



Baby Makes 3 **Antenatal Program**



Background

Baby Makes 3 is a family violence prevention program targeting new families – couples who have recently experienced the transition to parenthood. As a form of *primary* prevention, the program, rather than responding to incidents of family violence, is aimed at promoting respectful relationships, safety and wellbeing. In this way the program seeks to influence relationship dynamics at a crucial stage of the life cycle, *before* violence occurs.

The *Baby Makes 3* Antenatal session, as summarized below, has been adapted from the *Baby Makes 3* group program and is designed to introduce the *Baby Makes 3* concepts to parents in the antenatal session as part of childbirth education classes.

The *Baby Makes 3* Antenatal module was developed by Carrington Health as its contribution to Frankston City Councils *Baby Makes 3* Antenatal Program thanks to support from the Victorian Government and assistance of the Municipal Association of Victoria.

Aim of the Antenatal Program

The aim of the *Baby Makes 3* Antenatal Module is to raise awareness of the relationship changes that occur following the birth of the baby and encourage first-time parents to participate in the full *Baby Makes 3* group program. (Note that it is critical that the *Baby Makes 3* group program is being delivered in the geographical area)

The facilitators

All the *Baby Makes 3* Antenatal Program facilitators are current *Baby Makes 3* Group program facilitators (ie have participated in the 2 days of training delivered by Carrington Health and preferably have had experience in delivering the program) and have participated in the *Baby Makes 3* Antenatal Facilitator Training Program. This is a half-day training session delivered by Carrington that orients facilitators to the antenatal module.

This assumes that the facilitators are:

- Experienced in adult learning and experiential training methods
- Skilled in group facilitation
- Knowledgeable of the lifestyle and relationship changes that accompany the transition to parenthood
- Skilled in translating theory into practice
- Familiar with the determinants of violence against women, including the fundamental inequalities between men and women

The program

Below is a summary of the *Baby Makes 3* Antenatal module that has been adapted from the *Baby Makes 3* group program by Carrington Health. This three hour module was delivered by a male and female facilitator as the fourth week of Peninsula Health's Antenatal Education program. A trainers' manual was developed to support implementation providing facilitators with description of content and materials required to deliver the three hour module. A summary of the program is provided below.

Organisations wanting to implement the Antenatal Program need to work with Carrington Health to do so. Carrington Health is the owner of the Intellectual Property of *Baby Makes 3* and is the sole provider of the facilitator training.

Please contact the Anita Thomas, *Baby Makes 3* Program Manager for more information.
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Program summary

Topic	Learning Objectives	Content Summary
Welcome and introduction	Engage participants in the <i>Baby Makes 3</i> Antenatal program Inform participants what they can expect from the session Provide a brief overview of the <i>Baby Makes 3</i> group program	Introductions Overview of session Brief overview of <i>Baby Makes 3</i> group program
What is a healthy relationship? Part 1 – Good Communication	Create a shared understanding of what constitutes a ‘healthy relationship’. Develop a shared understanding that equality is fundamental to healthy relationships. Provide participants with a basic understanding of communication and the skills involved in sending and receiving messages.	Participants explore the key characteristics of a healthy relationship and identify that equality is fundamental. Participants explore the concept of what ‘good communication’ is and explore the differences between harsh and soft language. Video and couple activities are used to explore concepts of good communication.
What is a healthy relationship? Part 2 – Cooperation	Provide participants with opportunity to explore how they will work together as parents.	Participants explore practically how they will work together through discussing common scenarios experienced by new parents and discuss how they will manage them in their transition. A scenario based activity is used for each couple to reflect and discuss.
The transition to parenthood	Increase participant knowledge of the lifestyle and relationship changes that may occur following the birth of the baby.	Small and large group discussion to identify the lifestyle changes that are likely to occur as result of becoming parents. Identify the differences in these changes between mums and dads. Explore and identify any changes that couples may experience within their relationship after the birth of the baby - both the positive and the negative. Explore with both mums and dads what they are looking forward to in becoming new parents and what they miss. Identifying the any differences between mums and dads.

Topic	Learning Objectives	Content Summary
Societal expectations on mums vs. dads	To raise awareness of the social expectations that impact on new parents.	<p>Social expectations lay more heavily on mums than dads. There are of course expectations on dads, however the expectations placed on new mums are greater and are experienced differently.</p> <p>In terms of how to be a 'good mum' and 'good dad' the bar is set quite high for women and in comparison, quite low for men.</p>
Gendered division of household labour and parenting duties	Encourage couples to identify the gendered division of household labour and parenting duties.	<p>Using data that describes the average time Australian mums and dads spend with their children couples explore how this compares to their own childhood and what they plan for their own families.</p> <p>Data show dads' care tends to be more interactive and the 'fun stuff' whereas mums tends to do more of the physical care.</p> <p>Most dads' care tends to be done in the presence of mums, ie mum still retain the ultimate burden of responsibility.</p> <p>Not spending time alone with children can limit depth and quality of the relationship that men have with their children</p>
Baby Makes 3 Group Program	Increased knowledge and understanding of the <i>Baby Makes 3</i> Group program.	<p>The <i>Baby Makes 3</i> group program is delivered through local government Maternal and Child Health Services as part of the new parents program. There are three two-hour sessions delivered in the evenings or on weekends so that mums, dads and babies can attend. Each session is led by a male and female facilitator. The program explores in depth some of the key concepts covered in the antenatal session.</p> <p>New parents will receive information about the program from their child and maternal health nurse.</p>