**Case study: Hampshire County Council Pregnancy Birth and Beyond for young parents.**

**Who we worked with**

Hampshire county Council and East Hampshire District Council to deliver the NCT 'Preparing for birth and Beyond Course’ (PBB).

**We delivered**

Nine courses, each over four weeks with each weekly session lasting 1.5 hours from July – November 2013.

**Key findings**

100% respondents who attended a course found it either ‘excellent’ (73%) or ‘good’ (27%).

On average respondents felt time spent on various course topics was ‘about right’ (94%).

Respondents either ‘strongly agreed’ or ‘agreed’ that they found new places to get help and support and the course made them feel less isolated (95%).

Respondents found the topics covered were ‘very helpful’ or helpful (93%).

**Building skills and confidence**

|  |  |  |  |
| --- | --- | --- | --- |
| Before the course | % | After the course | % |
| I know only ‘some’, ‘a little or ‘very little about what happens during labour and birth | 76% | **I ‘know a lot’. . . .** | **85%** |
| I know a little about the choices I and my partner can make about the birth. | 15% | **81%** |
| I know ‘very little’ or ‘something’ about practical baby care. | 69% | **92%** |
| I know ‘very little’ or ‘a little’ about helping breastfeeding to go well, and avoiding problems. | 48% | **81%** |
| I know ‘a little’ about how babies develop during pregnancy and after birth. | 43% | **71%** |
| I feel ‘not at all confident’ about labour and birth. | 18% | **I feel ‘very confident’. . .** | **88%** |
| I feel ‘a little confident’ | 47% |

**Infant feeding plans**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Pre and-post course   |  | | --- | |  | | | | | | | | | |
|  | **Only breast milk** | | **Only formula** | | **Breast milk and formula** | | **Don’t know** | |
|  | **Pre** | **Post** | **Pre** | **Post** | **Prep** | **Post** | **Pre** | **Post** |
| 6-8 weeks | 51% | 74% | 20% | 17% | 17% | 0% | 11% | 9% |
| 9-13 weeks | 35% | 59% | 21% | 18% | 26% | 0% | 18% | 23% |

**What they said about the courses**

“I have really enjoyed it and I think the centre is a fabulous place.” (participant)

“These classes are a lot more personal and in-depth than the ordinary ones.” (participant)

“I think these sessions are vital to ensure that young parents feel prepared for labour, birth and the first few months as a parent.” (Jo Davis, Young Parents Midwife)

“To date, I have taught an age range of 14 years to early twenties. In the main I would report they are receptive to the course often reporting how useful and practical they have found it.” (Emily Vickery NCT Practitioner).