Educating the non-pregnant parent- for better health outcomes.

Sarah Porter- u3134364

Continuity Midwifery B

247/250 words

The purpose of my policy is to educate the supporting partners of child-bearing women, to generate better healthcare out comes for both mothers and their babies. Research shows women with a strong support network have decreased maternal stress levels, improved wellbeing, reduced risk of preterm labour and are more inclined to attend appointments. Women are more motivated to take part in exercise and improved healthier eating habits with partners support and involvement. For women this means a healthier pregnancy, as well having strong support increases their likelihood to breastfeed. For their babies both the small for gestational age (SGA) rate and pre-term labour birth rates are reduced.

With the implementation of my policy the non-pregnant parent can expect to be educated on coping strategies for women in labour, breastfeeding and what to expect, an opportunity to gain further support from others in the same situation, as well as evidence-based information on pain relief options. My plan for educating the non-pregnant parent would be to create a partner specific class where partners can gain knowledge and education, increase support networks, as well ask questions- in a safe and welcoming environment. I feel these classes will be beneficial to first time parents to gain support and knowledge, however parents of subsequent pregnancies will also find the information within these classes extremely helpful. Our goal as midwives is to empower women, and through educating the non-pregnant parent this person can in turn educate the woman, because through knowledge comes power.

**Intended Reference List**

* Al Namir, H. M. A., Brady, A.-M., & Gallagher, L. (2017). Fathers and breastfeeding: Attitudes, involvement, and support. *British Journal of Midwifery*, *25*(7), 426–440. [https://doi.org/10.12968/bjom.2017.25.7.426](about:blank)
* Alio, A. P., Lewis, C. A., Scarborough, K., Harris, K., & Fiscella, K. (2013). A community perspective on the role of fathers during pregnancy: A qualitative study. *BMC Pregnancy and Childbirth*, *13*, 60. [https://doi.org/10.1186/1471-2393-13-60](about:blank)
* Bacon Sir F, (1597). Meditationes Sacrae and Human Philosophy
* Birthing 4 Blokes- [https://birthing4blokes.com/about-mark-harris/](about:blank)
* Bryanton, J., Beck, C. T., & Montelpare, W. (2013). Postnatal parental education for optimizing infant general health and parent‐infant relationships. *Cochrane Database of Systematic Reviews*, *11*. [https://doi.org/10.1002/14651858.CD004068.pub4](about:blank)
* Cheng, E. R., Rifas-Shiman, S. L., Perkins, M. E., Rich-Edwards, J. W., Gillman, M. W., Wright, R., & Taveras, E. M. (2016). The Influence of Antenatal Partner Support on Pregnancy Outcomes. *Journal of Women’s Health*, *25*(7), 672–679. [https://doi.org/10.1089/jwh.2015.5462](about:blank)
* DeMontigny, F., Gervais, C., Larivière-Bastien, D., & St-Arneault, K. (2018). The role of fathers during breastfeeding. *Midwifery*, *58*, 6–12. [https://doi.org/10.1016/j.midw.2017.12.001](about:blank)
* Februhartanty, J., Muslimatun, S., Shankar, A. H., Djakababa, N., & Suradi, R. (2020). Paternal Roles in Breastfeeding in Jakarta, Indonesia: A Mixed-method Approach. *Indonesian Journal of Human Nutrition*, *7*(1), 31–43. [https://doi.org/10.21776/ub.ijhn.2020.007.01.4](about:blank)
* Gagnon, A. J., & Sandall, J. (2007). Individual or group antenatal education for childbirth or parenthood, or both. *Cochrane Database of Systematic Reviews*, *3*. [https://doi.org/10.1002/14651858.CD002869.pub2](about:blank)
* Hansen, E., Tesch, L., & Ayton, J. (2018). ‘They’re born to get breastfed’- how fathers view breastfeeding: A mixed method study. *BMC Pregnancy and Childbirth*, *18*(1), 238. [https://doi.org/10.1186/s12884-018-1827-9](about:blank)
* Harvey, M. (2010). The Experiences and Perceptions of Fathers Attending the Birth and Immediate Care of Their Baby. *Aston University*, 427. [https://core.ac.uk/download/pdf/40019704.pdf](about:blank)
* Healthwise. (2020). *Partner Support During Pregnancy | CS Mott Children’s Hospital | Michigan Medicine*. [https://www.mottchildren.org/health-library/abp7352](about:blank)
* Ilska, M., & Przybyła-Basista, H. (2017). Partner support as a mediator of the relationship between prenatal concerns and psychological well-being in pregnant women. *Health Psychology Report*, *5*(4), 285–295. [https://doi.org/10.5114/hpr.2017.68235](about:blank)
* Jomeen, J. (2017). Fathers in the birth room: Choice or coercion? Help or hindrance? *Journal of Reproductive and Infant Psychology*, *35*(4), 321–323. https://doi.org/10.1080/02646838.2017.1361124
* Jonsdottir, S. S., Swahnberg, K., Larsson, M., Linnéuniversitetet, & Fakulteten för Hälso- och livsvetenskap (FHL). (2019). *Effects of perinatal distress, satisfaction in partner relationship and social support on pregnancy and outcome of childbirth*. [http://urn.kb.se/resolve?urn=urn:nbn:se:lnu:diva-82697](about:blank)
* Ledbetter, C. D. (2013). *Partner Support in Pregnancy: Can Prenatal and Postpartum Couples Therapy Reduce Postpartum Pathology and Strengthen Mother-Offspring Attachment?* 10. [https://www.counseling.org/docs/default-source/vistas/partner-support-in-pregnancy-can-prenatal-and-postpartum-couples.pdf?sfvrsn=e870cb61\_11](about:blank)
* Maken, Z. H., Idrees, I. N., Zahid, A., Zulfiqar, A., Munib, A., Hassan, F., & Mahmood, R. (2018). Factors influencing father’s antenatal and perinatal involvement in maternal health care. *The Journal of Maternal-Fetal & Neonatal Medicine*, *31*(19), 2569–2575. [https://doi.org/10.1080/14767058.2017.1347920](about:blank)
* Marshall, J., Baston, H., & Hall, J. (2019). *Midwifery Essentials: Public Health - E-Book: Volume 7*. Elsevier Health Sciences.
* McFadden, A., Gavine, A., Renfrew, M., Wade, A., Buchanan, P., Taylor, J., Veitch, E., Rennie, A., Crowther, S., Neiman, S., & MacGillivray, S. (2017). *Support for breastfeeding mothers*. [https://doi.org/10.1002/14651858.CD001141.pub5](about:blank)
* Melo, R. M., & Brito, R. S. (2013). The fathers’ perception about their presence in the labor room during the birth of their child: A descriptive study. *Online Brazilian Journal of Nursing*, *12*. [https://doi.org/10.5935/1676-4285.20134470](about:blank)
* Mwamba, M. (2019, July 24). *WHAT ROLE DO FATHERS CULTURAL EXPERIENCES PLAY IN THE DECISION TO SUPPORT BREASTFEEDING?* [https://cdr.lib.unc.edu/concern/dissertations/t435gj519](about:blank)
* Nath, A., Murthy, G. V. S., Babu, G. R., & Di Renzo, G. C. (2017). Effect of prenatal exposure to maternal cortisol and psychological distress on infant development in Bengaluru, southern India: A prospective cohort study. *BMC Psychiatry*, *17*(1), 255. [https://doi.org/10.1186/s12888-017-1424-x](about:blank)
* Pairman, S., Tracy, S. K., Dahlen, H., & Dixon, L. (2018). *Midwifery: Preparation for Practice* (4th ed.). Elsevier. [http://ebookcentral.proquest.com/lib/canberra/detail.action?docID=5622188](about:blank)
* Raising Children. (2017). *Healthy relationships and pregnancy*. Raising Children Network. [https://raisingchildren.net.au/pregnancy/preparing-for-a-baby/relationships/healthy-relationships-pregnancy](about:blank)
* Redshaw, M., & Henderson, J. (2013). Fathers’ engagement in pregnancy and childbirth: Evidence from a national survey. *BMC Pregnancy and Childbirth*, *13*(1), 70. [https://doi.org/10.1186/1471-2393-13-70](about:blank)
* Rosenberg, J., & Wilcox, W. B. (2006.). *The Importance of Fathers in the Healthy Development of Children*. 127. [https://www.childwelfare.gov/pubPDFs/fatherhood.pdf](about:blank)
* Straughen, J. K., Caldwell, C. H., Young, A. A., & Misra, D. P. (2013). Partner support in a cohort of African American families and its influence on pregnancy outcomes and prenatal health behaviors. *BMC Pregnancy and Childbirth*, *13*(1), 187. [https://doi.org/10.1186/1471-2393-13-187](about:blank)
* Tanner Stapleton, L. R., Schetter, C. D., Westling, E., Rini, C., Glynn, L. M., Hobel, C. J., & Sandman, C. A. (2012). Perceived Partner Support in Pregnancy Predicts Lower Maternal and Infant Distress. *Journal of Family Psychology : JFP : Journal of the Division of Family Psychology of the American Psychological Association (Division 43)*, *26*(3), 453–463. [https://doi.org/10.1037/a0028332](about:blank)
* Widarsson, M., Engström, G., Tydén, T., Lundberg, P., & Hammar, L. M. (2015). ‘Paddling upstream’: Fathers’ involvement during pregnancy as described by expectant fathers and mothers. *Journal of Clinical Nursing*, *24*(7–8), 1059–1068. [https://doi.org/10.1111/jocn.12784](about:blank)