



Prenatal and postnatal classes in Espoo

Objective:

Early parental empowerment

- Multiprofessional knowledge offered to families
- Opportunity to share experiences with peers
- Equally important roles of mother and father in their child's life

The instructors are employees from either the Social and Health Services, the parish and/or other organizations depending on the content of the meetings.



E1 Becoming a mother, becoming a father

Pregnancy weeks 25–28

Objective:

1. Sharing experiences with and receiving support from families in the same situation
2. The importance of prenatal classes for prospective parents
3. Information concerning wellbeing during pregnancy
4. The importance of good dental hygiene in the family
5. Prospective parents get information about becoming a father/ a mother

Duration: 1.5 - 2 hours



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E2 Childbirth and pain relief

Pregnancy weeks 28–30

Objective:

1. Preparing for childbirth with confidence
2. Information on childbirth issues
3. The period after the childbirth
4. First days with the newborn

Duration: 1.5 - 2 hours

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E3 From being a couple to becoming a family

Pregnancy weeks 30–32

Objective:

1. Information on the different stages of a relationship
2. Information on the effect a newborn has on a relationship
3. Encouraging parents to nurture their relationship
4. Domestic violence

Duration: 1.5 - 2 hours

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E4 The newborn

Pregnancy weeks 30–32

Objective:

1. Baby's first weeks at home and the importance of breastfeeding
2. Parents start to feel confident and capable of coping with their baby

Duration: 1.5 - 2 hours

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J1 At home with the baby

Babies, approx. 2 months

Objective:

1. Sharing experiences and getting support from peers
2. Interaction between the baby and parents
3. Introduction to open daycare centres and residents' parks

Duration: 1.5 - 2 hours

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J2 Daily life in the family

Babies, approx. 3-4 months

Objective:

1. Sharing day-to-day experiences with other families
2. Strengthening parent-baby interaction/bonding
3. The importance of taking care of the baby/child at home

Duration: 1.5 - 2 hours

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Physiotherapy group visits

1. Pregnancy weeks 10-12
2. 6-7 weeks after childbirth

Objective:

1. To motivate mothers to exercise independently to strengthen their pelvic floor muscles and prevent injuries later in life.
2. To strengthen interaction between mother and baby
3. To guide parents how to improve motoric skills of the baby

Duration: approximately 1.5 hours

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