



Solihull Approach Antenatal Parenting Group: *Understanding Pregnancy, Labour, Birth and your Baby*



Research results
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Following a positive pilot evaluation, we administered 3 validated questionnaires and 2 multiple choice questions to people attending a 5 week Solihull Approach antenatal parenting course. 26 fathers and 34 mothers completed all questions (n=60). All mean scores changed in a positive direction on all scales.

RESULTS

Results of formal statistical analysis show that, compared to the start of the course:

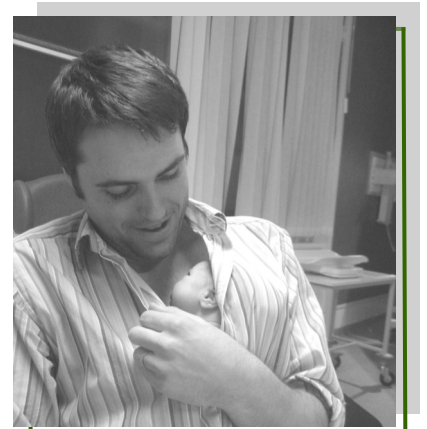
- ◆ mums' and dads' feelings of attachment increased
- ◆ mums' anxieties related to pregnancy, labour and birth decreased
- ◆ mums' intentions to breast feed increased

All these results were very statistically significant and the data will be submitted for peer review and publication.

Intention to stop smoking and general anxiety and depression did not change for mums or dads.

Following this research, a controlled study is nearing completion.

This compares a traditional parentcraft course with the Solihull Approach course.



We're working to increase access to antenatal courses for mums, dads, grandparents, birth partners and any others who are in the 'birth team'. So, to complement our face to face antenatal group, we've created an **online antenatal course** available at www.inourplace.co.uk called 'Understanding pregnancy, labour, birth and your baby'. The online course covers the same material as the face to face course, so it can work in lots of ways.

If Mum is in an antenatal group but Dad can't go, he can do the online course. Partners and birth partners can do the online course. If the grandparents can't attend an antenatal group but want to, they can do the online course. And it is also an alternative if Mum is not able to access a group. The course has an inbuilt research measure which complements the face to face group research.