



Mothers' Class - Birth Preparedness

A pregnant mothers learning activity in the term of face to face sessions with the purpose of increasing knowledge and skills of mothers concerning pregnancy care, birth preparedness, post-delivery care, and newborn baby care

The MCH handbook has been used since 2000 in all districts in West Nusa Tenggara Province. A quick survey on the utilization of the MCH handbook in 2004 found that knowledge of most mothers about content of the MCH handbook was insufficient because they did not read the MCH handbook (Survey by the Provincial Health Office of West Nusa Tenggara in 2004).

In the response to the above finding, West Nusa Tenggara Province would like to develop an effective and interesting group learning activity in the form of Mothers' Class by considering the one that was developed under collaboration between Provincial Health office of West Sumatera and JICA in the MCH handbook Project Phase I. In the beginning of the development process, West Nusa Tenggara Province and JICA has facilitated the socialization and provision of Mothers' Class

Package of the West Sumatra Version to 9 districts in West Nusa Tenggara Province in 2005. Then it was followed by a field visit for in-depth study and experience sharing on the implementation and development of the Mothers' Class in the beginning of 2006.

To be able to develop such classes, a Needs Assessment has been conducted in 2006. More subjects based on the MCH handbook, better methods, more community involvement, and training at each level are required for better implementation of the Mothers' Class. Based on the result of the Needs Assessment, West Nusa Tenggara Province has developed Mothers' Class-Birth Preparedness Package which is integrated with Birth Preparedness and Complication Readiness (P4K) and IPC/C in March 2008 in the collaboration between the Ministry of Health of the Republic of Indonesia and JICA through the Ensuring MCH Services with the MCH Handbook Project, Phase II.

PURPOSE

To increase knowledge and to change the attitudes and behaviors of mothers

BENEFIT

For Health Personnel: know more about the pregnant mothers' health problems and learn how to approach pregnant mothers and their families as well as the community.

For mothers and families: get friends and be able to share each others, get important information and know how to practice it at home toward safe and comfortable delivery.

Worries of mothers during pregnancy can be reduced. Mothers' Class can also increase knowledge about MCH care (West Sumatra)



Mothers' Class is very good. We witnessed the improvement of skill of our staff after implementing a Mothers' Class. Mothers' Class is not only good for mothers but it is also good for the health personnel (West Nusa Tenggara)

CONCEPT

Using MCH Handbook as the main reference

MCH handbook is the main reference to read and to discuss in the Mothers' Class - Birth Preparedness

Adult Education Approach

Participative, relevant, practical

Method

Participative and interactive and completed by practice such as: lecture, questions and answer, simulation, practice (breastfeeding, pregnancy exercise), brainstorming, tasking, and simulation.

Instruction Materials

MCH handbook, BPCR(P4K) form, BPCR(P4K) sticker, and teaching aids (flip chart, film, family planning kits, doll, etc.)

From the community, by the community, and for the community

Participation of the whole community in the village, including religious leaders, community leaders, and MCH-concerned people are very crucial for the implementation of the Mothers' Class-Birth Preparedness and in supporting the Birth Preparedness and Complication Readiness (P4K) with BPCR sticker program.

Implemented everywhere

Hospital, maternity hut, health center, village delivery post, integrated health service post, village, etc., depends on local situation

Learning Method for Memory Retention Capability

	After 3 hours	After 3 days
One-way Verbal	25%	15%
Reading	72%	20%
Visual and verbal	80%	65%
Active Role Playing	90%	70%



Flip chart on P4K

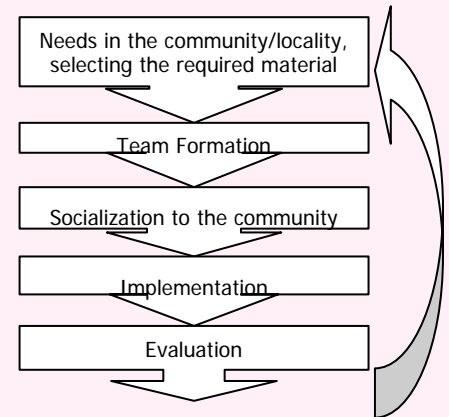
TRAINING STAGE

Basic requirement for being a facilitator is s/he understand MCH handbook well

1. Training for Trainers (TOT): upon necessity
 2. Training for candidate of the facilitators: implemented 2 days or on the job training
- By the end of the training, participants will be able to:

1. Understand the entity, purpose, and benefit of the MCH Handbook and the importance of Mothers' Class.
2. Create a pleasant atmosphere in a group activities
3. Conduct effective communication by using interactive techniques
4. Develop skills in facilitation
5. Implement Mothers' Class-Birth Preparedness

Candidate of the facilitator then will be implemented the Mothers' Class and supervised by the trainer until s/he is capable



THE IMPLEMENTATION

Participants: pregnant mothers at 20-32 weeks of pregnancy (in preparation of delivery or early prenatal period). When necessary, husband/families are expected to joint together in the class particularly to attend some essential materials.

Number of participants: no more than 10 persons in each class

Facilitator: midwives or health personnel that have been trained in the Training for the Facilitator for Mothers' Class-Birth Preparedness

Resource Persons: health personnel with specific skills that support Mothers' Class-Birth Preparedness

Frequency of Meetings: 3 times, based on the agreement between the facilitators and the participants

Materials: adjusted with needs and condition of the pregnant mothers and keeping focus on the main topic. Pregnancy exercise is conducted at the end of each session.

Time: depends on the availability of mothers/and husbands/families, either in the morning, or in the afternoon with the duration of 75-90 minutes plus 15-20 minutes for pregnancy exercise.



Needs Assessment during Village Conference



Leaflet

Material for the Sessions Day I

Introduction and Overview of Mothers' Class-Birth Preparedness

Pre-test of the 1st day-session

Materials:

1. Pregnancy, Physical Changes and Symptoms of the Pregnancy

Physical Changes

Common complaints while pregnant

Nutritional Advices

2. Pregnancy Care

Psychological readiness

Sexual intercourse

Permitted/Not permitted drug

Danger signs in pregnancy

Birth Preparedness and Complication Readiness (P4K)

Daily evaluation and post-test evaluation of the 1st day session

Summary

Pregnancy exercise (1st day session I)

Material for the Sessions Day II

Review of materials and results of the pre-test and post test of the 1st day session

Pre-test of the 2nd-day session

Materials:

3. Delivery

Signs of delivery

Danger signs for a woman in labor

Delivery process

4. After Delivery Care

What should a post partum mother do to exclusively breastfed her baby?

How to do post natal care?

Postpartum illnesses and danger signs on post partum mother

Family Planning in postpartum period

Daily evaluation and post-test evaluation of the materials of the 2nd day session

Summary

Pregnancy exercise (session II)

Material for the Sessions Day III

Review of materials and results of the pre-test and post test of the 2nd day session

Pre-test of the 3rd day-session

Materials:

5. Newborn Care

Immediate newborn care

K1 injection to newborn

Danger signs on newborn

Child growth & development monitoring

Newborn Immunizations

6. Myths

Identification and clarification of myths related to maternal and child health.

7. Infectious Diseases

Sexual Transmitted Infections (STI)

Basic information on HIV/AIDS

Malaria prevention and control

8. Birth Certificate

The importance of birth certificate

Daily evaluation and post-test evaluation of the materials of the 3rd day session

Pregnancy exercise (session III)



Mothers' Class Package - Birth Preparedness

1. Flip chart
2. Facilitators' handbook
3. Implementation Guideline
4. Leaflet: for advocacy to community to assure the continuation of Mothers' Class from, by and for the community
5. Training for the Facilitator: trainers' handbook, Participant's Guidebook
6. Pregnancy exercise pocket book
7. VCD of the Pregnancy exercise
8. CD (soft copy of the above materials)

