



NATIONAL ANTENATAL EDUCATION PROGRAMME  
FOR WOMEN AND THEIR CHOSEN BIRTH PARTNERS

## Resource guide for Parent Educators

Plan and manage high quality Antenatal Education Service



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## | 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

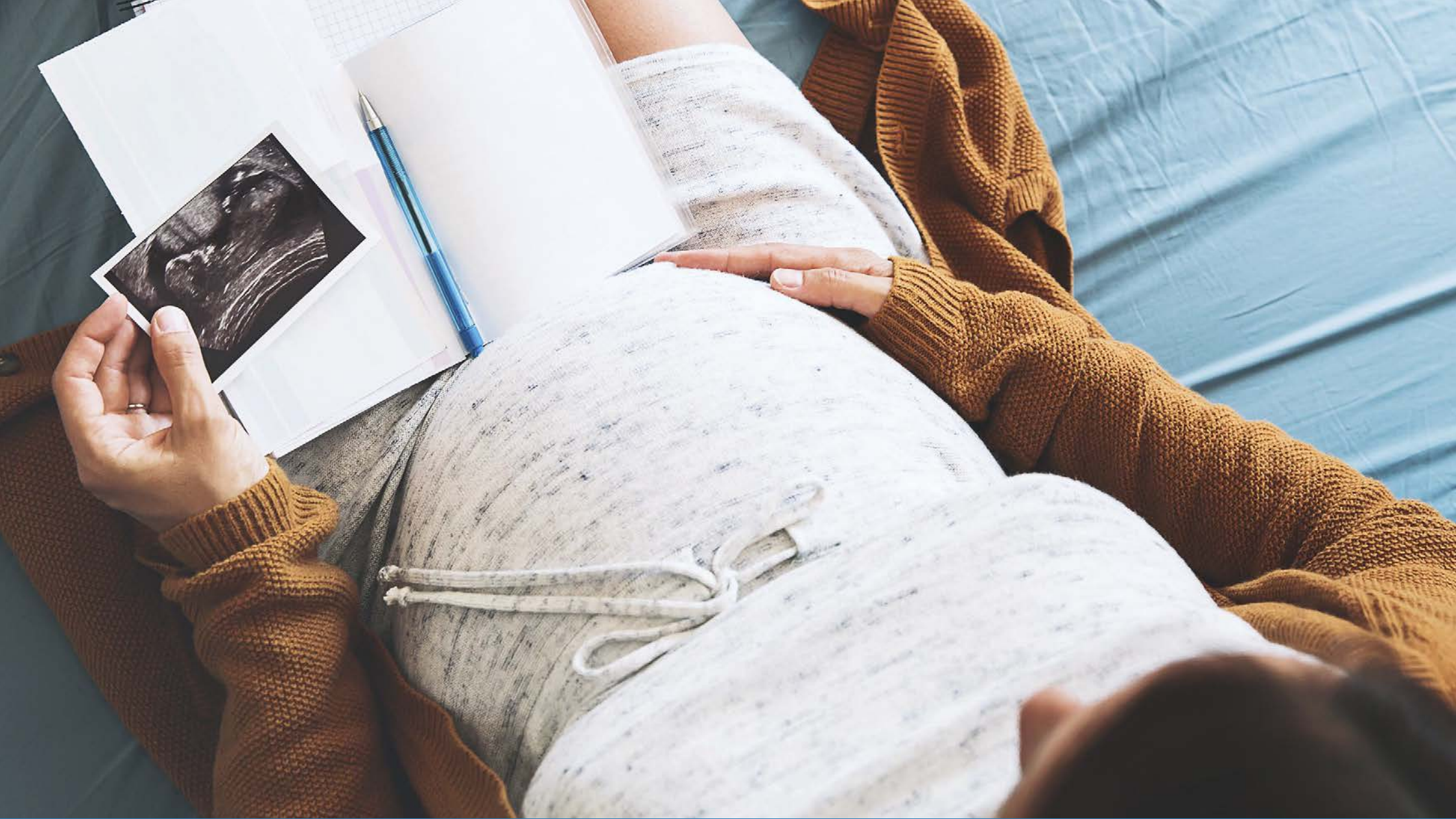
Break large groups into **smaller groups** to facilitate interaction; to facilitate participants to ask questions; to offer clarity and to aid the formation of social support networks. Consider the Inclusivity of underserved groups and ethnic minorities such as Traveller and Roma pregnant women (National 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|-------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Finding out you are pregnant</b> | <p><b>Extra support is available if you:</b></p> <ul style="list-style-type: none"> <li>Had a previous pregnancy loss</li> <li>Experienced previous birth trauma</li> <li>Report to chophobia (<i>fear of childbirth</i>)</li> <li>Have an unexpected pregnancy</li> <li>Have a history of mental health difficulties</li> <li>Are a teenager who is pregnant</li> <li>If you are a survivor of a sexual trauma (CSA 1:4)</li> <li>If you consider yourself to be neurodivergent</li> </ul> | <p><b>Pregnancy Loss Research website:</b><br/> <a href="http://ucc.ie/pregnancyloss">ucc.ie/pregnancyloss</a><br/> <a href="http://pregnancyandinfantloss.ie">pregnancyandinfantloss.ie</a></p> <p><b>Information on antenatal care:</b><br/> <a href="#">Antenatal care</a> and<br/> maternity care appointments<br/> <a href="http://sexualwellbeing.ie">sexualwellbeing.ie</a></p> <p>Sign posting to services available if required</p> <p><b>Useful Podcast:</b><br/> Real talk with real Mums podcast<br/> Louise McSherry</p> <p><b>Note for educator:</b><br/> Travellers &amp; 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><b>Pregnancy Loss Research website:</b><br/> <a href="http://ucc.ie/pregnancyloss">ucc.ie/pregnancyloss</a><br/> <a href="http://pregnancyandinfantloss.ie">pregnancyandinfantloss.ie</a></p> <p><b>Trinity College Dublin course for pregnant women</b><br/> <a href="http://futurelearn.com">futurelearn.com</a></p> <p><b>HSE website information on the first trimester of pregnancy 0 to 8 weeks</b><br/> <a href="http://hse.ie/wellbeing/child-health">hse.ie/wellbeing/child-health</a><br/> <a href="http://tommys.org">tommys.org</a></p> <p><b>Website and GP for advice and Benefits and entitlements for parents</b><br/> <a href="http://hse.ie/wellbeing/child-health">hse.ie/wellbeing/child-health</a></p> <p><b>Traveller Mothers Information</b><br/> Pavee mothers breastfeeding information for traveller beoirs<br/> <a href="http://paveemothers.ie">paveemothers.ie</a></p> <p><b>UK and Irish Pregnancy loss charities</b><br/> <a href="http://tommys.org">tommys.org</a><br/> <a href="http://miscarriage.ie">miscarriage.ie</a></p> <p><b>Our Lady of Lourdes Hospital Drogheda website antenatal and postnatal information</b><br/> <a href="http://flowcode.com/ololmaternity">flowcode.com/ololmaternity</a><br/> <a href="http://flowcode.com/olollanguages">flowcode.com/olollanguages</a></p> <p><b>Useful resource</b><br/> Autistic and Expecting by Alexis Quinn</p> |

YOUR BABY

YOUR JOURNEY

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

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

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

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

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

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

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

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

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

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

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# Keeping healthy the best start for you and your baby

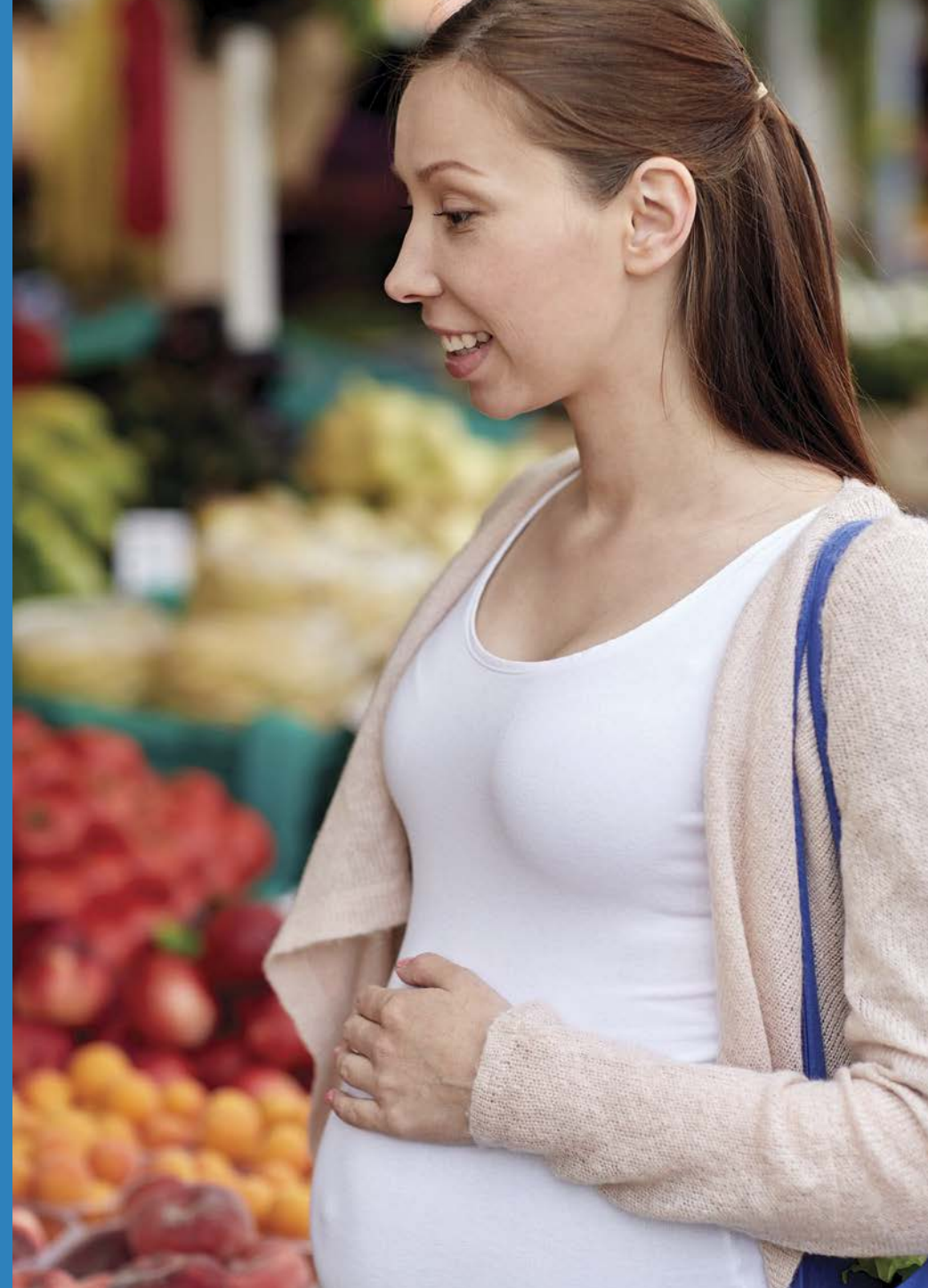
## | CORE ACTIVITIES

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                                                                                          |
|----------------------|-------------|-------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
|                      |             | <b>HSeLand training:</b><br>Pre-conception and pregnancy nutrition HSeLand.ie | <b>HSE website information on food and drink in pregnancy:</b><br><a href="https://www.hse.ie">hse.ie</a> |

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

|                                                                   |                                                                                                                                                                                                                          |                                                                                                     |                                                                                                                                                                                   |
|-------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Supplementation:</b><br><b>Folic Acid,</b><br><b>Vitamin D</b> | <ul style="list-style-type: none"> <li>▶ Women with increased BMI</li> <li>▶ Previous NTD</li> <li>▶ T1D/T2D</li> <li>▶ Family member with NTD all will need 5mg FA pre pregnancy and for the first trimester</li> </ul> | <b>Resource:</b><br>Folic Acid when planning a pregnancy<br><a href="https://www.hse.ie">hse.ie</a> | <b>Healthy eating website information:</b><br><a href="https://www.indi.ie">indi.ie</a><br><br><b>HSE website:</b><br><a href="https://www.hse.ie/wellbeing">hse.ie/wellbeing</a> |
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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**

|                                  |                                                                                                                                               |                                                                          |                                                                                         |
|----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| <b>Weight gain minimal in T1</b> | <p>There are positive and negatives in relation to weight gain</p> <ul style="list-style-type: none"> <li>▶ MH issues acknowledged</li> </ul> | <b>HSeLand course:</b><br>Pre Conception and Pregnancy Nutrition HSeLand | <b>Healthy eating in pregnancy websites:</b><br><a href="https://www.hse.ie">hse.ie</a> |
|----------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|

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

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

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# Introduction to Breastfeeding

## | CORE ACTIVITIES

Infant feeding



| FOUNDATION KNOWLEDGE                      | ADAPTATIONS                                                                                                                                                                                                                                                                                                                                                                                                                                                         | EDUCATOR RESOURCES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              | PARENT RESOURCES                                                                                                                                                                                                      |
|-------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Normal breast changes in pregnancy</b> | If you have abnormal breast changes you should seek medical advice                                                                                                                                                                                                                                                                                                                                                                                                  | <b>Resource:</b><br>Breastfeeding atlas<br><br>HSeLanD module on how to detect abnormal breast changes<br><a href="https://hse.ie/hse/lanD">HSeLanD.ie</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | <b>Advice on breastfeeding:</b><br><a href="https://hse.ie">hse.ie</a>                                                                                                                                                |
| <b>Benefits of breastfeeding</b>          | <p>When is breastfeeding not recommended?</p> <ul style="list-style-type: none"> <li>▶ If you are a Traveller woman and require the beutler test results</li> <li>▶ There is specific breastfeeding resources available for Traveller women if required</li> </ul> <p><b>Note for educator:</b><br/>Traveller women are unlikely to discuss breastfeeding in a mixed group class.<br/>Beutler test/carrier status testing is available to all Traveller couples</p> | <p><b>Update Pending - Evidence for breastfeeding</b><br/><b>HSE website:</b><br/><a href="https://hse.ie">hse.ie</a></p> <p><b>The use of Human milk</b><br/><a href="https://www.aap.org/pediatrics/policy-statements/2022/07/2022-07-20-american-academy-of-pediatrics-policy-statement-breastfeeding-and-the-use-of-human-milk">American Academy of pediatrics policy statement: Breastfeeding and the use of Human milk (July 2022)</a></p> <p><b>Resource for Traveller mothers</b><br/>Pavee mothers' pregnancy booklet (<i>which is a Traveller specific adaptation of mypregnancy book</i>)</p> <ul style="list-style-type: none"> <li>▶ <a href="#">Pavee mothers breastfeeding booklet</a></li> <li>▶ Roma pregnancy booklet</li> <li>▶ <a href="https://paveemothers.ie">paveemothers.ie</a> for Traveller specific resources with audio</li> </ul> | <p><b>Useful Resource - Breastfeeding:</b><br/>Breastfeeding: A Good start in life booklet<br/><a href="https://hse.ie">hse.ie</a></p> <p>The importance of breastfeeding<br/><a href="https://hse.ie">hse.ie</a></p> |

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## Getting breastfeeding off to a good start

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

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# 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><b>Intercourse during pregnancy</b></p> <p><b>Flying when pregnant</b></p> <p><b>Morning sickness only happens in the morning</b></p> <p><b>Heartburn means your baby will have long hair</b></p> | <p><b>Note for educator:</b><br/>Traveller women and Roma if in a mixed group may not wish to discuss sexual relationships</p> | <p><b>Useful Resource:</b><br/>10 myths about parenting and mental health by NCT<br/><a href="http://nct.org">nct.org</a></p>                                                                                                                                                                                                                                                                                                                                                                                                                                         | <p><b>HSE advice on:</b> <a href="http://Sex%20during%20pregnancy%20HSE.ie">Sex during pregnancy HSE.ie</a></p> <p><b>Useful reading:</b> <a href="http://rightasrain.uwmedicine.org">rightasrain.uwmedicine.org</a></p> <p><b>Recommended Reading:</b> MyPregnancy page 44<br/><a href="http://HSE%20My%20Pregnancy%20book.pdf">HSE My Pregnancy book.pdf</a></p> <p><b>Useful resource:</b><br/>Mental Health as A Mum, 10 myths (NCT)<br/><a href="http://nct.org">nct.org</a></p> |
| <p><b>Your baby's development</b></p> <p><b>"Do's and don'ts"</b></p>                                                                                                                                | <p>If your baby has a known fetal anomaly growth and development may be at a different rate</p>                                | <p><b>Resource:</b><br/><a href="http://The%20Solihull%20Approach%20to%20parenting">The Solihull Approach to parenting</a><br/>Risk factors-effects of stress on baby's brain development</p> <p><b>Note for educator:</b><br/>Deliver information sensitively to prevent further anxiety</p> <p><b>My pregnancy book:</b><br/><a href="http://Chapter%20on%20brain%20development%20and%20child's%20emotional%20health%20development">Chapter on brain development and child's emotional health development</a></p> <p>Dr. Brazelton videos on parenting -YouTube</p> | <p><b>HSE website advice on baby's development:</b><br/>Brain development during pregnancy<br/><a href="http://hse.ie">hse.ie</a></p> <p><b>HSE.ie:</b><br/><a href="http://pregnancy-stages%2029-32-weeks">pregnancy-stages 29-32-weeks</a><br/><a href="http://pregnancy-stages%20third-trimester">pregnancy-stages third-trimester</a></p>                                                                                                                                         |

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## Some reminders for you

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

## Other supports you can avail of for your pregnancy and birth

|                                                                                                                 |                                                                                                 |                                                                                                                                                                                                                                                                  |                                                                                                                                           |
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| <b>Doula support</b><br><b>Note for educator:</b><br>The Doula's role in the normal pregnancy and birth process | <b>Note for educator:</b><br>Traveller & Roma women may bring their own mother as birth partner | <b>NICE Guidelines on:</b><br>Cochrane review <a href="#">Continuous support for women during childbirth</a><br><b>Useful midwifery research:</b><br><a href="#">The Labour Hopscotch report</a> (2019) section on - Support and the Importance of relationships | <b>Information and advice on Doula support:</b><br>Evidence on-Doulas <a href="https://evidencebasedbirth.com">evidencebasedbirth.com</a> |
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## Other supports you can avail of for your pregnancy and birth

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

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

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| FOUNDATION KNOWLEDGE                                              | ADAPTATIONS | EDUCATOR RESOURCES                                            | PARENT RESOURCES                                                                                                             |
|-------------------------------------------------------------------|-------------|---------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| Symptoms you will experience if you have pelvic floor dysfunction |             | <b>NICE guideline:</b> [NG210]<br>Published: 09 December 2021 | <b>HSE website information on incontinence in pregnancy:</b><br><a href="https://www.hse.ie/eng/health/123456789">hse.ie</a> |
| Finding your pelvic floor muscles                                 |             |                                                               | <b>Useful app:</b> NHS SQUEEZY APP                                                                                           |
| Contractions long short and fast                                  |             |                                                               |                                                                                                                              |
| Squeeze before you sneeze                                         |             | <b>NICE guideline:</b> [NG201]<br>Published: 19 August 2021   |                                                                                                                              |

|                                                                              |                                                                                 |                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                                                                                                             |
|------------------------------------------------------------------------------|---------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>The benefits and role exercise plays in your birth preparation</b></p> | <p>If you have a disability exercises may be adapted for you by your physio</p> | <p><b>Useful article:</b><br/>Evidence-based physical activity guideline for pregnant women-in Report for the Australian Dept. of Health March 2020</p> <p><b>HSE website:</b><br/><a href="http://hse.ie">hse.ie</a></p> | <p><b>UK CMO Recommendations 2017:</b><br/>Physical Activity in Pregnancy</p> <p><b>Website:</b><br/><a href="http://acog.org">acog.org</a></p> <p><b>Useful articles:</b> <a href="http://pubmed.ncbi.nlm.nih.gov">pubmed.ncbi.nlm.nih.gov</a><br/>“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</p> |
|------------------------------------------------------------------------------|---------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Bladder and Bowel preparation for pregnancy**

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



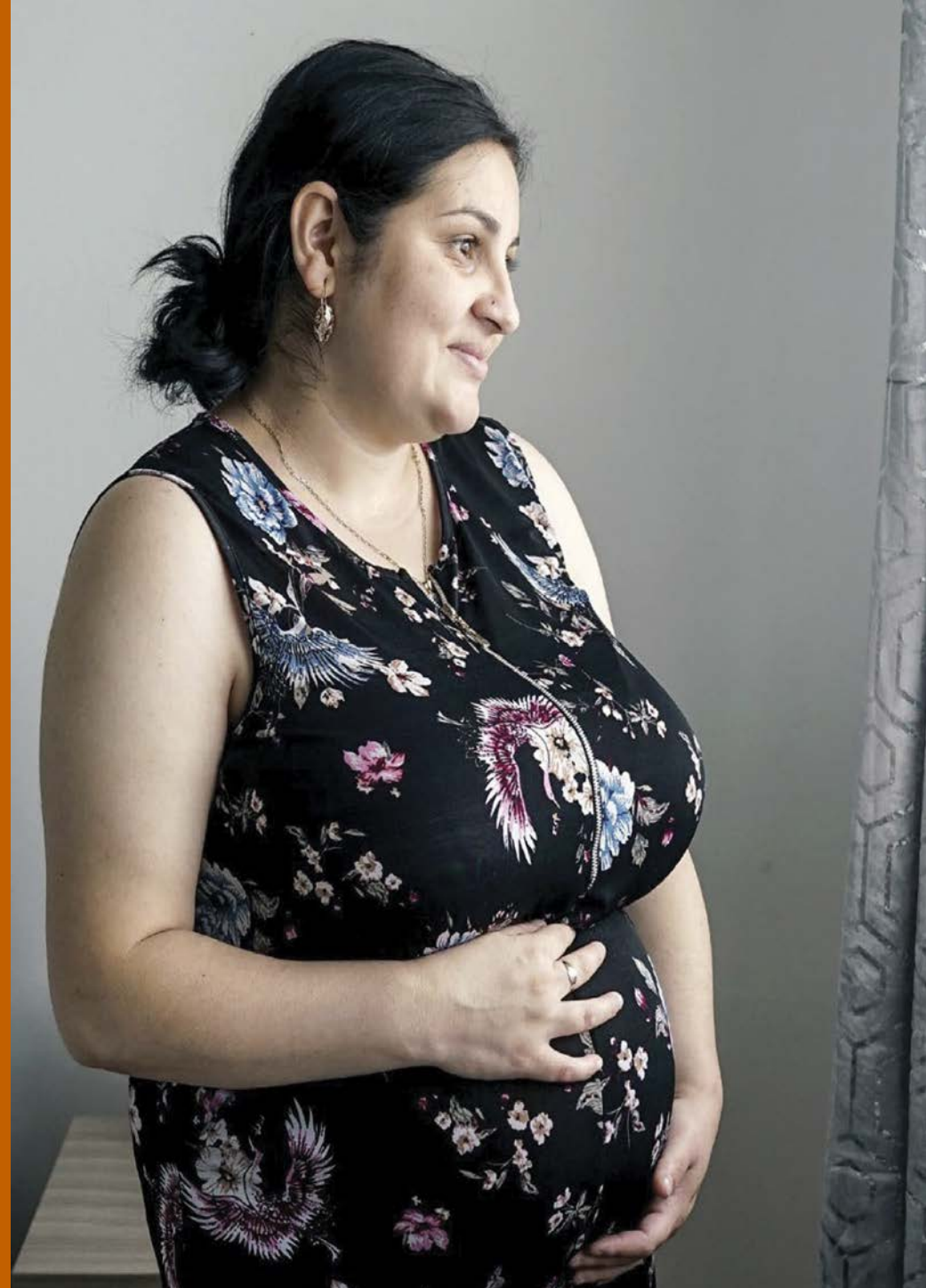
| Your Middle Pregnancy

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

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## Changes to your body that you may have heard about

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

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**Changes to your body that you may have heard about**

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

# 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"> <li>Heartburn</li> <li>Constipation</li> <li>Haemorrhoids</li> <li>Varicose veins</li> <li>Increased discharge</li> <li>UTI'S</li> </ul> |                                                                                                                                                                                                                                                           | <b>Guideline:</b><br><br>National Supported Care Guideline (pending 2024)                                  | <b>HSE website information on:</b><br><a href="https://www.hse.ie/haemorrhoids-piles">hse.ie/haemorrhoids-piles</a><br><br><a href="https://www.hse.ie/varicose-veins-pregnancy">hse.ie/varicose-veins-pregnancy</a> |
| Leg cramps and how and when to use of calcium/magnesium supplements                                                                                                         |                                                                                                                                                                                                                                                           | <b>Useful website:</b><br><br><a href="https://ncbi.nlm.nih.gov">ncbi.nlm.nih.gov</a>                      | <b>HSE website:</b><br><a href="https://www.hse.ie/leg-cramps-pregnancy">hse.ie/leg-cramps-pregnancy</a>                                                                                                             |
| <ul style="list-style-type: none"> <li>Bleeding</li> <li>Abdominal pain</li> <li>Signs of premature labour</li> </ul>                                                       | 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<br><br><b>Note for educator:</b><br>Traveller women high levels of fear around pregnancy loss | <b>The Coombe Hospital website antenatal information:</b><br><br><a href="https://coombe.ie">coombe.ie</a> | <b>HSE information on warning signs during pregnancy:</b><br><a href="https://www.hse.ie">hse.ie</a><br><br><b>Bleeding from the vagina during pregnancy:</b><br><a href="https://www.hse.ie">hse.ie</a>             |
| Headaches and signs of pre-eclampsia                                                                                                                                        | If you suffer from migraines, you should inform your hospital team                                                                                                                                                                                        |                                                                                                            | <b>HSE information on warning signs during pregnancy:</b><br><a href="https://www.hse.ie">hse.ie</a>                                                                                                                 |

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**Common concerns you might encounter**

| FOUNDATION KNOWLEDGE | ADAPTATIONS | EDUCATOR RESOURCES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | PARENT RESOURCES |
|----------------------|-------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------|
| Pelvic girdle pain   |             | <p><b>Refer to local PGP class in hospital:</b></p> <p>HSE Clinical Practice Guideline on PGP: Management of pelvic girdle pain in pregnancy in hospital or community</p> <p>Link for Article<br/> <a href="http://thepogp.co.uk">thepogp.co.uk</a></p> <p><b>Useful evidence and reading on physiotherapy issues in pregnancy:</b><br/> Maternal adaptations to pregnancy: Musculoskeletal changes and pain</p> <p>APTA <a href="http://apta.org">apta.org</a><br/> 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><b>HSE clinical practice guideline:</b><br/> 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><b>Pelvic girdle pain in pregnancy:</b><br/> 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</p> <p><a href="http://health.gov">health.gov</a><br/> <a href="#">introduction-to-the-pelvic-girdle-musculoskeletal-method</a></p> |                  |

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## Common concerns you might encounter

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

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

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

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

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| FOUNDATION KNOWLEDGE                                                                                                                                          | ADAPTATIONS | EDUCATOR RESOURCES                                                                                 | PARENT RESOURCES                                                                                                                                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|----------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>How you can prepare for birth using a birthing ball</b></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:<br/> <a href="https://www.youtube.com">YouTube.com</a></p> | <p>Videos on NMH website on the stages of labour:<br/> <a href="https://www.nmh.ie">nmh.ie</a></p> <p><b>Recommended reading:</b><br/> A new Father: A Dad's guide to the first year<br/> 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                                                                                      |
|-------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| <b>Weight gain</b><br>What you need to know about the recommendations for adequate weight gain in pregnancy | <b>Note for the educator:</b><br>Discuss the positives and negatives of weight gain<br><br>Be mindful of triggers if there is a history of eating disorders | <b>Useful demonstration for class:</b><br>Sand bag exercise/groceries exercise (from TtP course)               | <b>HSE advice on keeping healthy in pregnancy:</b><br><a href="https://www.hse.ie">hse.ie</a>         |
| <b>Your calcium requirements</b>                                                                            | <ul style="list-style-type: none"> <li>▶ Vegan</li> <li>▶ Vegetarians</li> <li>▶ Dairy avoidance</li> </ul>                                                 | <b>Resources:</b><br>Healthy weight for children<br>HSE action plan<br><a href="https://www.hse.ie">hse.ie</a> | <b>HSE website:</b><br><a href="https://www.hse.ie">hse.ie</a>                                        |
| <b>Constipation</b>                                                                                         |                                                                                                                                                             | <b>HSE website:</b><br><a href="https://www.hse.ie">hse.ie</a>                                                 | <b>HSE website:</b><br><a href="https://www.hse.ie">hse.ie</a>                                        |
| <b>If you suffer from reflux and heartburn</b>                                                              |                                                                                                                                                             | <b>HSE website information on conditions in Pregnancy:</b><br><a href="https://www.hse.ie">hse.ie</a>          | <b>HSE website information on conditions in pregnancy:</b><br><a href="https://www.hse.ie">hse.ie</a> |

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

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

| FOUNDATION KNOWLEDGE                                                                                                               | ADAPTATIONS                                                                                                                                                                                                       | EDUCATOR RESOURCES                                                                                                                                                                                                                                                                                                                                                                                                                             | PARENT RESOURCES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>How you can prepare for the transition to parenthood</b></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"> <li>▶ If you are preparing for a second baby</li> <li>▶ If you are preparing your first child for a new sibling</li> </ul> | <p><b>Resources:</b><br/> <a href="#">The Solihull approach to parenting</a></p> <p><b>Supports:</b><br/> <a href="#">ABC Area Based Childhood Programme</a></p> <p><a href="#">RCM Parental Emotional Wellbeing and Infant Development document</a></p> <p><b>Tommy's website link:</b><br/> <a href="http://tommys.org">tommys.org</a></p> <p>Prevention and Early Intervention Network (PEIN)<br/> <a href="http://pein.ie">pein.ie</a></p> | <p><b>Community support services and websites to support families:</b><br/>           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><b>Useful Resource:</b><br/>           Prevention and Early Intervention Network (PEIN)<br/> <a href="http://pein.ie">pein.ie</a></p> <p><b>Links to website:</b><br/> <a href="http://nct.org">nct.org</a><br/>           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><b>Discussion of your previous feeding experience</b></p> | <p>Arrange one to one counselling with a Lactation Consultant if:</p> <ul style="list-style-type: none"> <li>▶ You had a previous difficult experience</li> <li>▶ Have conditions such as - History of breast surgery<br/><i>(Reduction, Augmentation, cysts, lumps)</i></li> <li>▶ Anatomical variations of breasts/nipple<br/><i>(Large breasts/Hypoplasia (IGT)/Inverted nipples, very large nipples)</i></li> <li>▶ Type 1/Gestational Diabetes</li> <li>▶ Associated significant Medical/ surgical issues<br/><i>(Epilepsy, Endocrine disorders, Chest surgery as a child/others)</i></li> <li>▶ Disability Social/emotional<br/><i>(Anxiety, Depression/others)</i></li> <li>▶ Fetal anomalies</li> <li>▶ Twins/multiple pregnancy</li> <li>▶ Elective CS</li> </ul> | <p><b>Health professionals to complete the new National referral for a Lactation Consultant review. (pending publication)</b></p> | <p><b>Useful resource:</b><br/> <a href="https://hse.ie/antenatal-discussion.pdf">hse.ie/antenatal-discussion.pdf</a> </p> |
|                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                   | <div>YOUR BABY</div> <div>YOUR JOURNEY</div> <div>US</div>                                                                 |

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



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

## How to develop a relationship with your baby in utero

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



## Designing a postnatal wellbeing plan for you

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

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

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

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

| FOUNDATION KNOWLEDGE                                                                                                                                                             | ADAPTATIONS                                                                                                                                                                                                              | EDUCATOR RESOURCES | PARENT RESOURCES                                                                                                                                                                   |
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| <ul style="list-style-type: none"> <li>▶ Bleeding</li> <li>▶ Headaches</li> <li>▶ Oedema and SROM</li> </ul>                                                                     | <ul style="list-style-type: none"> <li>▶ If you have a high risk or multiple pregnancy</li> <li>▶ If you have a multiple pregnancy you should discuss any of these symptoms with your healthcare professional</li> </ul> |                    | <p><b>Useful website</b><br/> <a href="https://hse.ie/twins-multiple-pregnancies">hse.ie/twins-multiple-pregnancies</a></p>                                                        |
| <ul style="list-style-type: none"> <li>▶ DVT</li> <li>▶ PE</li> <li>▶ GBS</li> <li>▶ UTI</li> <li>▶ Temp</li> <li>▶ Sickness/vomiting</li> <li>▶ A raised temperature</li> </ul> |                                                                                                                                                                                                                          |                    | <p><b>Useful website</b><br/> <a href="https://hse.ie/uti-in-pregnancy">hse.ie/uti-in-pregnancy</a></p> <p><b>Useful resource</b><br/> <a href="https://rcog.org">rcog.org</a></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                                                                                                                                                                                        |
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| <p><b>Positions to promote OFP</b></p> <p><b>Note for educator:</b><br/>Positions of the fetal head in pelvis</p>                                                                                                                                             | <p><b>If you have:</b></p> <ul style="list-style-type: none"> <li>▶ PGP</li> <li>▶ A low-lying placenta</li> <li>▶ Or your baby is in a breech position then seek advice before adapting any positions</li> </ul> | <p><b>Resources on active birth positions</b><br/>NMH E-Learning hub positions explained<br/><a href="http://nmh.ie">nmh.ie</a></p> <p><b>The Coombe Hospital</b><br/><a href="#">Birth Dynamics</a> - A toolkit for Labour and Birth<br/><a href="#">UK Spinning Babies</a><br/>Birth Dynamics Molly O'Brien</p> | <p><b>HSE website advice on:</b><br/><a href="#">Preparing your body for labour and birth</a> - HSE.ie</p> <p><b>Useful website:</b><br/><a href="http://spinningbabies.com">spinningbabies.com</a></p> |
| <p><b>How you can avoid OP Position (back-to-back)</b></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><b>If you have:</b></p> <ul style="list-style-type: none"> <li>▶ PGP</li> <li>▶ Or have a low-lying placenta or your baby is in a breech position - do not adopt squatting or lunging positions</li> </ul>     | <p><b>Teaching the babies positions in the pelvis:</b></p> <p>NMH E-Learning hub, positions in the pelvis (Click on cards)<br/><a href="http://nmh.ie">nmh.ie</a></p>                                                                                                                                             | <p><b>HSE website advice on:</b><br/><a href="#">Preparing your body for labour and birth</a> - HSE.ie</p>                                                                                              |

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

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**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                                                                                                                                                                                                                                                                                                |
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| <p><b>Acupuncture and acupressure are very useful for your birth preparation</b></p> <p><b>Note for educator:</b><br/>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. <a href="#">Download Booklet</a></p> <p><b>Note for educator:</b><br/>Demonstrate points in class</p>                                                                                                                                                                                                                                                                                                                                                        | <p><b>Have you ever considered acupuncture?</b><br/>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><b>Perineal massage can help prepare your perineum for your birth</b></p> <p><b>Note for educator:</b><br/>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><b>Useful article on the benefits of perineal massage:</b> 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><b>Video information on perineal massage:</b> NMH E-Learning hub NMH- YouTube video on perineal massage</p> <p><b>National Guideline:</b> Supported Care Pathway Guideline 2024</p> | <p><b>HSE website advice perineal massage and link below</b><br/><a href="https://www.hse.ie/eng/health/123456789">hse.ie</a></p> <p><b>Useful video on perineal massage</b><br/>NMH E-Learning hub NMH- YouTube video on perineal massage<br/><a href="https://www.nmh.ie/eng/health/123456789">nmh.ie</a></p> |

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**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                                                                                                                                                                                                                               |
|-----------------------------------------------------------------------------------------------------------|-----------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Rebozo techniques</b><br><br><b>Note for educator:</b><br>Demonstrate how to do and why used in labour | If you have PGP<br>Rebozo maybe uncomfortable | <b>For demonstrations use:</b><br>Biomechanics for Birth<br><br><a href="#">YouTube video</a> on Rebozo Techniques for Labour Support<br><br>Rebozo scarfs<br><br><b>Show acupressure points:</b><br>Debra Betts website on acupressure<br><a href="http://acupuncture.rhizome.net">acupuncture.rhizome.net</a><br><br><a href="#">Sophie Messenger</a><br>Rebozo Techniques | <b>Useful website:</b><br>Debra Betts website in acupressure and acupuncture points demo<br><a href="http://acupuncture.rhizome.net.nz">acupuncture.rhizome.net.nz</a><br><br><a href="#">Sophie Messenger website</a> on The Rebozo Technique |
| <b>Empowering yourself by practising positive affirmations</b><br><br>► Visualisation                     |                                               | <b>Positive affirmations:</b><br>NMH Community Midwives' booklets<br><a href="http://nmh.ie">nmh.ie</a><br><br><b>The Coombe Hospital-Birth Dynamics:</b><br>A toolkit for labour and birth<br><a href="http://coombe.ie">coombe.ie</a>                                                                                                                                      | <b>Booklets for birth preparation</b><br>QR Codes for booklets NMH<br><a href="http://nmh.ie">nmh.ie</a>                                                                                                                                       |

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

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

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

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**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><b>If your baby presents in the breech position</b></p> <ul style="list-style-type: none"> <li>Things you should know</li> <li>Types of breech</li> <li>What to do and not do</li> </ul> <p><b>Note for educator</b></p> <ul style="list-style-type: none"> <li>Acupuncture</li> <li>ECV</li> <li>No squats</li> </ul> |             | <p><b>Note for educator:</b></p> <p>Use diagrams to explain breech positions</p> | <p><b>HSE website on breech positions:</b></p> <p><a href="https://www.hse.ie/eng/health/a/breech.htm">hse.ie</a></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                                                                                                                                                                                                                                                                                        |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Your birth wishes</b> <ul style="list-style-type: none"> <li>Support with decision making by               <ul style="list-style-type: none"> <li>-Support person</li> <li>-Care providers</li> </ul> </li> <li>Your birth wishes               <ul style="list-style-type: none"> <li>-If your birth wishes do not happen in the way you hoped</li> </ul> </li> <li>Re-framing and being involved in all decisions</li> </ul> | Planned LSCS                                                                                                                                                                               | <b>Useful resources:</b> <ul style="list-style-type: none"> <li><a href="https://www.england.nhs.uk">england.nhs.uk</a></li> <li><a href="https://www.nice.org">nice.org</a></li> <li><a href="https://www.personalisedcareinstitute.org">personalisedcareinstitute.org</a></li> </ul>                                                                                                                                                                                                    | <b>Useful website:</b> <ul style="list-style-type: none"> <li><a href="https://www.hse.ie">hse.ie</a></li> </ul> <b>Useful resource:</b> <ul style="list-style-type: none"> <li><a href="https://www.tarabrach.com">tarabrach.com</a></li> <li><a href="https://www.panda.org">panda.org</a></li> </ul> |
| <b>Changing attitudes</b> <ul style="list-style-type: none"> <li>Techniques you can use when things are unplanned</li> <li>Reframing and being involved in all decisions</li> </ul>                                                                                                                                                                                                                                               | <b>If you have:</b> <ul style="list-style-type: none"> <li>An assisted birth</li> <li>A planned caesarean birth things can be modified to ensure you have a baby friendly birth</li> </ul> | <b>Note for educator:</b> <p>Practise hypnobirthing techniques and or yoga breathing techniques</p> <b>Note for educator - RAIN acronym:</b> <p><b>R</b>ecognizing <b>A</b>cceptance<br/> <b>I</b>nvestigate and <b>N</b>urture<br/> <b>R</b>ecognize what is happening;<br/> <b>A</b>llow the experience to be there, just as it is;<br/> <b>I</b>nvestigate with interest and care;<br/> <b>N</b>urture with self-compassion.</p> <a href="https://www.tarabrach.com">tarabrach.com</a> | <b>Royal College of Midwives UK document on emotional wellbeing and infant development:</b> <a href="https://www.rcm.org">rcm.org</a>                                                                                                                                                                   |

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## 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                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|-------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Is your birth partner/support person aware of your birth wishes?  | <p><b>Note for educator:</b></p> <ul style="list-style-type: none"> <li>Consideration for Travellers and Roma women</li> <li>Traveller women may bring their own mother as birthing partner</li> </ul> | <p><b>LGBT health HSE website:</b><br/><a href="https://www.hse.ie">hse.ie</a></p> <p><b>Useful resources:</b><br/><a href="https://www.cochranelibrary.com">cochranelibrary.com</a><br/><a href="https://www.rcm.org">rcm.org</a></p> | <p><b>Useful resources:</b><br/>Information for birth partners - Community Midwife Booklets NMH<br/><a href="https://www.nmh.ie">nmh.ie</a></p> <p>NMH E-learning Hub website<br/><a href="https://www.nmh.ie">nmh.ie</a></p> <p><b>The Coombe antenatal videos:</b><br/><a href="https://www.coombe.ie">coombe.ie</a></p> <p><b>Reading recommendations:</b><br/>A new Father - A Dad's Guide to the first year by Armin A Brott</p> <p>MyPregnancy Book - Partners pg. 14-15</p> |
| The benefits of continuous emotional support for labour and birth | If you decide to birth alone your midwife will be your support person                                                                                                                                  | <p><b>Note for educator:</b><br/>Facilitate discussion on the role of the support person during birth<br/><a href="https://www.nct.org">nct.org</a></p>                                                                                | <p><b>HSE website advice on:</b><br/>How to be a birth partner <a href="https://www.hse.ie">HSE.ie</a></p> <p><b>Information on Doula support and the role of a doula:</b><br/><a href="https://evidencebasedbirth.com">Evidencebasedbirth.com</a><br/><a href="https://www.doulas.ie">doulas.ie</a></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                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| <b>Hormone roles:</b> <ul style="list-style-type: none"> <li>▶ Oxytocin</li> <li>▶ Prostaglandin</li> <li>▶ Adrenaline and endorphins around labour and birth</li> </ul> <b>Note for educator:</b><br>Discuss the role hormones play during labour and birth |                                                                                                   | <b>NMH Hospital website information on hormones during birth:</b><br><a href="http://nmh.ie">nmh.ie</a><br><br>Intrapartum Supported Care Guideline 2024 (Pending) | <b>NMH Hospital website E-learning hub birth information:</b><br><a href="http://nmh.ie">nmh.ie</a> |
| <ul style="list-style-type: none"> <li>▶ <b>Diarrhoea</b></li> <li>▶ <b>Discomfort</b></li> <li>▶ <b>Nesting</b></li> </ul>                                                                                                                                  |                                                                                                   |                                                                                                                                                                    | <b>The Coombe Hospital videos on birth:</b><br><a href="http://coombe.ie">coombe.ie</a>             |
| <ul style="list-style-type: none"> <li>▶ <b>Vomiting</b></li> <li>▶ <b>A show</b></li> </ul>                                                                                                                                                                 |                                                                                                   |                                                                                                                                                                    | <b>The Coombe Hospital videos on birth:</b><br><a href="http://coombe.ie">coombe.ie</a>             |
| <b>Bleeding in early labour</b>                                                                                                                                                                                                                              | If you have a low-lying placenta you need to attend the hospital immediately or call an ambulance | <b>Guideline:</b><br>NICE Antenatal guideline 2020- Bleeding in pregnancy<br><a href="http://nice.org">nice.org</a>                                                | <b>The Coombe Hospital videos on birth:</b><br><a href="http://coombe.ie">coombe.ie</a>             |

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## How to identify if you are in early labour

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

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## How to identify if you are in early labour

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

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

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

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

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

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

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## 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                                                                                                                                                                        |
|---------------------------------------|-------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>TENS</b><br>▶ Entonox              | <b>Note to educator:</b><br>Explain the safe use of Entonox | <b>Use of Non-Pharmacological methods of support:</b><br>NMH E-Learning hub<br><a href="http://nmh.ie">nmh.ie</a>                                                                                                     | <b>HSE website advice on labour and birth:</b><br><a href="http://hse.ie">hse.ie</a>                                                                                                    |
| <b>Hydrotherapy and hypnobirthing</b> | You can avail of showers if no hydrotherapy unit available  | <b>Recommended reading:</b><br><i>Hypnobirthing Practical ways to make your birth better</i> by Siobhan Miller<br><br><b>Hypnobirthing podcast:</b><br><a href="http://thenurturenest.co.uk">thenurturenest.co.uk</a> | <b>Hypnobirthing videos:</b><br><a href="#">YouTube</a><br><a href="#">YouTube</a><br><a href="#">YouTube</a><br><a href="#">YouTube</a><br><br><a href="#">freya-hypnobirthing-app</a> |
|                                       |                                                             |                                                                                                                                                                                                                       | <b>YOUR BABY</b> <b>YOUR JOURNEY</b> <b>US</b>                                                                                                                                          |

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

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## 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><b>It is OK to take a break</b></p> <ul style="list-style-type: none"> <li>Rest is important during labour if possible</li> </ul> |             | <p><b>The role of the birth partner</b></p> <p>NMH E-Learning hub -<br/>How to be a supportive birth partner<br/><a href="http://nmh.ie">nmh.ie</a></p> | <p><b>HSE website advice on:</b></p> <p><a href="http://hse.ie/being-a-birth-partner">How to be a birth partner</a><br/><a href="http://hse.ie/being-a-birth-partner">hse.ie/being-a-birth-partner</a></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                                                                                          |
|--------------------------------------------------------|----------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| <b>Pressure/PR</b>                                     | This pressure feeling may be different if you have an epidural | <b>Note for educator:</b><br>Discuss and explain all about transition                                                                                                     |                                                                                                           |
| <b>Noises/sounds</b>                                   |                                                                | <b>Note for educator:</b> <ul style="list-style-type: none"> <li>Explain what is happening</li> <li>How you will feel</li> <li>Involuntary sounds you may make</li> </ul> | <b>The physiology of childbirth video:</b> YouTube<br><a href="https://www.youtube.com">YouTube.com</a>   |
| <b>Panic why?</b>                                      |                                                                | <b>Transition explained:</b><br>NMH E-learning Hub<br><a href="https://www.nmh.ie">nmh.ie</a>                                                                             | <b>NMH website:</b><br>NMH E-Learning hub-Transition explained<br><a href="https://www.nmh.ie">nmh.ie</a> |
| <b>Hitting the wall</b><br>The final strait            |                                                                | <b>Note for educator:</b><br>Discussion on what this means?                                                                                                               |                                                                                                           |
| <b>Your baby's head descending through your pelvis</b> |                                                                |                                                                                                                                                                           | <b>HSE website advice - on birth:</b><br><a href="https://www.hse.ie">hse.ie</a>                          |

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

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

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

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

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

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

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

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

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

| FOUNDATION KNOWLEDGE                                               | ADAPTATIONS | EDUCATOR RESOURCES                                                                 | PARENT RESOURCES                                                                              |
|--------------------------------------------------------------------|-------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|
| <b>Involution</b><br>After pains and delayed optimal cord clamping |             | <b>Article on delayed cord clamping:</b><br><a href="http://acog.org">acog.org</a> | <b>Useful reading on delayed cord clamping:</b><br><a href="http://tommys.org">tommys.org</a> |

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

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

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**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                                                                                                                                                       |
|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Manual removal of placenta/retained placenta</b>                                       |                                                                                                                                                                            | <b>HSE website Information on:</b><br>Birthing the placenta (afterbirth) - <a href="https://www.hse.ie">HSE.ie</a>                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>Useful website</b><br><a href="https://www.hse.ie">hse.ie</a>                                                                                                       |
| <b>Induction of labour</b><br>Medical/mechanical and non-medical methods of IOL (natural) | <ul style="list-style-type: none"> <li>How you can reduce requirements for IOL?</li> <li>Are there facilities to return home during IOL in your maternity unit?</li> </ul> | <p><b>Note for educator to discuss IOL:</b></p> <ul style="list-style-type: none"> <li>Why IOL is recommended? - Local and national statistics</li> </ul> <p><b>Recommended guidelines:</b><br/>RCOG and NICE guidelines <a href="https://www.nice.org">nice.org</a></p> <ul style="list-style-type: none"> <li>The supported care pathway antenatal guideline on natural induction methods e.g., Nipple stimulation- Intercourse 2023/4</li> <li><a href="#">National IOL guideline</a> on IOL 2021 (under review by NWIHP for 2024)</li> </ul> | <p><b>Useful websites information on IOL:</b><br/><a href="https://www.hse.ie">hse.ie</a></p> <p><b>Rotunda Hospital video on IOL:</b><br/><a href="#">YouTube</a></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                                                                                                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Pharmacological methods of support you may choose e.g., Epidural</b>                                                                                             | <b>Note for educator:</b><br>33 languages on <a href="https://labourpains.org">labourpains.org</a> to explain about epidurals | <b>Useful Resources:</b> <ul style="list-style-type: none"> <li>▶ NMH E-Learning hub - <a href="https://nmh.ie">nmh.ie</a><br/>YouTube video on analgesia for birth</li> <li>▶ Supported Care Pathway Guideline pending 2024</li> <li>▶ The Coombe Hospital Videos on Pain relief options <a href="https://coombe.ie">coombe.ie</a></li> <li>▶ Website with language translation-Epidural insertion; <a href="https://mft.nhs.uk">mft.nhs.uk</a> <a href="https://labourpains.com">labourpains.com</a></li> </ul> | <b>Hospital website:</b><br>NMH-E-Learning hub video of epidural insertion <a href="https://nmh.ie">nmh.ie</a><br><br><b>Useful websites for pharmacological methods of support:</b><br><a href="https://nhs.uk">nhs.uk</a> |
| <b>Descent</b> <ul style="list-style-type: none"> <li>▶ Active versus passive descent</li> <li>▶ Pushing</li> <li>▶ Birthing your baby using an epidural</li> </ul> |                                                                                                                               | <b>Useful hospital website OLOLHD:</b><br><a href="https://flowcode.com/page/ololmaternity">flowcode.com/page/ololmaternity</a><br><br><b>Note for educator:</b><br>Differentiate between active and passive descent with an epidural                                                                                                                                                                                                                                                                             | <b>HSE website information on:</b><br><a href="https://www.hse.ie/eng/health/a-z/childbirth/breathing_out_and_pushing.htm">Breathing out and pushing</a><br><br>HSE.ie                                                      |

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

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

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**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     |             | <b>Note for educator:</b><br>Facilitate a discussion on how to make a birth plan or birth wishes                                                                                                                                                                                             | <b>Hospital website:</b><br>NMH E-Learning birth plans<br><a href="http://nmh.ie">nmh.ie</a>                                                                                                 |
| Informed Choices<br>- BRAIN acronym    |             | <b>Useful website information on informed consent:</b><br><a href="http://HSeLanD">HSeLanD</a><br><br>E-Learning programme<br><a href="http://hse.ie/consent-matters-training-course">hse.ie/consent-matters-training-course</a><br><br>E-Learning hub<br><a href="http://nmh.ie">nmh.ie</a> | <b>Useful Resource - National consent policy:</b><br><a href="http://hse.ie">hse.ie</a>                                                                                                      |
| Pregnancy complications and conditions |             | <b>Useful resource:</b><br>Irish Neonatal Health Alliance<br><a href="http://inha.ie">inha.ie</a>                                                                                                                                                                                            | <b>Useful information website:</b><br>INHA pregnancy complications<br><a href="http://inha.ie">inha.ie</a><br>HSE advice on complications in pregnancy<br><a href="http://hse.ie">hse.ie</a> |
| Breech positions                       |             |                                                                                                                                                                                                                                                                                              | <b>HSE website information:</b><br>Breech position - pregnancy                                                                                                                               |

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

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

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## What you can expect once you have given birth

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

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

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## Getting breastfeeding off to a good start

| FOUNDATION KNOWLEDGE                                     | ADAPTATIONS                                                                                                                                                                       | EDUCATOR RESOURCES                                                                                                                                                         | PARENT RESOURCES                                                                                                                                                                                                                                                                                           |
|----------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Positioning and attaching your baby at the breast</b> | <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><b>Useful article:</b><br/><a href="http://bfmed.org">bfmed.org</a></p> <p><b>Useful articles:</b><br/><a href="http://nancymohrbacher.com">nancymohrbacher.com</a></p> | <p><b>HSE website:</b><br/><a href="http://hse.ie/sore-nipples">hse.ie/sore-nipples</a></p> <p><b>Finding comfortable positions for breastfeeding:</b><br/><a href="http://hse.ie">hse.ie</a></p> <p><b>Useful resource - HSE Booklet:</b><br/>Breastfeeding and expressing for your premature or sick</p> |
| <b>How do you know your baby is getting enough?</b>      | <p><b>Breastfeeding for the sick and preterm infant:</b><br/><a href="http://hse.ie/breastfeeding-expressing-premature.pdf">hse.ie/breastfeeding-expressing-premature.pdf</a></p> | <p><b>WHO information on assessment tools for breastfeeding:</b><br/><a href="http://unicef.org">unicef.org</a></p>                                                        | <p><b>HSE website information on:</b><br/><a href="http://hse.ie">hse.ie</a></p>                                                                                                                                                                                                                           |
| <b>Normal feeding patterns</b>                           |                                                                                                                                                                                   | <p><b>Managing night-time breastfeeding in Young Infants.</b><br/><a href="#">Physiologic infant Care Protocol.pdf</a></p>                                                 | <p><b>HSE website information on:</b><br/><a href="http://hse.ie">hse.ie</a></p>                                                                                                                                                                                                                           |

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**Getting breastfeeding off to a good start**

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

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**Getting breastfeeding off to a good start**

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



**If not choosing to breastfeed**

| FOUNDATION KNOWLEDGE            | ADAPTATIONS                                                                                                                                                                                                        | EDUCATOR RESOURCES                                                                                                                                                                 | PARENT RESOURCES                                                                                                                                                         |
|---------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Types of formula milk           | <p><b>Note for educators:</b><br/>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><b>Working within the code:</b><br/><a href="#">HSE Policy on the Marketing of Breast Milk Substitutes</a></p> <p><b>Water supply questions:</b><br/><a href="#">epa.ie</a></p> | <p><b>HSE website information on formula feeding:</b><br/><a href="#">hse.ie</a></p> <p><b>HSE website information on bottle feeding:</b><br/><a href="#">hse.ie</a></p> |
| Cost                            |                                                                                                                                                                                                                    |                                                                                                                                                                                    |                                                                                                                                                                          |
| Equipment needed                |                                                                                                                                                                                                                    |                                                                                                                                                                                    |                                                                                                                                                                          |
| If you have water supply issues |                                                                                                                                                                                                                    |                                                                                                                                                                                    |                                                                                                                                                                          |

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**If not choosing to breastfeed**

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

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**If not choosing to breastfeed**

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

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

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## Caring for your baby's needs

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

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## Caring for your baby's needs

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

## Communicating with your baby and why it is important

|                                   |                                                                                                                          |                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                  |
|-----------------------------------|--------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Playing with your new baby</b> | If your baby is in the NICU staff will advise you on how to communicate with your baby through touch and talking/reading | <b>OLOLHD Hospital website information:</b><br><a href="https://flowcode.com/page/olollanguages">flowcode.com/page/olollanguages</a><br><br><b>Useful website:</b><br><a href="https://nct.org">nct.org</a> | <b>Useful websites and resources for information on communicating with your baby:</b><br>Skin-to-skin contact with newborns HSE.ie<br><a href="https://hse.ie">hse.ie</a><br><a href="https://brazelton.co.uk">brazelton.co.uk</a><br><a href="https://nct.org.uk">nct.org.uk</a><br><br>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 newborn baby's sleep pattern**

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

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## Your newborn baby's screening tests

| FOUNDATION KNOWLEDGE                             | ADAPTATIONS                                                                                                                                                                                                                                                                                                                                                                                                | EDUCATOR RESOURCES                                                                                                                                                                                                                                                                                                          | PARENT RESOURCES                                                                                                                                                                                                                                                                                             |
|--------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Recommended screening tests for your baby</b> | <p><b>Note for educator:</b></p> <ul style="list-style-type: none"> <li>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</li> <li>Find out if carrier status tests are available</li> <li>Consider information on expressing until result is available</li> </ul> | <p><b>Note for educator:</b></p> <p>Provide information on the Buetler test for babies in the Travelling Community</p> <p><b>HSE website:</b></p> <p>Information on the Buetler test</p> <p><b>Useful Resource for Midwives:</b></p> <p><a href="#">A practical guide to newborn bloodspot screening in ireland.pdf</a></p> | <p><b>HSE website:</b></p> <p><a href="#">Information on screening tests</a></p> <p>Vitamin K + hearing + heel prick screening</p> <p><b>HSE advice on screening:</b></p> <p><a href="#">hse.ie</a></p> <p><b>Beutler test for babies in the travelling community HSE:</b></p> <p><a href="#">hse.ie</a></p> |

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

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

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

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

## Your baby's transition to the outside world

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

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# 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:<br><a href="http://unicef.org.uk">unicef.org.uk</a> | HSE website information on breastfeeding:<br><a href="http://hse.ie">hse.ie</a><br><br>Useful resource:<br><a href="http://hse.ie/breastfeeding-your-premature-or-ill-baby">hse.ie/breastfeeding-your-premature-or-ill-baby</a> |
| Feeding cues                                                              |             |                                                                                       | Useful resource:<br><a href="http://hse.ie/responding-to-baby-cues">hse.ie/responding-to-baby-cues</a>                                                                                                                          |

**Breastfeeding your baby**

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

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**Breastfeeding your baby**

| FOUNDATION KNOWLEDGE                             | ADAPTATIONS   | EDUCATOR RESOURCES                                          | PARENT RESOURCES |
|--------------------------------------------------|---------------|-------------------------------------------------------------|------------------|
| How to know when your baby is having enough milk | Dehydration   | Useful article:<br><a href="http://bfmed.org">bfmed.org</a> |                  |
|                                                  | Hypoglycaemia | Useful article:<br><a href="http://bfmed.org">bfmed.org</a> |                  |

**Breastfeeding your baby**

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

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**Breastfeeding your baby**

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

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**Breastfeeding your baby**

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

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**Breastfeeding your baby**

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

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**Formula feeding your baby**

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

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**Formula feeding your baby**

| FOUNDATION KNOWLEDGE               | ADAPTATIONS | EDUCATOR RESOURCES                                                          | PARENT RESOURCES                                                                                      |
|------------------------------------|-------------|-----------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| Advice on suppression of lactation |             | Useful resource:<br><a href="https://ncbi.nlm.nih.gov">ncbi.nlm.nih.gov</a> | Useful resource:<br><a href="https://hse.ie/stopping-breastfeeding">hse.ie/stopping-breastfeeding</a> |

**Your baby's sleep**

|                                |  |                                                                                                                                        |                                                                           |
|--------------------------------|--|----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|
| How your baby sleeps 0-3 month |  | Useful articles:<br><a href="https://latchingon.ie">latchingon.ie</a><br><a href="https://nancymohrbacher.com">nancymohrbacher.com</a> | Useful resource:<br><a href="https://hse.ie/newborns">hse.ie/newborns</a> |
|--------------------------------|--|----------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------|



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

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| FOUNDATION KNOWLEDGE                                                                                                 | ADAPTATIONS                                                                          | EDUCATOR RESOURCES                                                                                                                                                                                          | PARENT RESOURCES                                                                                                                                                                   |
|----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Bleeding/Lochia</b><br>► 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 | <b>Guideline:</b><br><a href="#">NICE Guidelines 2019</a><br>Postnatal care<br>Postpartum bleeding                                                                                                          | <b>Useful website:</b><br><b>MAMMI Study TCD:</b><br><a href="http://tcd.ie/mammi">tcd.ie/mammi</a>                                                                                |
| <b>Bladder and bowel care</b>                                                                                        | If you had a catheter inserted after birth<br>► bladder care may be different        | <b>OLOLHD website:</b><br><a href="http://flowcode.com">flowcode.com</a>                                                                                                                                    | <b>Useful website:</b><br><b>MAMMI Study TCD:</b><br><a href="http://tcd.ie/mammi">tcd.ie/mammi</a>                                                                                |
| <b>How you can prevent infections by practising good hygiene standards</b><br>► Sepsis prevention and DVT prevention | <b>Note for educator:</b><br>Consider different home environment situations          | <b>Useful Resource:</b><br>Sepsis management for adults including maternity<br><a href="http://hse.ie">hse.ie</a><br>AMRIC basics of infection prevention and control<br><a href="http://hse.ie">hse.ie</a> | <b>Useful website:</b><br><b>MAMMI Study TCD:</b><br><a href="http://tcd.ie/mammi">tcd.ie/mammi</a><br><br><b>HSE website:</b><br><a href="http://hse.ie/sepsis">hse.ie/sepsis</a> |

### Some common feelings you may experience in the 4th Trimester

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

**Postnatal Anxiety**

| FOUNDATION KNOWLEDGE                                                                                                                                                                                                                                                                                                                        | ADAPTATIONS                                                                                                      | EDUCATOR RESOURCES                                                                                                                                            | PARENT RESOURCES                                                                                                                                                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>Very common and normal to feel some anxiety after having a baby.</li> <li>Can affect dads &amp; partners as well. If anxiety is constant &amp; affecting your daily life you may need some help.</li> <li>Treatment can Include talking therapy, self-help, medications or a combination.</li> </ul> | <p>Perinatal OCD – anxiety disorder</p> <p>PTSD (must be differentiated from normal distress after a trauma)</p> | <p>SPMHS App<br/><a href="https://panda.org.au/">Panda.org</a></p>                                                                                            | <p>Australian MH support website:<br/><a href="https://panda.org.au/">PANDA.org</a></p>                                                                                                |
| <p><b>Intrusive thoughts</b></p> <ul style="list-style-type: none"> <li>Over 70 % of new mums may experience intrusive thoughts after having a new baby</li> </ul>                                                                                                                                                                          | <p>Contact your midwife, PHN or GP if intrusive thoughts are ongoing and causing you considerable distress.</p>  | <p>Useful resource:<br/><a href="https://dontbuyherflowers.com">dontbuyherflowers.com</a><br/><a href="https://drcarolineboyd.com">drcarolineboyd.com</a></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<br/><a href="https://hse.ie">hse.ie</a></p> |

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# 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                                                              |
|--------------------------------------------------------|-------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|
| Physical health promotion and resuming gentle exercise |             | <p><b>Useful resource:</b><br/>(from MAMMI Study) -<br/>postpartum health challenges -<br/>Free online course<br/><a href="http://tcd.ie/mammi">tcd.ie/mammi</a></p> <p>TCD:<br/>Women's health after motherhood<br/>- Online course TCD (WHAM)<br/><a href="http://futurelearn.com">futurelearn.com</a></p> | <p><b>Useful Resource:</b><br/><a href="http://rcm.org.uk">rcm.org.uk</a></p> |



## The 4th trimester

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

YOUR BABY

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## The 4th trimester

| FOUNDATION KNOWLEDGE | ADAPTATIONS | EDUCATOR RESOURCES | PARENT RESOURCES |
|----------------------|-------------|--------------------|------------------|
|----------------------|-------------|--------------------|------------------|

### Sexual health and your relationship

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

|                                                                                                                                                     |  |                                                                                                                                |                                                                                                                                                                                                                                                                                                                             |
|-----------------------------------------------------------------------------------------------------------------------------------------------------|--|--------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Mental exhaustion</b></p> <ul style="list-style-type: none"> <li>▶ Risk Factors</li> <li>▶ Signs and symptoms</li> <li>▶ Treatment</li> </ul> |  | <p><b>Useful UK/NHS Campaign:</b><br/>#Readyforparenthood campaign<br/>NHS -Twitter Facebook and Instagram- YouTube Videos</p> | <p><b>Website:</b><br/>#Readyforparenthood campaign<br/>NHS Twitter-Instagram- YouTube videos-Twitter Facebook and Instagram (UK)<br/><b>Link for above campaign:</b><a href="http://southeastclinicalnetworks.nhs.uk">southeastclinicalnetworks.nhs.uk</a></p> <p>Panda - <a href="#">journeys to recovery - sleep</a></p> |
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YOUR BABY

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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?

|                                           |  |                                                                                                                                              |                                                                                                                                              |
|-------------------------------------------|--|----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| Exercise benefits in the postnatal period |  | <b>Guideline:</b><br>The 2019 returning to running postnatal guidelines<br><br><a href="#">returning-to-running-postnatal-guidelines.pdf</a> | <b>Guideline:</b><br>The 2019 returning to running postnatal guidelines<br><br><a href="#">returning-to-running-postnatal-guidelines.pdf</a> |
|-------------------------------------------|--|----------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|

### DRAM (Abdominal muscle separation)

|                     |  |                                                                                                                                                                                                         |                                                                                                                                                                                                                                                |
|---------------------|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Postnatal exercises |  | <b>Guideline:</b><br><a href="#">returning-to-running-postnatal-guidelines.pdf</a><br><br><b>Useful resources:</b><br><a href="#">hepogp.co.uk</a><br><br><a href="#">what-exactly-are-we-measuring</a> | <b>Guideline:</b><br><a href="#">returning-to-running-postnatal-guidelines.pdf</a><br><br><b>Useful resource:</b><br><a href="#">what-exactly-are-we-measuring</a><br><a href="#">Physiotherapy Postnatal - The Coombe Hospital rotunda.ie</a> |
|---------------------|--|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

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**Care after your Caesarean birth**

| FOUNDATION KNOWLEDGE                                | ADAPTATIONS                                                                                                                                                                                | EDUCATOR RESOURCES                                                                                                                                                                                                                                                                                                                                | PARENT RESOURCES                                                                                                                                                                              |
|-----------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Abdominal wound care, DVT prevention</b>         | <p>You can avail of a debrief with a HCP if you had an emergency LSCS</p> <p>► You may also consider a birth reflections clinic appointment before discharge if available if your unit</p> | <p><b>Note for educator:</b><br/>Promote postnatal hubs if available in your area</p> <p><b>Prevention of DVT:</b><br/><a href="#">pp295-thrombosis-ireland-alert-card.pdf</a> (hse.ie)</p> <p><b>Hannah Powell UK Physio:</b><br/>Advice 5 tips to reduce your pregnancy overhang and improve you c-section scar<br/><a href="#">YouTube</a></p> | <p><b>NMH Hospital website:</b><br/>E-Learning course:<br/><a href="http://tcd.ie/mammi">tcd.ie/mammi</a></p> <p>Hannah Powell advice videos on <a href="#">YouTube</a> HLP physiotherapy</p> |
| <b>Scar management if you had a caesarean birth</b> |                                                                                                                                                                                            | <p><b>Useful resource:</b><br/><a href="#">Scar Massage.pdf</a></p>                                                                                                                                                                                                                                                                               | <p><b>Useful Resource:</b><br/><a href="#">Scar Massage.pdf</a></p> <p><b>Scar management</b><br/><a href="http://flowcode.com/page/ololpostnatal">flowcode.com/page/ololpostnatal</a></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                                                                                                                                                                                                                                                                                                                                                                                                |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Postnatal Anxiety Disorder</b> <ul style="list-style-type: none"> <li>Signs &amp; symptoms</li> <li>Treatment</li> </ul>                                                                                                                             |                                                                                                                                                                         | <b>Useful resource:</b><br>Break Free from Maternal Anxiety A Self-Help Guide for Pregnancy, Birth and the First Postnatal Year by Fiona Challacombe, Catherine Green, Victoria Bream | <a href="http://Tommys.org">Tommys.org</a><br><a href="http://panda.org">panda.org</a><br><br><b>Recommended Reading:</b><br>Break free from maternal anxietya self help guide for pregnancy birth and first postnatal year by Green, Challacombe and Bream<br><br><b>Useful resources:</b><br><a href="#">Perinatal Mental Health</a> – The Coombe Hospital<br><a href="#">Minding Your Wellbeing</a> - HSE.ie |
| <b>Postnatal Depression (PND)</b> <ul style="list-style-type: none"> <li>PND- depressive illness.</li> <li>Can affect dads and partners too</li> <li>Signs &amp; symptoms of PND</li> <li>Treatment – talking therapy, medication, self help</li> </ul> | 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. | <b>Recommended Reading:</b><br>The compassionate mind approach to parental depression using compassion focused therapy to enhance mood, confidence & bonding by Michelle Cree         | <b>Useful websites and support groups:</b><br>Australia: <a href="http://PANDA.org">PANDA.org</a><br><a href="http://hse.ie/postnatal-depression">hse.ie/postnatal-depression</a><br><a href="http://Tommys.org">Tommys.org</a><br><a href="http://panda.org">panda.org</a><br><br>HSE Leaflet: Postnatal depression                                                                                            |

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## Mental Health Disorders After Birth

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



# Your healthy eating for breastfeeding

## | CORE ACTIVITIES

Nutrition advice



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

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

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

**Advice for you around visitors**

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

| FOUNDATION KNOWLEDGE                                                        | ADAPTATIONS | EDUCATOR RESOURCES                                                                                                                                                         | PARENT RESOURCES                                                                                                                                                                                               |
|-----------------------------------------------------------------------------|-------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Getting the confidence to go out with your new baby takes time and practice |             | <p><b>Note for educator:</b></p> <ul style="list-style-type: none"> <li>Recommend local amenities that are buggy and baby friendly</li> <li>Peer support groups</li> </ul> | <p><b>Useful website on car Safe Car Seat use:</b></p> <p><a href="http://rsa.ie">rsa.ie</a></p> <p><a href="http://Breastfeeding.groups.and.support-HSE.ie">Breastfeeding groups and support - HSE.ie</a></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><b>Your matrescence</b></p> <p>► Learning to navigate the ups &amp; downs of new motherhood</p> |             | <p><b>Recommended reading:</b><br/>           “What no-one tells you: A guide to your emotions from pregnancy to motherhood”<br/> <b>by Alexandra Sacks and Catherine Birndorf</b></p> <p>TCD WHAM:<br/>           Women's health after Motherhood-Online course<br/> <a href="http://futurelearn.com">futurelearn.com</a></p> <p>TCD WHAM course:<br/>           What I wish I had known before having my baby<br/> <a href="http://futurelearn.com">futurelearn.com</a></p> | <p><b>Recommended reading:</b><br/>           “What no-one tells you: A guide to your emotions from pregnancy to motherhood”<br/> <b>by Alexandra Sacks and Catherine Birndorf</b></p> <p><b>Recommended listening TED TALK and Podcast</b><br/>           A new way to think about the transition to motherhood<br/>           by Alexandra Sacks<br/> <b>Podcast:</b><br/>           The Matrescence Project<br/>           by Kaitalyn Bathel and Eden Schmidt</p> <p><b>Rotunda - Me to mum video</b><br/> <a href="#">Episode 2 changes and identity</a></p> <p><b>Towards Recovery after childbirth through knowledge</b><br/> <a href="http://tcd.ie/mammi">tcd.ie/mammi</a></p> <p><b>Useful videos TCD</b><br/>           Ontrack - Towards recovery after childbirth through knowledge<br/> <a href="http://tcd.ie/mammi">tcd.ie/mammi</a></p> |
|                                                                                                    |             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <div>YOUR BABY</div> <div>YOUR JOURNEY</div> <div>US</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |

## Finding your way as a new mother

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

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## Finding your way as a new mother

| FOUNDATION KNOWLEDGE                                                                                                                                                                                                                  | ADAPTATIONS                                                                                                                                                          | EDUCATOR RESOURCES                                                                                                                                                                                                                                  | PARENT RESOURCES                                                                                                                                                                                                                                                                                                                        |
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| <p><b>Your relationship with your partner</b></p> <ul style="list-style-type: none"> <li>Communicating with your partner in the perinatal period</li> <li>The transition from partners to parents can be a stressful time.</li> </ul> | <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><b>Useful articles:</b></p> <p><a href="#">Communicating with your partner in the perinatal period</a></p> <p><a href="#">Supporting women and babies after domestic abuse</a></p> <p><a href="#">Toolkit for domestic abuse specialists</a></p> | <p><b>Useful resources:</b></p> <p><a href="#">Are you parenting alone?</a></p> <p><a href="#">Communicating with your partner in the perinatal period</a></p> <p><b>Recommended reading:</b></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><b>The transition to returning to work can be a very emotional time.</b></p> <p><b>Planning around what may need to be put in place for when you go back to work</b></p> <ul style="list-style-type: none"> <li>Stressors with work and home life</li> <li>Partners/fathers role in care giving</li> </ul> |  |  | <p><b>Useful parenting resources:</b></p> <p>Brazelton videos on baby's development</p> <p><a href="#">Returning to work after maternity shared</a></p> <p><b>Useful resource:</b></p> <p><a href="#">hse.ie</a></p> <p><b>Under the Weather:</b></p> <p><a href="#">hse.ie</a></p> <p><b>My child 0-2yrs Booklet:</b></p> <p><a href="#">My Child 0 to 2 years book.pdf</a></p> |
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# 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><b>What will your GP be checking?</b></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"> <li>Length and Head circumference</li> <li>Hips</li> <li>Heart</li> <li>Eyes</li> <li>Skin</li> <li>Babies weight</li> <li>Feeding</li> <li>Expected milestones for your baby's 2 and 6 weeks</li> <li>Your GP may discuss vaccinations</li> </ul> | <p>If your baby had neonatal care, follow up may be in the hospital</p> | <p><b>HSE website information on your baby's 6 week check:</b></p> <p><a href="https://www.hse.ie">hse.ie</a></p> | <p><b>HSE website information on babies 6 week check:</b></p> <p><a href="https://www.hse.ie">hse.ie</a></p> <p><b>Useful website:</b></p> <p><a href="https://zerotothree.org">zerotothree.org</a></p> <p><b>Useful videos:</b></p> <p><b>Bonding with your baby:</b></p> <p><a href="https://www.youtube.com">YouTube.com</a></p> <p><b>Helping your baby regulate their emotions:</b></p> <p><a href="https://www.youtube.com">YouTube.com</a></p> <p><b>Soothing your baby when they cry:</b></p> <p><a href="https://www.youtube.com">YouTube.com</a></p> <p><b>Responding to baby cues:</b></p> <p><a href="https://www.youtube.com">YouTube.com</a></p> |
|                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                         |                                                                                                                   | <div>YOUR BABY</div> <div>YOUR JOURNEY</div> <div>US</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |

**Public Health Nurse Information**

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



## Newborn vaccinations

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

## New born first Aid

|                                                                                                                                                                       |  |                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
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| <b>Care when you go home</b> <ul style="list-style-type: none"> <li>First aid kit</li> <li>Car safety</li> <li>Herpes and newborns - prevention and advice</li> </ul> |  | <b>HSE website information on first aid:</b><br><a href="http://hse.ie">hse.ie</a><br><br>Whatsupmum first aid videos and caring for your child information | <b>First aid:</b><br>St John ambulance nursery rhymes inc. Irish red cross<br><a href="http://hse.ie">hse.ie</a><br>HSE advice on car seats and child safety in cars<br>Herpes in newborns babies<br><b>The Rotunda Hospital website information and videos:</b><br>Infant resuscitation and choking videos<br><a href="https://www.youtube.com/watch?v=1000000000000000000000">YouTube</a><br>Postnatal parent education video Rotunda-<br><a href="https://www.youtube.com/watch?v=1000000000000000000000">YouTube</a><br>Whatsupmum first aid videos and caring for your child information |
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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><b>The GP will:</b></p> <ul style="list-style-type: none"> <li>Discuss your Birth</li> <li>Check involution of your womb</li> <li>Your bleeding</li> <li>Your sutures</li> <li>Examine your breasts</li> <li>Review your iron therapy requirements</li> <li>Discuss your mood and mental health</li> <li>Discuss resuming sexual intercourse</li> <li>Discuss your plans for contraception</li> <li>Book or advise you on your smear test</li> <li>Discuss your plans around your next baby/pregnancy</li> <li>Resuming exercise and your pelvic floor repair</li> </ul> | <p>You will require a hospital clinic review if you were</p> <ul style="list-style-type: none"> <li>If you had gestational diabetes</li> <li>If you had thyroid conditions you may also need an endocrinology review</li> </ul> | <p><b>Postnatal Information Cavan Monaghan Hospital:</b><br/><a href="http://hse.ie">hse.ie</a></p> <p><b>MyChild Video on the your 6 week check:</b><br/><a href="http://YouTube.com">YouTube.com</a></p> | <p><b>Your health and wellbeing after the birth:</b><br/><a href="#">My Pregnancy Book</a></p> <p><b>Useful website:</b><br/><a href="http://sexualwellbeing.ie">sexualwellbeing.ie</a><br/><a href="http://breastcheck.ie">breastcheck.ie</a></p> <p><b>IMPORTANT NOTE:</b><br/>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><b>Contraception Booklet:</b><br/><a href="http://sexualwellbeing.ie">sexualwellbeing.ie</a></p> |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                 |                                                                                                                                                                                                            | <div>YOUR BABY</div> <div>YOUR JOURNEY</div> <div>US</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                               |

**Vaginal examinations in the postnatal period**

| FOUNDATION KNOWLEDGE                                                                                                                                 | ADAPTATIONS                                                                                                                                                                     | EDUCATOR RESOURCES                                                                           | PARENT RESOURCES |
|------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------|------------------|
| 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>If you had:</p> <ul style="list-style-type: none"> <li>▶ An SSA (serious sexual assault)</li> <li>▶ Sutures</li> </ul> <p>You may not wish to have a vaginal examination</p> | <p><b>Note for educator:</b></p> <p>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"> <li>NISIG – National Infertility Support and Information Group</li> </ul>                                                                                                      |                                                                                                                                                                                                                                                                                                                    |
| Unexpected pregnancies                      | <ul style="list-style-type: none"> <li>My Options Helpline</li> </ul> <p>t: +353 59 913 8175 <a href="http://wellwomancentre.ie">wellwomancentre.ie</a></p>                                                       |                                                                                                                                                                                                                                                                                                                    |
| Younger Mothers                             | <ul style="list-style-type: none"> <li>Teen parents support programme Cork</li> </ul> <p><a href="http://irelandsouthwid.cumh.hse.ie">irelandsouthwid.cumh.hse.ie</a></p>                                         | e: <a href="mailto:teenmidwifepuh@hse.ie">teenmidwifepuh@hse.ie</a>                                                                                                                                                                                                                                                |
| Pregnancy loss and pregnancy support groups | <ul style="list-style-type: none"> <li>Bereavement and childbirth citizen's advice national pregnancy loss</li> <li>Loss Feileacain <a href="http://feileacain.ie">feileacain.ie</a></li> </ul>                   | <p>SANDS, Miscarriage Association, Felacain<br/> <a href="http://www.pregnancyandinfantloss.ie">www.pregnancyandinfantloss.ie</a><br/> A little Lifetime foundation<br/> Every Life Counts<br/> Leanbh Mo Chroi<br/> First Light<br/> Now I Lay Me Down to Sleep<br/> Laura Lynn<br/> Irish Hospice Foundation</p> |
| Multiple births                             | <ul style="list-style-type: none"> <li>Irish Multiple Birth Association <a href="http://imba.ie">imba.ie</a></li> </ul>                                                                                           |                                                                                                                                                                                                                                                                                                                    |
| Parents with a baby who has a disability    | <ul style="list-style-type: none"> <li>National Disability Authority: Experiences of women with disabilities in their journey through maternity services in Ireland <a href="http://nda.ie">nda.ie</a></li> </ul> |                                                                                                                                                                                                                                                                                                                    |

| Support/Services                  | Support/Services Information                                                                                                                                                                                                       | Links/website information on available Support/Services Within Your Specific Area                                                                                                                                            |
|-----------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>If a baby has a disability</b> | <ul style="list-style-type: none"> <li>▶ Caring for a baby with a disability HSE <a href="https://www.hse.ie">hse.ie</a></li> </ul>                                                                                                |                                                                                                                                                                                                                              |
| <b>Bereaved families</b>          | <ul style="list-style-type: none"> <li>▶ Pregnancy Loss Research website</li> <li>▶ <a href="https://www.hse.ie/bereavement-care">hse.ie/bereavement-care</a></li> </ul>                                                           | <a href="https://ucc.ie/pregnancyloss">ucc.ie/pregnancyloss</a><br><a href="https://pregnancyandinfantloss.ie/support-links/pregnancyandinfantloss.ie">pregnancyandinfantloss.ie/support-links/pregnancyandinfantloss.ie</a> |
| <b>Drug and alcohol misuse</b>    | <ul style="list-style-type: none"> <li>▶ Taking illegal drugs in Pregnancy HSE advice-Pregnancy and alcohol <a href="https://www.hse.ie/pregnancy-and-alcohol-leaflet.pdf">hse.ie/pregnancy-and-alcohol-leaflet.pdf</a></li> </ul> |                                                                                                                                                                                                                              |
| <b>Domestic violence</b>          | <ul style="list-style-type: none"> <li>▶ <a href="https://www.womensaid.ie">Womens Aid</a> 1800 341 900 24hr helpline</li> <li>▶ <a href="https://www.safeireland.ie">Safeireland</a></li> </ul>                                   | <a href="https://www.hse.ie/stop-domestic-violence">hse.ie/stop-domestic-violence</a><br><a href="https://www.safeireland.ie">Safeireland</a>                                                                                |
| <b>Breast Feeding Support</b>     | <ul style="list-style-type: none"> <li>▶ La Leche League</li> </ul>                                                                                                                                                                | <a href="https://lalecheleagueireland.com">lalecheleagueireland.com</a><br><a href="#">HSE support search PHN/Voluntary support BF groups</a><br><a href="#">Ask Our Breastfeeding Expert</a>                                |
|                                   | <ul style="list-style-type: none"> <li>▶ Cuidiu</li> </ul>                                                                                                                                                                         | <a href="https://www.cuidiu.ie">cuidiu.ie</a>                                                                                                                                                                                |
|                                   | <ul style="list-style-type: none"> <li>▶ Friends of breastfeeding</li> </ul>                                                                                                                                                       | <a href="https://www.friendsofbreastfeedingireland.ie">friendsofbreastfeedingireland.ie</a>                                                                                                                                  |
|                                   | <ul style="list-style-type: none"> <li>▶ ALCI Ireland</li> </ul>                                                                                                                                                                   | <a href="https://www.alcireland.ie">alcireland.ie</a>                                                                                                                                                                        |
|                                   | <ul style="list-style-type: none"> <li>▶ Bannie Beatha</li> </ul>                                                                                                                                                                  | 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"> <li>▶ Cuidiu: Family supports regardless of feeding choices, parent toddler groups, challenges for parents</li> </ul> | <a href="http://cuidiu.ie">cuidiu.ie</a>                                                                     |
|                     | <ul style="list-style-type: none"> <li>▶ Women's Aid</li> </ul>                                                                                          | <a href="http://stillhere.ie">stillhere.ie</a><br><a href="http://www.womensaid.ie">Women's Aid</a>          |
|                     | <ul style="list-style-type: none"> <li>▶ Safe Ireland</li> </ul>                                                                                         | <a href="http://safeireland.ie">safeireland.ie</a>                                                           |
|                     | <ul style="list-style-type: none"> <li>▶ Sexual Assault Units</li> </ul>                                                                                 | <a href="http://sexualwellbeing.ie">sexualwellbeing.ie</a>                                                   |
|                     | <ul style="list-style-type: none"> <li>▶ Breast Check</li> </ul>                                                                                         | <a href="http://breastcheck.ie">breastcheck.ie</a>                                                           |
|                     | <ul style="list-style-type: none"> <li>▶ Cervical Check</li> </ul>                                                                                       | <a href="http://cervicalcheck.ie">cervicalcheck.ie</a>                                                       |
|                     | <ul style="list-style-type: none"> <li>▶ Quit Helpline; Stop Smoking Service – Text QUIT to 50100</li> </ul>                                             | <a href="http://quit.ie">quit.ie</a>                                                                         |
|                     | <ul style="list-style-type: none"> <li>▶ Rape Crisis Centre</li> </ul>                                                                                   | <a href="http://drcc.ie">drcc.ie</a>                                                                         |
|                     | <ul style="list-style-type: none"> <li>▶ The National Healthy Childhood Programme</li> </ul>                                                             | <a href="http://hse.ie">hse.ie</a>                                                                           |
|                     | <ul style="list-style-type: none"> <li>▶ Community Family Home Visiting Programme - ABC Programme</li> </ul>                                             | <a href="http://dublincypscdirectory.ie">dublincypscdirectory.ie</a>                                         |
|                     | <ul style="list-style-type: none"> <li>▶ Mind mother's project</li> </ul>                                                                                | <a href="http://healthservice.hse.ie">healthservice.hse.ie</a>                                               |
|                     | <ul style="list-style-type: none"> <li>▶ Office of human rights and citizen's advice information</li> </ul>                                              | <a href="http://citizensinformation.ie">citizensinformation.ie</a><br><a href="http://ihrec.ie">ihrec.ie</a> |
|                     | <ul style="list-style-type: none"> <li>▶ St John's Ambulance</li> </ul>                                                                                  | <a href="http://stjohn.ie">stjohn.ie</a>                                                                     |

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

| Support/Services               | Support/Services Information                                                                                        | Links/website information on available Support/Services Within Your Specific Area |
|--------------------------------|---------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| <b>Mental Health Resources</b> | ▶ Make Birth Better UK based organisation that offers free resources/info sheets about recovering from birth trauma | <a href="http://makebirthbetter.org">makebirthbetter.org</a>                      |
|                                | ▶ <a href="http://PANDA.org">PANDA.org</a> : Perinatal Anxiety and Depression (Australian website)                  | <a href="http://PANDA.org">PANDA.org</a>                                          |
|                                | ▶ <a href="http://BEYONDBLUE.org">BEYONDBLUE.org</a>                                                                |                                                                                   |
|                                | ▶ Zero to three                                                                                                     | <a href="http://zerotothree.org">zerotothree.org</a>                              |
|                                | ▶ Aware                                                                                                             | <a href="http://aware.ie">aware.ie</a>                                            |
|                                | ▶ Young Pavees Mental Health                                                                                        | <a href="http://paveepoint.ie">paveepoint.ie</a>                                  |
|                                | ▶ The Samaritans                                                                                                    | <a href="http://Pieta.ie">Pieta.ie</a>                                            |
|                                | ▶ Women's Aid                                                                                                       | <a href="http://womensaid.ie">womensaid.ie</a>                                    |
|                                | ▶ One family Ireland                                                                                                | <a href="http://onefamily.ie">onefamily.ie</a>                                    |
|                                | ▶ What were we thinking!                                                                                            | <a href="http://whatwerewethinking.org">whatwerewethinking.org</a>                |
|                                | ▶ Red flags In Mental Health: What parents should know                                                              | <a href="http://kennedykrieger.org">kennedykrieger.org</a>                        |
|                                | ▶ Jigsaw                                                                                                            | <a href="http://jigsaw.ie">jigsaw.ie</a>                                          |
|                                | ▶ Mind the bump - smiling mind                                                                                      | The App Store                                                                     |
|                                | ▶ Gentle birth                                                                                                      | The App Store                                                                     |
|                                | ▶ HSE Specialist Perinatal mental Health Services: website and leaflets                                             | <a href="http://hse.ie">hse.ie</a>                                                |
| <b>Ted Talk</b>                | ▶ 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 |
|-------------------------------|----------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|
| <b>Podcasts</b>               | ▶ Matrescence project                                                                              |                                                                                   |
|                               | ▶ The Dad Vibes podcast                                                                            |                                                                                   |
|                               | ▶ Good enough mother                                                                               |                                                                                   |
|                               | ▶ Functional fitness                                                                               |                                                                                   |
| <b>Books</b>                  | ▶ 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                             |                                                                                   |
| <b>HSE Educator Resources</b> | ▶ Training for PMH teams<br>Perinatal frame of mind<br>PTSD<br>Tochophobia<br>Birth trauma courses | <a href="https://www.hse.ie">hse.ie</a>                                           |
|                               | ▶ Open disclosure training<br>Communication skills                                                 |                                                                                   |
|                               | ▶ Patient Advocacy Service the National patient safety office                                      | <a href="https://patientadvocacyservice.ie">patientadvocacyservice.ie</a>         |

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

| Support/Services              | Support/Services Information                                                                                                        | Links/website information on available Support/Services Within Your Specific Area                    |
|-------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| <b>HSE Educator Resources</b> | ▶ Ethnic Equality Monitoring - Training HSeLanD                                                                                     | Introduction to Ethnic Equality Monitoring, HSE Social Inclusion Dept.                               |
|                               | ▶ The Intercultural Awareness E-Learning Programme                                                                                  | HSeLanD                                                                                              |
|                               | ▶ The Introduction to Traveller Health E-Learning Programme                                                                         | HSeLanD                                                                                              |
|                               | ▶ Exchange House Ireland National Travellers Service<br>Community outreach and liaison service                                      | 61 Great Strand Street, Dublin 1, D01 WC97,Ireland.                                                  |
| <b>Postnatal Hubs</b>         | ▶ Cork-Postnatal Hubs                                                                                                               | St Mary's Orthopaedic Hospital Gurrabraher and Kinsale Road. Others are available, ask your midwife. |
|                               | ▶ University Hospital Kerry<br><br>Postnatal Hubs<br><br>Tralee - Listowel - Dingle<br><br>Early transfer home scheme 7 days a week | Antenatal outreach clinics in Listowel, Killarney and Dingle                                         |
|                               | ▶ St Luke's General Hospital Carlow/Kilkenny                                                                                        | ETH-Domino                                                                                           |
|                               | ▶ Portlincula University Hospital<br><br>Postnatal hub<br><br>Ballinasloe                                                           |                                                                                                      |
|                               |                                                                                                                                     |                                                                                                      |

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





| Glossary of Terms

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

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

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

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

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

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

| Abbreviation | Life as a new mother   |
|--------------|------------------------|
| <b>HC</b>    | Head Circumference     |
| <b>L</b>     | Length                 |
| <b>SSA</b>   | 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

Health Services Executive | 2nd Floor | The Brunel Building  
Heuston South Quarter | Military Road | Dublin 8 | D08 XO1F