



FACULTY OF NURSING

PREPARATION OF CHILD BIRTH AND PARENTHOOD



PRESENTED BY

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INTRODUCTION

A woman's experience of birth is vitally important, and her birth memories endure.

- Four factors are particularly important in determining a woman's childbirth experience:
- Personal expectations, the amount of support she receives, the quality of the caregiver-patient relationship, and her involvement in decision-making .

- **DEFINATION-**

Child preparation in the nursing intervention classification , a nursing intervention defined as providing information and support to facilitate child birth and to enhance the ability of an individual to develop and perform the role of parent.

- **'Goals of preparation for labor and Childbirth** education helps to parents **prepare for childbirth** and parenthood by providing information on issues such as maternity care practices, pain relief, decision making during labor, infant and postnatal care, and breastfeeding.

PREPARATION OF PREGNANCY

Pre-pregnancy- Preparing for pregnancy

Once you have decided that you are ready to embark on having a family, there are many ways that you can start preparing for pregnancy.



Physically

- You may become more aware of your overall health and fitness. It is a good idea to ensure that you are fit and healthy, so exercising and eating well are important to nourish and strengthen your body. It is advised that women take folate to prevent neural tube birth defects, such as spina bifida.
- For women, you will also become more aware of your menstrual cycles and the likely timing of ovulation to increase the chances of becoming pregnant.

Mentally

You are likely to be adjusting your mindset for the potential new role, responsibilities and life that could lie ahead and the impact on all aspects of your life .

Emotionally

You will also be likely to be adjusting to the notion of parenthood emotionally – in many ways this may be quite unconscious.

- **Relationally**

For some your internal response to the notion of becoming a parent may feel very natural as you feel ready to begin on this stage of life.



TYPES OF SUPPORT

- Preparing for, or going through the process of trying to become pregnant can be especially challenging, there is a major focus on physical aspects (eg. hormones) often emotional and mental health is not given the attention it needs.

Relationship counselling

- This can be particularly helpful if you and your partner have conflicting views, priorities or attitudes surrounding starting a family. Relationship counselling can assist you both to understand where each of you are coming from, identify your concerns and work through these issues.

Supportive Counselling

- Sometimes just having the opportunity to talk through how you are feeling and thinking with someone independent and neutral, gives you the opportunity to express things that may otherwise be awkward or uncomfortable to talk about with people that you know.

Psychological treatments

- Psychological therapy, often referred to as 'talking therapy' can help you to identify and alter negative thoughts and feelings that you may be experiencing, and in turn change negative behaviours.
- One common psychological therapy is that of **cognitive behaviour therapy (CBT)**.

TREATING ~~TWO~~ *for TWO*

Safer Medication Use in Pregnancy

Medical treatments

- While there is little data regarding the treatment of patients with infertility specifically, like other times in life medication remains an important option for women and men who may develop more severe depression and or anxiety in the context of infertility and its treatment.
- Antidepressants are effective for the treatment of conditions like depression and some types of antidepressants are also effective for treating symptoms of anxiety.

HAVING A HEALTHY PREGNANCY

1. See your doctor or midwife as soon as possible

- As soon as you find out you're pregnant, get yourself registered for antenatal care. Make an appointment with a midwife at your local surgery or children's centre. Or register online with your local maternity services.



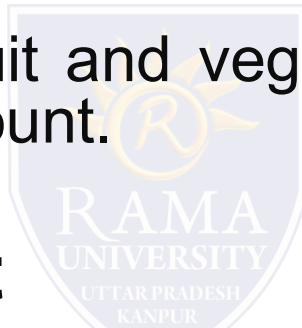
Eat well

Aim to eat a healthy, balanced diet whenever you can. This means having:

At least five portions of fruit and vegetables daily. Fresh, frozen, canned, dried or juice all count.

3. Take a supplement

- You need to take folic acid for at least the first three months and vitamin D for the whole of your pregnancy and beyond.



You also need a daily supplement of 10mcg of vitamin D . Vitamin D is important for the development of your baby's skeleton and future bone health.

4-Be careful about food hygiene

Thoroughly wash utensils, boards and your hands after handling raw meat. Store raw foods separately from ready-to-eat foods. Food hygiene is especially important now



- Listeriosis is an infection caused by listeria bacteria. Although it's rare for pregnant women to be affected by it, it can have serious effects.

Listeriosis can lead to miscarriage, a baby being seriously ill after birth, or even being stillborn.

5. Exercise regularly

- Regular exercise has many benefits for you, and therefore your baby.
Doing gentle exercise:
 - Helps you to cope with changes to your posture and strains on your joints during pregnancy.
 - Helps you to stay a healthy weight, although it's normal to put on some weight during pregnancy.
 - Helps to protect you against pregnancy complications, such as high blood pressure.
 - Increases your chance of a straightforward labour and birth.
 - Makes it easier for you to get back into shape after your baby is born.
 - Boosts your mood if you're feeling low.
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- Good exercises for pregnancy include:
brisk walking
- swimming
- Aquanatal classes
- yoga
- pilates



PILATES CLASSES



Aquanatal classes

- Many women find aquanatal classes enjoyable during pregnancy. Exercising while standing in water is gentle on joints and can help lessen swelling in legs, which is a common symptom in late pregnancy.



6. Begin doing pelvic floor exercises

- Your pelvic floor comprises a basket of muscles at the base of your pelvis. These muscles support your bladder, vagina and back passage. They can feel weaker than usual in pregnancy because of the extra pressure on them. Pre-eclampsia can also cause your pelvic floor to weaken slightly.



7. Cut out alcohol

Any alcohol you drink rapidly reaches your baby via your bloodstream and the placenta.

There is no way to know for sure how much alcohol is safe during pregnancy. That's why many experts advise you to cut out alcohol completely while you're expecting pregnancy.



8. Cut back on caffeine

- Too much caffeine may increase your risk of miscarriage. Caffeine is in coffee, tea, cola, chocolate and energy drinks.
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9. Stop smoking

Smoking during pregnancy can cause serious health problems for you and your baby. Smoking increases your baby's risk of:
premature birth

- low birth weight
- stillbirth
- sudden infant death syndrome (SIDS) or "cot death"

Smoking also make pregnancy complication.



10. Get some rest

- The fatigue you feel in the first few months is due to high levels of pregnancy hormones circulating in your body. If your sleep is disturbed at night, try to take a quick nap in the middle of the day or go to bed early to catch up. If that's impossible, at least put your feet up and try to relax for 30 minutes.

TYPES OF CHILD BEARING METHODS

- all types provide valuable lessons for labor, delivery, and postpartum issues. Some teach parents the medication-free methods of managing the pain of childbirth. Others begin early in a woman's pregnancy and focus on the changes that occur throughout pregnancy.

Lamaze Technique

- As the most widely used childbirth method in the U.S., Lamaze classes approach childbirth as a natural and healthy process. Lamaze courses don't support or discourage the use of medicines or routine medical interventions during labor and delivery.
- Part of the Lamaze focus is on building your confidence or talking about how to keep your baby's birth simple and safe.

- Different ways to position yourself for labor and birth
- Massage and relaxation techniques to ease pain
- Breathing techniques during labor
- Practicing relaxation by using internal and external focal points
- Support during labor
- Effective communication skills
- Medical procedures
- Breastfeeding.
- Healthy lifestyle choices

The Bradley Method

- Also called husband-coached birth, the Bradley method prepares the mother to deliver without pain medications and prepares the baby's father to be mom's birth coach. Although this method prepares you to give birth without medications, it also prepares you for the possibility of unexpected situations, such as an emergency cesarean section.

- **This session course covers:**
- The importance of nutrition and exercise
- Relaxation techniques for pain management
- Labor rehearsals
- How to avoid a cesarean birth
- Postpartum care
- Breastfeeding
- Guidance for coach about supporting the mother

- **HypnoBirthing**

- It is Also called the Mongan method, hypnobirthing is a relaxed natural childbirth education approach enhanced by self-hypnosis techniques. Teachers emphasize pregnancy and childbirth, as well as on pre-birth parenting and the consciousness of the pre-born baby. It is presented in a series of 5 two-and-a-half-hour classes or 4 three-hour classes.

Alexander Technique

- The Alexander technique is meant to improve your ease and freedom of movement, balance, flexibility, and coordination. Ideally, you will take weekly lessons while pregnant. This is an educational process. So the more you practice, the greater the benefits.

The goals for expectant mothers include:

- Improve comfort during pregnancy
- Increase pushing effectiveness during delivery
- Aid in recovery from childbirth
- Ease the discomfort of nursing

STEPS OF PREPARATION OF CHILD BIRTH

- **Realize there are 3 stages of labour.**
- The new born may be placed in a warmer after delivery should be know.
- Cuddle your baby to help bond with your newborn.
- Breastfeed if the baby is willing.
- Prepare for the stages of childbirth by taking prepared childbirth class.

- Learn how to care for a newborn.
- Make sure to develop a pregnancy plans.
- Pack up needed supplies for birthing process.
- Pack on overnight bag with needed supply.
- Fill out the preadmission forms at the hospitals
- Learn how your health insurance policy offers coverage.

Essential Checklist for Hospital Bag

For Mother

- Toiletries
- Towel
- Socks
- Coming home outfits
- Button front pajamas
- Jacket
- Nursing bras
- Breast pads
- Maternity pads
- Disposable underwear
- Post-pregnancy elastic belt
- Head band or ponytail holder
- Snack, mints and drinks
- Mobile phone and its charger
- Contact lenses, its cases and solution
- Eyeglasses
- IC
- Hospital card/Maternity health record

For Father

- Clothes for change
- Jacket
- Snack and drinks
- Magazines
- Mobile phone and its charger
- Fully charged camera
- Camera charger
- IC

For Baby

- A set of coming-home outfit
- Infant hat
- Baby blanket
- Binder
- Mitten and booties





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PREPARATION OF PARENTHOOD

INTRODUCTION

- The process of preparing for parenthood consists of a series of steps, each of which presents unique challenges and dilemmas. That is explores the stages of preparation, beginning with the decision to become a parent, and progressing through choices regarding modes of birth, the impact of new parenthood, and child care issues.

DEFINITION

Parenthood is the state of being a parent, or one who is either a father or mother. A parent is responsible for the well being, education and care for a child while the child is a minor, or under the age of 18.

WHY DOES EDUCATION MATTER

- Education clearly improves the economic prospects of men and women, making them more marriageable
- It doesn't explain why some young adults feel they are too poor to marry but believe they can afford to raise a child. Or why marriage was so much more prevalent in an earlier era, when everyone had fewer resources.

- One reason that education may help to increase marriage rates is that the better-educated tend to have more egalitarian gender roles, which makes marriage more appealing, especially to women.
- For women who work outside the home, flexible parenting arrangements help them avoid having to “do it all” and the resentment that engenders.

- If young adults had more education, there would be less drifting and fewer unwed births. And if there were better family planning, young people could finish their schooling. There would then be more purposeful parenthood, more children ready for school when they enroll, and, later on, better-educated young adults making better parenting decisions of their own.

7 TIPS FOR INTENDED PARENTS TO PREPARE FOR PARENTHOOD

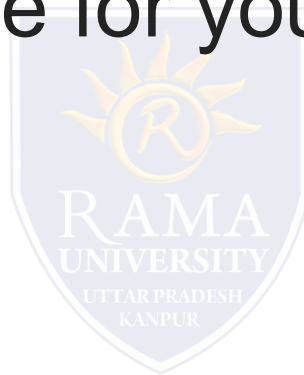
Here are some ways to ensure you are ready when it's time to bring your new baby home

1-Read – There are thousands of pages in books and on the Internet dedicated to newborn care and parenting

- **Find classes and services** – Contact your hospital, pediatrician, local school district or county family services office to find parenting classes and other resources available
- **prepared for changes** – At least for the first few months after your baby arrives, your life will probably revolve around your new little one. Be prepared for middle-of-the-night feedings and a restricted social schedule, in your community.

- **Prepare to bring your baby home –**
During the pregnancy, start gathering essential items, like a crib and stroller, and decorate your nursery
- **Find support –** Parenthood can be overwhelming, and friends and family members know that.

- **Enjoy the journey** – While you may not get to experience the pregnancy firsthand, you do have nine months (or longer) to mentally and emotionally prepare for your baby's arrival.



SUMMARY

- Today in my seminar topic that is preparation of child birth and parenthood in this I explained about-
 - 1-introduction of preparation of child birth.
 - 2-goal of preparation of pregnancy.
 - 3-types of child bearing method.
 - 4-steps of preparation of child birth.
 - 5-essencial check list for hospital bag.

6-Introduction of preparation of parenthood.

7-Define the parenthood.

8-Why does education matter in parenthood.

9-7 tips for intended parents to prepare for parenthood.

CONCLUSION

- Preparation for childbirth and parenthood is very important for mother and also father. that help to increase knowladge how to prepare for labor,how to care of baby, and how to be parenthood .that is helpful for mother and father.

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thank
you