

EVALUATION OF PILOT ANTENATAL COURSE
'PREPARATION FOR PARENTHOOD'

delivered by
IEYS Programme
Preparation for Parenthood Team

May/June 2017

Preparation for parenthood parental feedback

In total 38 parents returned a mixture of the pre and post course and parental feedback forms for courses that took place in May and June 2017. Of these 33 parents completed the pre/post course and the parental feedback form, 2 parents completed the pre course form, 2 parent completed the pre course form and parental feedback form and 1 parent completed the pre and post course form.

Pre/post course and parental feedback form.

34 pre/post course and parental feedback form were received. 96% of respondents felt that they in the post course feedback that they had either improved their knowledge and confident in relation to how they felt pre course or they had remained at the same level.

Response for pre course survey	Response on post course survey						
These respondents strongly disagreed on the pre course survey	strongly agree	agree	Neither agree or disagree	disagree	strongly disagree	Not answered	Total of no respondents
I feel confident about becoming a parent	0	0	0	0	1	0	1
I know about bonding with my baby	0	0	0	0	0	0	0
I know about baby brain development	2	0	0	0	0	0	2
I know the reasons why babies cry	0	1	0	0	0	0	1
I know how to comfort a crying baby	0	1	0	0	0	0	1
I know what to do if I feel depressed in pregnancy or when my baby is born	2	0	0	0	0	0	2
I know what services are available to me when the baby is born	2	0	0	0	0	0	2
I know having a baby can affect my relationships	0	0	0	0	0	0	0

Response for pre course survey	Response on post course survey						
These respondents disagreed on the pre course survey	strongly agree	agree	Neither agree or disagree	disagree	strongly disagree	Not answered	Total of no respondents
I feel confident about becoming a parent	2	2	1	0	0	0	5
I know about bonding with my baby	2	2	0	0	0	0	4
I know about baby brain development	4	6	0	0	0	0	10
I know the reasons why babies cry	2	1	0	0	0	0	3
I know how to comfort a crying baby	5	3	0	0	0	0	8
I know what to do if I feel depressed in pregnancy or when my baby is born	2	2	0	0	0	1	5
I know what services are available to me when the baby is born	4	6	2	0	0	1	13
I know having a baby can affect my relationships	1	0	0	0	0	0	1

Response for pre course survey	Response on post course survey						
	strongly agree	agree	Neither agree or disagree	disagree	strongly disagree	Not answered	Total of no respondents
These respondents strongly neither agreed or disagreed on the pre course survey							
I feel confident about becoming a parent	0	2	1	0	0	0	3
I know about bonding with my baby	8	5	0	0	0	0	13
I know about baby brain development	6	6	3	0	0	0	15
I know the reasons why babies cry	4	7	2	0	0	0	13
I know how to comfort a crying baby	3	6	1	0	0	0	10
I know what to do if I feel depressed in pregnancy or when my baby is born	3	6	0	0	0	0	9
I know what services are available to me when the baby is born	7	1	2	0	0	0	10
I know having a baby can affect my relationships	6	3	0	0	0	0	9

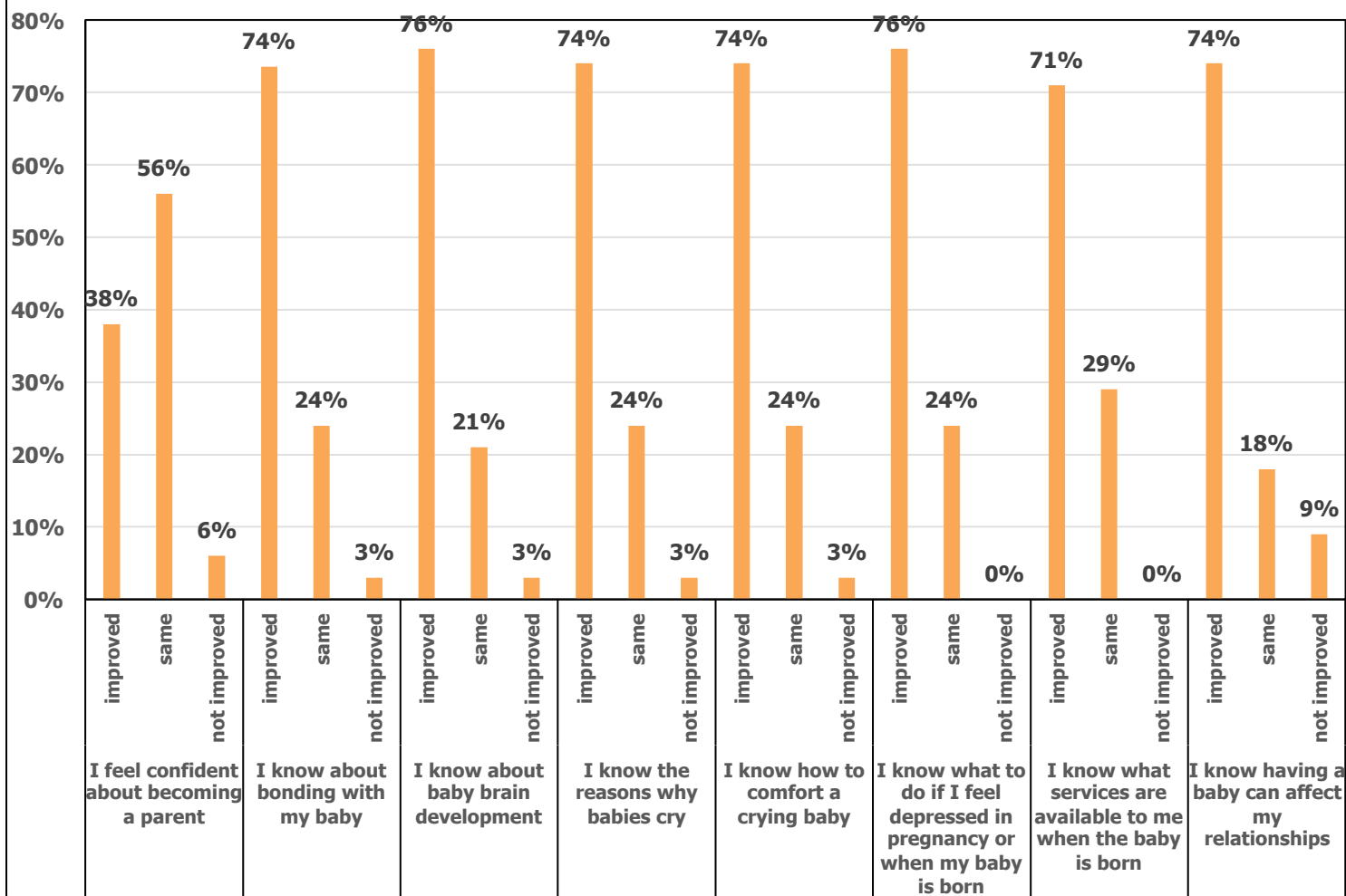
Response for pre course survey	Response on post course survey						
	strongly agree	agree	Neither agree or disagree	disagree	strongly disagree	Not answered	Total of no respondents
These respondents agreed on the pre course survey							
I feel confident about becoming a parent	7	12	2	0	0	0	21
I know about bonding with my baby	8	4	0	0	0	0	12
I know about baby brain development	2	2	1	0	0	0	5
I know the reasons why babies cry	10	5	1	0	0	0	16
I know how to comfort a crying baby	8	3	0	0	0	0	11
I know what to do if I feel depressed in pregnancy or when my baby is born	8	5	0	0	0	0	13
I know what services are available to me when the baby is born	4	2	0	0	0	0	6
I know having a baby can affect my relationships	10	5	0	0	0	0	15

Response for pre course survey	Response on post course survey						
	strongly agree	agree	Neither agree or disagree	disagree	strongly disagree	Not answered	Total of no respondent
These respondents strongly agreed on the pre course survey							
I feel confident about becoming a parent	4	0	0	0	0	0	4
I know about bonding with my baby	4	0	1	0	0	0	5
I know about baby brain development	2	0	0	0	0	0	2
I know the reasons why babies cry	1	0	0	0	0	0	1
I know how to comfort a crying baby	3	1	0	0	0	0	4
I know what to do if I feel depressed in pregnancy or when my baby is born	2	0	0	0	0	0	2
I know what services are available to me when the baby	2	0	0	0	0	0	2

I know having a baby can affect my relationships	5	3	0	0	0	1	9
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The graph shows how the respondents felt pre and post course. 96% of respondents felt that either they had improved their knowledge and confidence in relation to how they felt pre course or they had remained at the same level.

Pre course feedback compared to post course feedback



Parental feedback form

35 parental feedback forms were received:

Prior to attending the course:

- 10 (29%) respondents strongly agreed they enough information about the service, 18 (51%) agreed, 4 (11%) neither agreed nor disagreed, 2 (6%) disagreed or strongly disagreed and 1 (3%) did not answer
- 14 (40%) respondents strongly agreed they had received the information in a timely way, 18 (51%) agreed, 2 (6%) neither agreed nor disagreed and 1 (3%) strongly disagreed.

During the programme

- 29 (83%) of the respondents strongly agreed that they were provided with a warm welcome, 5 (14%) agreed and 1 (3%) strongly disagreed.
- 24 (69%) of the respondents strongly agreed that the information was presented clearly, 8 (23%) agreed, 2 (6%) neither agreed nor disagreed and 1 (3%) strongly disagreed.
- 27 (77%) of the respondents strongly agreed that they felt relaxed and comfortable, 7 (20%) agreed and 1 (3%) strongly disagreed.
- 29 (83%) of the respondents strongly agreed that they felt they had a chance to participate, 5 (14%) agreed and 1 (3%) strongly disagreed.
- 21 (60%) of the respondents strongly agreed that they got what they wanted out of the course, 12 (34%) agreed 1 (3%) neither agreed nor disagreed and 1 (3%) strongly disagreed.
- 24 (69%) of respondents strongly agreed that they enjoyed the course, 8 (23%) agreed and 2 (3%) neither agreed nor disagreed and 1 (3%) strongly disagreed.
- 33 (94%) would recommend the course to friends and family, 1 (3%) did not answer and 1 (3%) did not know if they would recommend the course.

What did you like best about the course:

- Getting to know others in the same position as me
- Given me more confidence in bonding with my baby, working out cries and the other services on offer
- Being with other mums and dads
- The midwife session was very informative and helpful
- Hearing other peoples experiences so far and learning from those running the course
- I like the fact I could get help and support from qualified people and advice and information. I felt comfortable and relaxed
- The people within the group. Liked how it was different to the 'normal' baby classes, in terms of talking about pregnancy in general managing stress etc.
- The staff were very friendly and informative
- Lots of useful, practical information, grounded, non-patronising leaders and content

Respondents were asked if there was anything, they would like to change regarding:

Time of sessions

- After hours and early morning would accommodate schedule better
- After working hours or earlier in the day 8/9am or 6pm
- I felt that it could have been half an hour longer
- Sometimes hard to make it on time
- As its summer, morning session may be better weather-wise - classes have been during the hottest part of the day
- To the beginning the day or the end of the day

Venue/location

- Public transport not very convenient

Size of group

- I feel like the smaller the cosier
- The group size could be reduced to 4-5 couples
- Smaller groups perhaps as some members were shy

Types of activities

- Would like to see more technical advice on baby development after birth
- More interactive exercise rather than presentation based

Any other comments

- Group work may facilitate socialising and networking. Would be nice to have more of this
- In the sessions it was often rushed towards the end. So extra time would be good
- 1.30 hour instead of 2 hour
- Better technical equipment/presentation
- No nothing to change, some session were basic but everyone is at different levels and I still learnt a lot
- I felt sometime there was much talking about participants which wasn't constructive. I came here to learn and listen to what you have to recommend/say. Sometimes what others had to say was a waste of time.
- Sometimes the videos/technology was a bit temperamental. It did not ruin it but would have been nice to have better volume.
- I think 1 other session on practicalities i.e. bathing, top to tail would be useful for those of us who don't have that experience
- Perhaps you could suggest further reading, websites or apps

How did you hear about the service?

- 18 respondents had heard about the service from their midwife
- 13 respondent did not answer the question
- 2 respondents had heard about the service from a family support worker
- 1 respondent had heard about the service from a family member
- 1 respondent had heard about the service online