

## Solihull Approach Antenatal and Postnatal Newsletter

Contact us on 0121 296 4448 or email [solihull\\_approach@heartofengland.nhs.uk](mailto:solihull_approach@heartofengland.nhs.uk)

[www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)  @solihullapproach  Solihull Approach

Issue 1

Introduction

September 2017

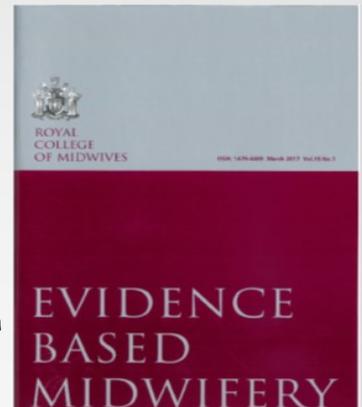
This newsletter's focus is on the Antenatal period. Over the past couple of years we have developed training and resources to support practitioners and parents in the antenatal period. We have also added an online antenatal parenting course and display charts for the stages of labour and illustrations of labour and birth positions. In addition there are also a postnatal group and online course for parents that aim to continue to support the parent/child relationship and emotional wellbeing after the birth of their baby.

### Antenatal Parenting Group Research

**Douglas, H and Bateson, K. (2017)** A service evaluation of the Solihull Approach Antenatal Parenting Group: integrating childbirth information with support for the fetal-parent relationship. *Evidence Based Midwifery*,15 (1): 15-19.

This study evaluated the Solihull Approach antenatal course 'Understanding your pregnancy, labour and your baby'. The group integrates the Solihull Approach model of thinking alongside traditional antenatal information. Measures included 3 validated questionnaires and 2 multiple choice questions completed at the beginning of the first session and repeated at the end of the last session. A total of 26 fathers and 34 mothers completed all questions (n=60). Results showed an 87% retention rate in the groups. There were statistically significant increases in both mother's and father's feelings of attachment to their baby and a decrease in the mother's anxiety in relation to the pregnancy, labour and birth. There was also an increase in the intention to breastfeed in the mothers. Intention to stop smoking and general anxiety and depression did not change for mums or dads. Additional information has been written into facilitators training manuals on the topic of smoking.

**The evaluation indicates that within the antenatal period there is an opportunity to lay the foundations for a positive relationship with the baby for the mother and father.** For future research it would be interesting to explore the effect that building the mother/baby relationship in the antenatal period may have on the decisions to breastfeed.



### Online Antenatal Course

**The online antenatal parenting course is a 9 module online course**



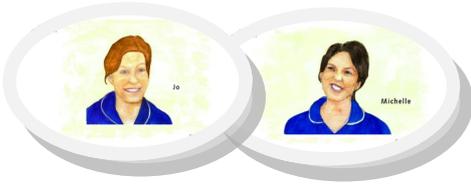
It is based on the Solihull Approach Antenatal Parenting group and underpinned by the Solihull Approach theoretical model.

There are interactive activities, quizzes and video clips as well as virtual parents who share their experiences and thoughts with the parent-to-be. Parents can follow on from this course with the online postnatal parenting course Accessed at: [www.inourplace.co.uk](http://www.inourplace.co.uk)

The online course can be used as part of an area wide or public health strategy of universal support for parents. For more information contact the Solihull Approach office about a Multi User Licence. [solihull\\_approach@heartofengland.nhs.uk](mailto:solihull_approach@heartofengland.nhs.uk) or telephone 0121 296 4448.

## Jo and Michelle talk about running an Antenatal Parenting Group

### See video clips of 'Jo and Michelle say'



Two midwives who talk about their experience of facilitating Solihull Approach Antenatal Group and of dads attending group. To see clips, click on the link or visit

<https://solihullapproachparenting.com/antenatal/>

**We contain everyone, We don't present, We facilitate, Missing out emotions, that's huge, Talk to your baby in the womb, Dads and emotions, Dads and bonding, Dads keep coming back**

### Solihull Approach Antenatal & Postnatal Training

We have a range of trainings to support practitioner working in the Antenatal and Postnatal period.

Foundation: Foundation or Antenatal 2 day training

Antenatal Parenting Group 1 day parenting

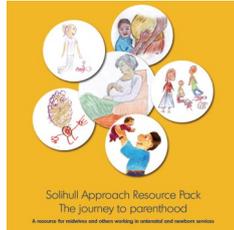
Combined Antenatal Foundation & Parenting group 2 day training

Postnatal Group Universal or Plus Group 1 day training

Advanced training Brain Development, Attachment, Trauma.

Train the Trainer to cascade training in your local area.

Trainings are supported by resource packs and training manuals. For more information visit [www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)



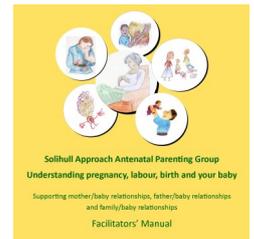
### Antenatal Parenting Group for Parents

The Solihull Approach 5 week Antenatal group lasting 2 hours (with an optional 6<sup>th</sup> session) integrates traditional advice about labour and birth with developing a relationship with their baby

It is an universal Antenatal parenting group for mums-to-be, their partners and other family members and those who will be present at the birth of the baby.

It is designed for parents-to-be, ideally to attend all sessions The group is underpinned by the Solihull Approach Model. It puts into practice the recommendations of Preparing for Pregnancy, Birth and Beyond and is compliant with the Unicef Baby Friendly Initiative.

You can register your group data returns on our website at: <https://solihullapproachparenting.com/group-data-submission/>

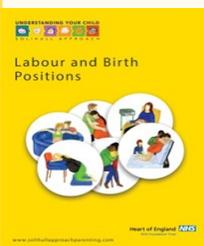


## New Resources

Supporting delivery of Solihull Approach Antenatal group 'Understanding your pregnancy, labour, birth and your baby'

### Labour and Birth positions

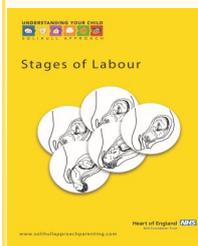
10 illustrations (A4 Laminated) in a spiral binder show common positions used in Labour and Birth. £39



<https://solihullapproachparenting.com/product/labour-and-birth-positions-illustrated-a4-laminated/>

### Stage of Labour

Display Chart Set (A3 Laminated) with 5 drawings showing the Stages of Labour. £49.



<https://solihullapproachparenting.com/product/stages-of-labour-display-chart-set/>

## Postnatal Resources

We have also developed a Postnatal Universal 6 week group and Postnatal Plus 8 week group.

For more information visit:

[www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)



There is an online 11 module postnatal parenting course for parents. For more information about the course or a Multi User Licence [www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)

Online courses are accessed by parents via [www.inourplace.co.uk](http://www.inourplace.co.uk)

