

Workshop 1: Becoming a parent

Important

This workshop supports the advice you'll be given directly by the maternity team.

If you have any questions about the information included, or any concerns, please contact your named midwife or email the parenthood education team: rf.bhinfantfeeding@nhs.net

Congratulations on your pregnancy!

Your journey with your baby starts now.

As a expectant parent, you have many factors to consider through pregnancy, birth and beyond. The following workshops aims to support you through your journey as you transition to parenthood.

Workshop 1

- Becoming a parent

Workshop 2

- Preparation for birth

Workshop 3

- Infant feeding and caring for your baby

Your pregnancy handbook

This handbook is a comprehensive guide containing information about your pregnancy, including how we will look after you and what will happen at each stage including...

- **Where to have your baby**
- **Keeping well**
- **Contact details and resources**



Where to have your baby?

There are many options available for you to choose from.

Your midwife can help you to understand and decide the best place for delivery for you and your baby:

- Home
- Birth centre
- Labour ward

For women with a straightforward pregnancy, birthing is recommended in a midwife-led environment rather than an obstetric unit.

If you have had a baby before, giving birth at home is one of the best options for you and your baby.

If your pregnancy is not straight forward or your labour and delivery is expected to have additional complications, birthing is recommended on an obstetric unit.

More information to enable you to make an informed choice as to where you have your baby can be found at: <https://www.nhs.uk/conditions/pregnancy-and-baby/where-can-i-give-birth/>

Useful links and videos

Royal Free London maternity services website for more information and virtual tour of our units:

<https://www.royalfree.nhs.uk/services/services-a-z/maternity-services/tour-of-our-maternity-units/>

NHS choices:

<https://www.nhs.uk/conditions/pregnancy-and-baby/>



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Connecting with your baby

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Research shows that babies in the womb have the emotional and intuitive capabilities to sense their parents' love.

Bonding (also known as attachment) is how babies learn what the world is all about, both before and after birth.

When there's a healthy attachment between baby and parent, the baby comes to believe that the world is a safe place.



Saying 'hello' to your baby begins now

Did you know that baby can hear you from 20 weeks?

The relationship building starts during your pregnancy, not just when baby is born! Talking to your baby, singing to your baby, thinking about your baby increases oxytocin (love hormone).

When oxytocin increases...

...cortisol (the stress hormone) decreases

...and this is the perfect environment for baby to develop!

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Building relationships with your unborn baby

- | Your unborn baby can hear from around 20 weeks.
- | Talking to your baby will help them recognise your voice after birth.
- | Singing and talking to your baby encourages brain development.
- | Noticing and talking to your baby when they are active helps you get to know each other.
- | Thinking about your baby will help you relax and raise your levels of oxytocin, which is good for your baby's development.
- | Stroking your bump helps you and your baby to bond.

Building relationships with your newborn baby



- | Skin to skin contact is a wonderful way to help you and your baby to get to know each other.
 - | Responsive feeding and parenting will help your baby feel loved. You can't spoil a baby.
 - | Keeping your baby near helps you to recognise your baby's needs.
- Talk to your midwife for more information.

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Meeting baby for the first time



When baby is here, skin to skin is a wonderful way to continue this relationship building. It has many benefits for both parent and baby.

Learn more here:

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/implementing-standards-resources/skin-to-skin-contact/>



Skin to skin contact



- | Keeps your baby warm
- | Stabilises their heartbeat and breathing
- | Releases a hormone called oxytocin which helps you bond with your baby
- | Helps to initiate your baby's first feed

It is important to watch your baby's breathing and colour while in skin to skin contact, and to let your midwife know if you have any concerns.

For more information about skin to skin, ask your midwife.



**Never underestimate the power of
skin to skin for calming a baby**

Truth vs myth

Have a go at the following activity – try sorting these phrases into truths and myths

It is important to get babies into a routine as this makes your life easier

Babies become spoilt if given too much attention

You should leave babies to settle alone so that they learn to be independent

New babies have a strong need to be close to their parents as it helps them feel secure and loved

When babies are left alone, they think that they have been abandoned and so become more clingy and insecure when their parents return

Young babies are not capable of learning a routine. Responding to their cues for feeding and comfort makes babies feel more secure so they cry less, which makes your life easier too

Looking at your face is the best way for babies to learn. Talking, listening and smiling triggers oxytocin and helps your baby's brain to grow

Babies benefit from lots of toys to help them learn

Truth vs myths (answers)

Truth

- New babies have a strong need to be close to their parents, as this helps them to feel secure and loved.
- When babies are left alone, they think that they have been abandoned and so become more clingy and insecure when their parents return.
- Looking at your face is the best way for babies to learn. Talking, listening and smiling triggers oxytocin and helps your baby's brain to grow.
- Young babies are not capable of learning a routine. Responding to their cues for feeding and comfort makes babies feel more secure, so they cry less, which makes your life easier too.

Myth

- Babies become spoilt if given too much attention.
- You should leave babies to settle alone so that they learn to be independent.
- Babies benefit from lots of toys to help them learn.
- It is important to get babies into a routine as it makes your life easier.

Remember, you cannot spoil a new born baby!

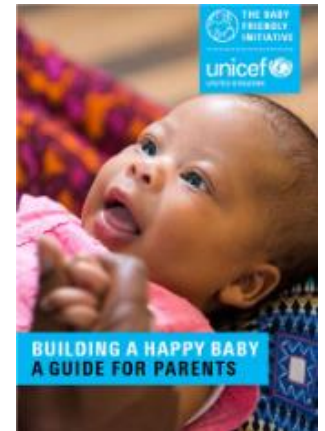
When babies' needs for love and comfort are met, they will be calmer and grow up to be more confident

Truth and myth resources

For more information on building close and loving relationships, please see UNICEF baby friendly website:

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/relationship-building-resources/building-a-happy-baby/>

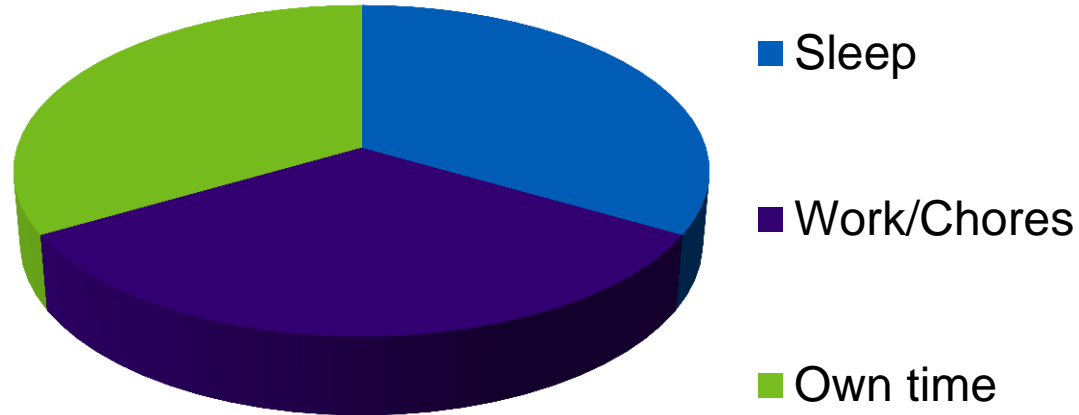
<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/relationship-building-resources/importance-of-relationship-building-video/>



24 hour clock – how do you think your day with baby might look?

Before baby

If you were to map a typical day for you onto a 24 hour clock it may look something like this.....



... but it will look very different when baby is here!

24 hour clock – how do you think your day with baby might look?

Every baby is unique and for many parents, there is no typical day with a new baby.

If your baby is very sleepy, he/she may be unwell. Always seek medical advice if baby is very sleepy, taking less than 8 feeds in 24 hour

Remember you cannot spoil a newborn baby. This baby might need some extra cuddles. You could sleep when your baby sleeps.

Work as a team or ask for support as necessary

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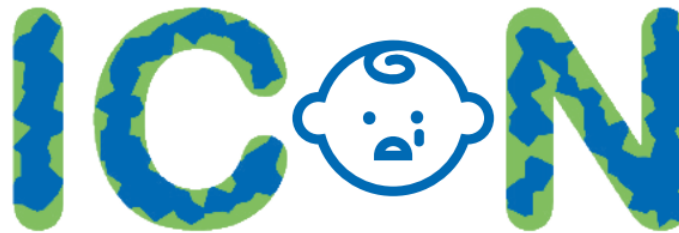
Remember...

- Allow yourself to be a new parent and enjoy getting to know your baby...enjoy the cuddles! It's good for you and baby
- Sleep when the baby sleeps
- Make sure everybody is getting enough food, drink and rest
- Never compare yourself to anyone else
- Never be afraid to seek support or ask for help...



Coping with crying

*Version 5 updated 19/02/2018




Babies Cry, You Can Cope. 



Infant crying is normal and it will stop!
Babies start to cry more frequently from around 2 weeks of age.
The crying may get more frequent and last longer.
After about 8 weeks of age babies start to cry less each week.




Comfort methods can sometimes soothe the baby and the crying will stop.
Think about are they: 

- hungry
- tired
- in need of a nappy change

Try simple calming techniques such as singing to the baby or going for a walk.



It's k to walk away if you have checked the baby is safe and the crying is getting to you.
After a few minutes when you are feeling calm, go back and check on the baby.



Never, ever shake or hurt a baby.
It can cause lasting brain damage or death.
If you are worried that your baby is unwell contact your GP or call NHS 111.

Speak to someone if you need support such as your family, friends, Midwife, Health Visitor or GP.

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There is lots of information on what you can do on the ICON website at <https://iconcope.org/>

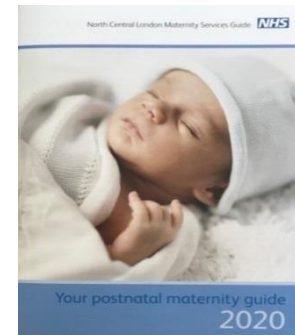
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And what about you- early days: what to expect and signs of wellbeing?

Becoming a parent is a most wonderful time yet also one of great change both physically and emotionally

More information on what to expect and signs of wellbeing for you and baby will be available in the postnatal booklet (provided in discharge pack after birth).



Always report...

Heavy bleeding/clots/
offensive smell

Bowels: If unable to
pass stools by day 3
or any difficulty
passing urine

If you feel unwell

If you having any
concerns about baby.
Especially if feeding
or changing nappies
less frequently

If you are feeling low
or baby blues are not
passing

**We hope you found this workshop helpful. If you have any feedback, please contact:
rf.bhinfantfeeding@nhs.net**

Thank you for your feedback



The information on this workshop is based on the following websites:

ICON website link

- <https://iconcope.org/>

NHS Choices website link

- <https://www.nhs.uk/conditions/pregnancy-and-baby/>

Royal Free London maternity website links

- <https://www.royalfree.nhs.uk/services/services-a-z/maternity-services/>
- <https://www.royalfree.nhs.uk/services/services-a-z/maternity-services/tour-of-our-maternity-units/>

Unicef Baby Friendly website links

- <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/implementing-standards-resources/skin-to-skin-contact/>
- <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/relationship-building-resources/building-a-happy-baby/>
- <https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/relationship-building-resources/importance-of-relationship-building-video/>