Diabetes
TtP	Transition to Parenthood
U/S	Ultrasound
1 IN 4	1:4 History of sexual abuse
PF	Pelvic floor
BF	Breast Feeding
OLOLHD	Our Lady of Lourdes Hospital Drogheda
NMH	The National Maternity Hospital
CUMH	Cork University Maternity Hospital

Abbreviation	Your Middle Pregnancy
CVS	Cardiovascular
LSCS	Caesarean section
DX	Diagnosed with
IUGR	Intra Uterine Growth Retardation
LC	Lactation Consultant
MSK	Muscle Skeletal disorder
PGP	Pelvic girdle pain
PET	Pre-eclampsia
Resp	Respiratory
SVD	Spontaneous vaginal delivery
SROM	Spontaneous rupture of membranes
UFO	Upright Forward and Open
UTI	Urinary tract Infection
PSROM	Premature Spontaneous rupture of membranes
HCP	Health Care Provider

Abbreviation	Your Late Pregnancy
BO	Bowels open
ECV	External Cephalic Version
FM	Fetal Movement
GBS	Group B streptococcus
HB	Haemoglobin
IDDM	Insulin Dependant Diabetic Mellitus
IM	Intra muscular
NICU	Neonatal Intensive Unit
OP	Occipital posterior positon
OFF	Optimal Fetal Positon
PR	Per Rectum
PPH	Post Partum Haemorrhage
PSROM	Premature Spontaneous rupture of membranes
SPD/PGP	Symphysis pubic dysfunction/Pelvic girdle pain
TENS	Transcutaneous electrical nerve stimulation

Abbreviation	Your Late Pregnancy
PPH	Post Partum Haemorrhage
LSCS	Caesarean Section birth
IOL	Induction of Labour
GDM	Gestational Diabetes Mellitus
MH	Mental Health
LOLHD	Our Lady of Lourdes Hospital Drogheda

Abbreviation	Our next stage-Life with a new baby
AMRIC	Antimicrobial Resistance and Infection Control
BF	Breast Feeding
CDH	Congenital Dislocation of the Hips
DVT	
IOL	Induction of Labour
PND	Postnatal Depression
PHN	Public Health Nurse
SIDS	Sudden Infant Death Syndrome
TCD	Trinity College Dublin
HCP	Health Care Professional

Abbreviation	Life as a new mother
HC	Head Circumference
L	Length
SSA	Serious Sexual Assault

Expert Advisory Group

Name	Title	Representing
Sinead Thompson	Project Co-Coordinator and Chair Person	The National Women and Infants Health Group (NWIHP)
Aileen Doyle	Infant Feeding Specialist	Cavan Monaghan Hospital
Cinny Cusack	Physiotherapy Manager	Rotunda Hospital
Clare Daly	Physiotherapy Manager	The Coombe Hospital
Cormac McAdam	Communications Officer	NWIHP
Deirdre Daly	Associate Professor	Trinity College Dublin
Fiona Hanrahan	Director of Midwifery	Rotunda Hospital
Georgina Mulligan	Perinatal Mental Health Midwife	The National Maternity Hospital Dublin
Jennifer Moynihan	CMM2 Parent Education	Mayo University Hospital
Maria Flannery O'Boyle	Public Health Nurse and Lactation Consultant	Ballina Co. Mayo
Marla Kennedy	CMM2 Parent Education	Sligo University Hospital
Meena Purushothaman	National Assistant Breast Feeding Coordinator	HSE
Niamh Healy	Parent Education Tutor	Cuidiu
Rosanna Kane	Dietitian Nutrition and Dietetics	Regional Hospital Mullingar
Sally King	Acting CMM2 Parent Education	Mayo University Hospital
Sharleen O'Reilly	Associate Professor	University College Dublin
Siobhan Corcoran	Obstetrician and Gynecology	National Maternity Hospital Dublin
Sue Hogan	CMM2 Parent Education	Rotunda Hospital



National Women and Infants Health Programme

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