

Monday, 01 October 2018

## [Nursing](#)



### What is Getting Ready for Baby?

Getting Ready for Baby is a way of delivering care and supporting first-time mothers through pregnancy, labour and birth, and preparing you for 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 that meets during your pregnancy at 16, 25, 28, 31, 34 and 36 weeks. You also receive your antenatal care at this visit.
- At your first 16 week antenatal appointment you will receive all your remaining appointments so you can plan your visits in advance.
- 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 about emotional health and wellbeing. It is designed to help you and your baby through pregnancy, labour and birth along with providing a strong foundation for secure attachment and positive mental health.

### 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 and you have no major health issues.

This flyer supports the Getting Ready for Baby programme. Getting Ready for Baby is a way of delivering care and supporting first-time mothers through pregnancy, labour and birth, and preparing you for the early days of baby's life.

## Downloads

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<a href="#">Getting ready for baby</a>	637.2 KB
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