



# Getting Ready for Baby

## WHAT IS GETTING READY FOR BABY?

Getting Ready for Baby is a new way of delivering care and supporting first time parents through pregnancy, and preparing you for labour, birth and the early days of baby's life.

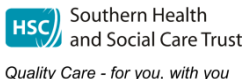
It links antenatal appointments and parenting group support for the first time in Northern Ireland. This means that:

- You will be part of an antenatal parenting group which meets on the same day and in the same venue as your normal antenatal appointments in weeks 16, 25, 28, 31, 34 and 36
- At your first antenatal appointment (at 16 weeks), you will get dates for all of your remaining appointments in advance so you can plan your antenatal visits
- Your other antenatal appointments, at 38, 40 and 41 weeks, will also be scheduled in advance but your parenting group won't meet on those days
- Your ultrasound scans at booking and 20/21 weeks will be arranged as normal

## WHAT'S NEW ABOUT GETTING READY FOR BABY?

Getting Ready for Baby includes all the same information as traditional 'parentcraft' classes but it also helps you get to know and develop a relationship with your baby. This is because it uses the Solihull Approach, an evidence based programme, all about emotional health and wellbeing. It is designed to help you and your baby through pregnancy, labour and birth and to provide a strong foundation for secure attachment and positive mental health.

The Early Intervention Transformation Programme (EITP) is a NI Executive / Atlantic Philanthropies Delivering Social Change Signature Programme, funded jointly by the Delivering Social Change fund, DHSSPS, DE, DoJ, DSD, DEL and The Atlantic Philanthropies. The programme aims to improve outcomes for children and young people across Northern Ireland through embedding early intervention approaches.



## WHO IS IT FOR?

We'd love all parents to have this great opportunity but for now, Getting Ready for Baby is only for you and your family if:

- you are a first-time mother
- you have no health or pregnancy complications

## WHAT'S INVOLVED?

We want to make it as easy as possible for you to get all the care that you need in Getting Ready for Baby. That's why:

- Your key antenatal appointments and your parenting group will happen on the same day
- You'll see the same midwives for your appointments and your parenting group
- You'll get dates for all these appointments when you come to your first antenatal visit. We will try not to change them!

## I THINK I WOULD LIKE TO TAKE PART. NOW WHAT HAPPENS?

When you come for your booking appointment, the midwife will ask you if you want to choose this type of care. She will explain what's involved and if you are eligible for Getting Ready for Baby. Remember, only first time mothers, with no complications can take part initially.

You don't have to say 'yes' or 'no' straight away. If you want to take some more time to make your decision, just let the midwife at your booking appointment know and a midwife will telephone you in a day or two to find out what you've decided