

MAUSTE-HANKE

ENGLISH PARENT TRAINING FOR FOREIGNERS

PUBLIC HEALTH NURSES NIINA HAPPONEN, PAULIINA RISSANEN



1. MEETING

- **THE AIM IS TO CREATE WARM AND OPEN ATMOSPHERE (REMEMBER RELIGION DIFFERENCES)**
- **GET TO KNOW EACH OTHER**
- **SHORT INTRODUCTION FROM EVERYONE
(EACH TELLS AS MUCH AS THEY WANT)**
- **WISHES FOR THE FIRST MEETING**
- **CULTURAL DIFFERENCES DURING PREGNANCY AND LABOUR
BETWEEN OWN CULTURAL BACKGROUND VS FINLAND**

- **PREGNANCY TRIMESTERS**
- **NUTRITION DURING PREGNANCY**
- **EXERCISE (INCLUDING PELVIC FLOOR MUSCLES)**
- **RELATIONSHIP**
- **SEXUALITY**
- **KELA BENEFITS DURING PREGNANCY AND BABY TIME**
- **SHARED CONVERSATION ABOUT TOPICS**
- **PUBLIC HEALTH NURSE KEEPS THE CONVERSATION IN THE RIGHT DIRECTION**
- **FEEDBACK FROM THIS MEETING**

2. MEETING

- **THE AIM IS TO LEAD THOUGHTS TO LABOUR AND BABY TIME**
- **GIVING BIRTH IN FINLAND;**
 - *THE STAGES OF LABOUR**
 - *PAIN RELIEFMENT**
 - *SUPPORT PERSON`S ROLE**
 - *DOULA**
 - *HOSPITAL BROCHURE**

- **PEER MOTHER TELLS ABOUT HER PREGNANCY, LABOUR AND BABY TIME**

- **BREASTFEEDING**

 - *BREASTFEEDING QUIZ (KUOPIO`S OWN MATERIAL)**

 - *BREASTFEEDING TOOLS (NIPPLECOVER, MILK COLLECTOR, BREAST PUMP ETC.)**

- **BABY BLUES AND DEPRESSION**

- **RELATIONSHIP AND SEXUALITY DURING PREGNANCY AND AFTER GIVING BIRTH**

- **WISHES FOR THE NEXT TIME AND FEEDBACK FROM THIS MEETING**

3. MEETING

- **BABY CARE**
- **EARLY INTERACTION**
- **"PRACTICAL TIPS", WINTER BABY**
- **PRACTICING WITH BABY DOLLS (FEEDING AND CARRYING POSITIONS, DRESSING UP, CHANGING DIAPER, BABY MASSAGE)**
- **FEEDBACK**

FEEDBACK AND WISHES

WHAT WAS GOOD?

- **"MEETING WITH SO MANY PEOPLE FROM DIFFERENT COUNTRY AND SHARING SO MANY FEELINGS WAS GOOD."**
- **"I GOT NEW FRIENDS."**
- **"GUIDELINE WAS GOOD."**
- **"I LIKED THAT EVERYONE SHARED THEIR EXPERIENCES AND TIPS. I LIKED HOW OPEN EVERYONE WAS FOR ANY TOPIC AND QUESTIONS. VERY GOOD INITIATIVE!"**
- **"OPEN DISCUSSION. SOME OTHER PLACE BEFORE IT FELT LIKE A LECTURE. BUT LIKE THIS IT FEELS NICE."**
- **"THAT WE COULD ALL SPEAK AND ASK IF WE WANTED. THE OPENESS AND FRIENDLINESS, SOME SNACKS, DIVERSITY OF TOPICS."**

DID YOU LEARN SOMETHING NEW?

- **"I HAVE LEARN MANY THINGS TODAY. THE NEW THING I HAVE LEARN IS HOW TO TIGHTEN THE PELVIC MUSCLES."**
- **"MANY NEW THINGS: PELVIC FLOOR MUSCLE EXERCISE, ABOUT THIRD RIMESTER, ABOUT BABY MOVEMENT AND HICCUPS."**
- **"HOW MANY DIFFERENT TYPE OF PREGNANCY EXIST. WE ARE DEFINITELY NOT THE SAME."**
- **"ABOUT CONTRACTIONS."**

WHAT SHOULD HAVE BEEN DONE DIFFERENTLY?

- **"SOME KIND OF PRACTICE"**
- **"EXERCISE AND DAILY ROUTINE AND BABY MOVEMENT"**
- **"MAYBE LONGER"**
- **"ABSOLUTELY NOTHING"**
- **"MAYBE TALKING IN PAIR IN SMALLER GROUP"**

WISHES FOR THE NEXT MEETING

- **" I WANT TO KNOW ABOUT HOW DIFFICULT IT IS TO GIVE BIRTH BECAUSE I HAVE HEARD FROM OTHERS WHO HAVE ALREADY GIVEN BIRTH, THAT IT IS VERY PAINFUL."**
- **"HOW TO TAKE CARE BABY!"**
- **"TO LEARN MORE"**
- **"IF IT STAYS THE SAME IT WILL BE PERFECT."**
- **"MORE MEETINGS IN THE FUTURE WOULD BE REALLY NICE BECAUSE THREE TIMES IS QUITE A SMALL NUMBER. CAN WE ORGANIZE SOME MEETING EVERY WEEK OR ITHET WEEK OR EVERY MONTH?"**