Appendix 2

|  |  |  |  |
| --- | --- | --- | --- |
| Title of lesson  Week 1  Introduction to a healthy lifestyle | | | |
| Aim of session:     * Facilitate group learning and interaction * To explore the benefits of a healthy diet in pregnancy and beyond * To discuss an ideal weight gain in pregnancy, and how it can be achieved * To acknowledge extra risks with a raised BMI and why extra scans and appointments may be necessary | | | |
| Time | Contents | Method | Resources |
| 1200 to 1230    1230 to 1300    1300 to 1400 | * Administration * Safety questions asked and advise given * Aerobics * What food is not recommended in pregnancy * What food is recommended in pregnancy * 5 portions of fruit and veg, 1 portion of fish a week, Iodine is important in Dairy and seafood * Not eating for 2 * Eat well plate * Hydration * Ideal weight gain in pregnancy * Extra risks explored * Pre-eclampsia * Gestational diabetes * Healthy start scheme * Vitamin D and folic acid | Completion of forms  Advised    Group participation  Information giving | * RCOG 2006 exercise guidelines * NICE Antenatal care for uncomplicated pregnancies CG62 March 2008 and 2016 * Obesity prevention CG43 December 2006 and March 2015 * Maternal and child nutrition ph11 March 2008 * Weight management before, during and after pregnancy ph27 july 2010 * Maternal and child nutrition QS 98 july 2015 * CMACE and RCOG 2010 * RCOG why your weight matters * NHS choices overweight and pregnancy leaflets * Slimming world * Healthy start   Books recommended:   * The pregnancy book * Birth to 5 * Websites recommended * Eat well website |

|  |  |  |  |
| --- | --- | --- | --- |
| Title of lesson  Week 2  Physiotherapy | | | |
| Aim of session:   * To explore the benefits exercise * To empower women to make choices about activity in pregnancy * To inform women about why we test urine and BP in pregnancy * To highlight the importance of core exercises, pelvic floor exercises and good posture * Facilitate group learning and interaction | | | |
| Time | Content | Method | Resources |
| 1200 to 1230    1230 to 1315  1315 to 1400 | How to test own urine     * Aerobics * Physical activity in pregnancy * Back care in pregnancy * Pelvic Girdle pain * Pelvic floor exercise * Abdominal exercises * Steps to health * Avoiding constipation * Only go to toilet when bladder is full * Pelvic tilt * Tummy tightening * Sitting well * Getting in and out of a chair * footwear | Audience participation        Group participation  Flip chart | * Instructions * Urine dipsticks * Leaflet * APEC why blood pressure and urine are tested in pregnancy * Steps to health * RCOG 2006 * NICE Antenatal care for uncomplicated pregnancies CG62 March 2008 and 2016 * Obesity prevention CG43 December 2006 and March 2015 * Maternal and child nutrition ph11 March 2008 * Weight management before, during and after pregnancy ph27 july 2010 * Maternal and child nutrition QS 98 july 2015 * CMACE and RCOG 2010 |

|  |  |  |  |
| --- | --- | --- | --- |
| Title of lesson  Week 3  Yoga and relaxation | | | |
| Aim of session:   * Facilitate group learning and interaction * To explore ways of preparing for birth * To empower women to take control of their own health through pregnancy * Consider writing a birth plan * To experience a yoga class | | | |
| Time | Content | Method | Resources |
| 1200 to 1245                      1245 to 1400 | * Preparation for labour * What happens in labour * Fetal monitoring * Positions in labour * Raspberry leaf tea * Arnica * Aromatherapy * Pelvic floor exercises * Perineal massage * Relaxation and posture in pregnancy * Yoga Class | Audience participation        Group participation  Flip chart | * Flip chart paper * Balls * NHS choices website * Expectancy .co.uk * CMACE and RCOG 2010 * Yoga teacher * Blankets and yoga mats * NICE Antenatal care for uncomplicated pregnancies CG62 March 2008 and 2016 |

|  |  |  |  |
| --- | --- | --- | --- |
| Title of lesson  Week 4  Small steps big changes | | | |
| Aim of session:   * Facilitate group learning and interaction * To facilitate individual reflection * To explore the benefits of a healthy lifestyle in pregnancy and beyond * To empower women to take control of their own health * Identification of support available for people wanting to make lifestyle changes | | | |
| Time | Content | Method | Resources |
| 1200 to 1230    1230 to 1300    1300 to 1400 | * Barriers to making healthier life style choices * Aerobics * Positive steps to making a healthier lifestyle choice * Local support available * Sugar in food * Portion sizes * Setting small goals | Group participation    Group participation | * Flip chart * 5 A’s behaviour change model * Currie 2015 * NICE Behaviour change general approaches ph6 2007 * Behaviour change individual approaches public health guideline January 2014 ph49 * Obesity prevention cg43 december 2006 and march 2015 |

|  |  |  |  |
| --- | --- | --- | --- |
| Title of lesson  Week 5  Labour | | | |
| Aim of session:   * Facilitate group learning and interaction * To explore ways of coping in labour * To empower women to take control of their birth * To explore benefits of active birth | | | |
| Time | Content | Method | Resources |
| 1200 to 1230                    1230 to 1315    1315 to 1400 | * Latent stage * Food for thought in labour (latent and active labour) * Coping with pain * Fears about labour * Explore place of birth * Aerobics * Hypnobirthing | Group participation            Group participation | * Flip chart * Birthing balls * NHS choices website * CMACE and RCOG 2010 * NICE Antenatal care for uncomplicated pregnancies CG62 March 2008 and 2016 * Hypnobirthing teacher * Lamp * Blankets |

|  |  |  |  |
| --- | --- | --- | --- |
| Title of lesson  Week 6  Active family | | | |
| Aim of session:   * Facilitate group learning and interaction * To explore the benefits of a healthy lifestyle in pregnancy and beyond * To involve the whole family in exercise | | | |
| Time | Content | Method | Resources |
| 1200 to 1230    1230 to 1300        1300 to 1315    1315 to 1400 | * Parents and children play * Change4life * Dance and games for mums with children * Walk for mums without children * Snack and story * Bathing baby * What happens when baby comes home? * What babies can do * Alternative content * Dialing 999 * Putting mummy into recovery position * Basic first aid | Group participation            Group participation        demonstration | * Fit4life leaflets * Physical activity guidelines * Beaming Stars * Topsy and Tim book * NICE Antenatal care for uncomplicated pregnancies CG62 March 2008 and 2016 * Obesity prevention CG43 December 2006 and March 2015 * Maternal and child nutrition ph11 March 2008 * Weight management before, during and after pregnancy ph27 july 2010 * Maternal and child nutrition QS 98 july 2015 * CMACE and RCOG 2010 * RCOG why your weight matters * NHS choices overweight and pregnancy leaflets * Slimming world * Healthy start   Books recommended:   * The pregnancy book * Birth to 5 * Websites recommended   Eat well website   * Bath, doll, nappy, cotton wool |

|  |  |  |  |
| --- | --- | --- | --- |
| Title of lesson  Week 7  Infant feeding information for pregnant women with a BMI> 30 | | | |
| Aim of session:   * The importance of keeping baby close and skin to skin * The importance of developing a close and loving relationship with baby, in utero and from birth, for brain development and sound attachment * Recognise evidence for importance of breast feeding * To enable participants to understand the principles and importance of effective positioning and attachment * Describe signs of when a baby needs to feed, and when baby has had enough * To explain how to hand express | | | |
| Time | Content | Method | Resources |
| 1200 to 1230        1230 to 1300      1300 to 1400 | * Views on feeding explored * Advantages and disadvantages * clocks * Aerobics * skin to skin * How a baby breast feeds * Principles of positioning and attachment and hand express * Responsive feeding * Bed sharing | Group participation                    Group participation | * Flip chart * Clock * UNICEF BFI standards * CMACE and RCOG 2010 * NICE Antenatal care for uncomplicated pregnancies CG62 March 2008 and 2016 * Obesity prevention CG43 December 2006 and March 2015 * Maternal and child nutrition ph11 March 2008 * Weight management before, during and after pregnancy ph27 july 2010 * Maternal and child nutrition QS 98 july 2015 * CMACE and RCOG 2010 * RCOG why your weight matters * NHS choices overweight and pregnancy leaflets * Slimming world * Healthy start   Books recommended:   * The pregnancy book * Birth to 5 * Websites recommended * Eat well website * Off to the best start leaflet * Knitted breast * Formula milk to try * Straws and cups * Breast feeding café information |

|  |  |  |  |
| --- | --- | --- | --- |
| Title of lesson  Week 8  Beyond pregnancy | | | |
| Aim of session:   * The importance of developing a close and loving relationship with baby, in utero and from birth, for brain development and sound attachment * To understand a healthy diet for baby * To discuss ways of staying active when baby is born and role of children’s centres * To explore active play with baby | | | |
| Time | Content | Method | Resources |
| 1200 to 1230        1230 to 1315    1315 to 1400 | * Explore parenting roles * What to buy * Importance of budgeting * Co sleeping * Aerobics * Discuss baby’s nutritional needs * Discuss ways of being active with baby * Postnatal depression * No sleep * Walking groups | Group participation  Problem solving        Group participation  Flip chart  Problem solving | * “Words” * Healthy lives 2010 * NICE Antenatal care for uncomplicated pregnancies CG62 March 2008 and 2016 * Obesity prevention CG43 December 2006 and March 2015 * Maternal and child nutrition ph11 March 2008 * Weight management before, during and after pregnancy ph27 july 2010 * Maternal and child nutrition QS 98 july 2015 * Antenatal and postnatal mental health clinical management and service guidance CG192 December 2014 band june 2015 * Community engagement improving health and well being and reducing inequalities NG44 march 2016 * Obesity prevention CG43 December 2006 and march 2015 * CMACE and RCOG 2010 * RCOG why your weight matters * NHS choices overweight and pregnancy leaflets * Slimming world * Healthy start   Books recommended:   * The pregnancy book * Birth to 5 * Websites recommended   Eat well website   * Baby weaning leaflet * Health visitors from HENRY project * Children’s Centre information * Websites * Best Beginnings * Lullaby trust * Tommys |

**Service user feedback:**

* *“I attended your class on Tuesday and as usual found it very helpful and inspiring.”*
* *“I would like to thank you for all your effort yesterday. I attended your class and I enjoyed it very much.”*
* *“I feel so much better this morning my husband can see a change in my mood. My body feels better after a bit of exercise and I'm looking forward to this journey now.”*
* *“With your class I feel I have the tools and the support to make the best of this special time.”*
* *“Extremely beneficial having access to midwives. Peace of mind having regular checks. Nice to meet other pregnant women. Lots of useful information for first time mothers.”*
* *“Very informative and useful information”*
* *“I enjoyed every class I attended.”*
* *“This class is very informative and very friendly. I have been attending since half way through my pregnancy and continue to come. The exercise is perfect and the way that the class is run is just so lovely and easy to attend.”*
* *“Classes were fantastic, knowledgeable and open to discussion for concerns and advice”.*
* *“Enjoyed the community spirit and engaging with others going through same experience.”*
* *“I started coming to active mothers class from the very beginning of my pregnancy and I have found it so much help, support and guidance since it is my first pregnancy with a high BMI.”*
* *“It has been refreshing to attend the sessions, to actually talk, discuss and learn instead of reading everything.”*
* *It is a fantastic way to engage with mums to be and to have such wonderful support and advice.”*
* *“learning about new food to eat and helping me exercise more.”*
* *“Classes are helpful to personal circumstances”*
* *It is a refreshing class, each week is different but informative on different pregnancy related issues. You learn so much and the friendly teachers are eager to help and answer questions*