



“A fun and educational way to get antenatal care”

The Group Antenatal GPSC Program offers group support, a place for women to air concerns about their pregnancies, and an opportunity for women to be active in their own care. The over-all goal is to help women to feel a greater sense of empowerment and confidence in themselves and in their ability to care for their new baby and their family.

Every session includes:

- ❖ An antenatal check-up:
 - Blood pressure check
 - Measurement of the growth of your uterus
 - Review of your baby’s movements
 - Review of your tests
 - Private time with your midwife
- ❖ Relaxation ideas
- ❖ Time to socialise with other members of the group
- ❖ Snacks
- ❖ Time for discussion about pregnancy with other women

There are 5 sessions offered to you throughout pregnancy. The antenatal pregnancy group sessions are designed to provide both your antenatal care and complement your antenatal / parent education classes. You will know exactly what date and time all your sessions are so that you can plan all your antenatal care for your entire pregnancy. All the sessions will start and finish on time.

These sessions replace individual visits, although additional visits may be scheduled as needed. During each session, you will have a short, individual contact with the midwife to assure that your pregnancy is progressing normally. Each session will explore specific content related to your pregnancy and parenting experience. You also will have time to get to know other women in the group.

The content areas to be covered during the 4 sessions include:

nutrition
pregnancy problems
childbirth preparation
infant care and feeding
life with a new baby
sexuality

exercise and relaxation
comfort measures for pregnancy
communication and self-esteem
changes in relationship
parenting

If you can not make a group session
please phone:
93826021



GROUP GUIDELINES

The group is a place to:

- ask questions
- share answers
- express your worries and fears
- share your joys
- learn more about yourself
- make new friends

To respect everyone's privacy and to help the groups to be fun and relaxed we would like you to set guidelines for your group.

At the end of your first session please write down these guidelines:

Confidentiality Agreement

Privacy is something everyone is concerned about when they come for group appointments. You have the right to expect that what is said here will be private and confidential. Along with our commitment to maintain your privacy, you will also have a responsibility to respect and protect each other's privacy.

Please share useful information outside the group, but what you hear and learn about individual group members should stay here.

Having a new baby is a real adventure for you and for your family. We wish you well in this journey and hope that your experience in this group will give you increased support and confidence.

What to do if any of the following occurs

A. If you experience any of the following:

- A change in your baby's movements, especially if your baby is unusually quiet
- Fluid or gushes from your vagina that you think isn't either urine or discharge
- Vomiting and/or diarrhoea for more than 24 hours
- Fever of more than 37.5C that doesn't go away within a few hours of taking paracetamol
- Painful urination
- Bad headaches, vision problems (seeing spots, double vision)
- Sudden swelling of your face, eyes, hands or feet
- Contractions (more than 5 in an hour) less than 5 minutes apart or very painful
- Desire to push or bear down
- Severe cramps or pelvic pressure before your due date
- Unusual environmental exposure: chemical, toxic, fumes, smoke from fires
- Any domestic violence
- Minor motor vehicle accident
- Fall...especially if you hit your abdomen

Please call Delivery Suite for advice 93826100

B. If you experience any of the following:

- Breathing problems especially if you are asthmatic
- Shortness of breath and chest pain
- Heavy vaginal bleeding that soaks through a large pad in 10 minutes time
- Fainting or extreme dizziness
- Sexual assault
- Severe motor vehicle accident

Go to the accident and emergency department at your local hospital for advice and treatment.

Contact numbers:

Ambulance: 000

RHW Delivery Suite: 93826100

Mothersafe: 93826539

GP:

Keep these numbers posted by your telephone and also in your wallet.



OVERVIEW OF SESSIONS

1. 17-21 week visit

Today's Discussion

Getting acquainted
Pregnancy Centred Care housekeeping
Antenatal check-ups and tests – your 18-20 week scan, and upcoming tests
Good nutrition for pregnancy and for a lifetime
Common discomforts and problems of pregnancy, why they occur and what might help
Personal Goals for a healthy pregnancy
Relationship changes

2. 27-31 week visit

Today's Discussion

Feeding your baby
Recent blood test results
Community supports
Post natal feelings – what is normal, what is not – where to get help
What to bring to hospital
Shopping for your baby
Your baby's movements, connecting to your baby
Optimal positioning for pregnancy
Anxiety

3. 33-37 week visit

Today's Discussion

Signs of Labour
When to come to hospital
Preparing for labour
Prelabour and active labour
The labour and birth process
The birth experience – support for you
Stress reduction and ways to relax
Your birth plan

1. 36-40 weeks

**Today's Discussion
Invited Guests**

Midwives from postnatal ward

Midwifery support to empower independence
Infant care and the early postnatal period
Normal newborn behaviour
Thinking about Breastfeeding, demand feeding and
infant-led feeding
The first breastfeed, skin-to-skin contact after birth
Rooming in with your baby
Reminder about Midwifery Support Program, length of
stay
Readiness for labour and birth
Managing work and family life
Vitamin K, Hepatitis B Vaccine, Newborn Screen test
Community Resources
Postnatal classes
Baby Blues, Postnatal depression – asking for help

