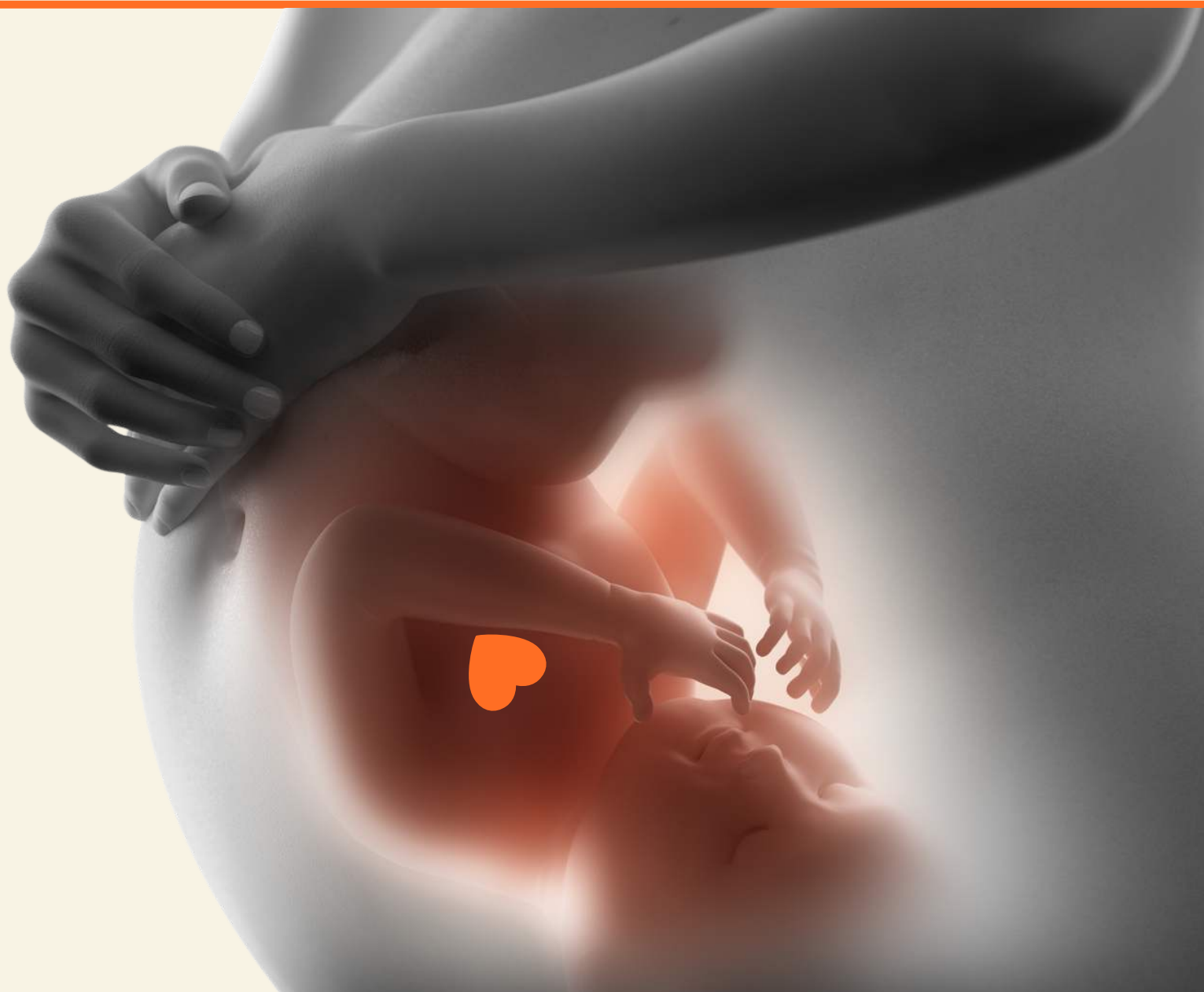




Brighter Futures

FREE - all mums-to-be welcome



BRIGHTER STORKS

A Brighter Futures
Perinatal Wellbeing Pathway



Aim - to improve the overall wellbeing of mum-to-be and baby with this rolling relaxation pathway which is offered to pregnant Ladies.

This **Brighter Storks** rolling pathway will introduce mum-to-be to our wellbeing and parenting programmes, which are designed to develop relaxation strategies that encourage a positive state of body and mind. This will enhance mum's ability to feel safe and be better equipped to cope with life's ups and downs.

During these weeks, mum-to-be will experience taster sessions in several of our wellbeing and parenting groups, which include massage, visualisation and breathing techniques. These visualisation and breathing techniques help to calm the mind and can help to reduce stress and anxiety. Deep breathing can help to oxygenate the cells in the body, which will benefit both you and baby.

Part of the rolling pathway also includes an information morning where we invite relevant agencies to come and meet our families. This multi-agency format will give mum-to-be the opportunity to talk and ask questions and so aid her with a good understanding of other services available in Jersey.

The taster sessions listed on the next page will be facilitated by a Brighter Futures coordinator who will sit with mum-to-be and support throughout to improve both mum and baby's overall wellbeing.



Taster sessions included in the Brighter Storks rolling pathway are:

Pregnancy Massage

A pregnancy massage can help you cope with the changes to your body that occur while you are pregnant. Gentle massage can be used to reduce stress & anxiety, reduce swelling in the arms and legs and relieve muscle and joint pain. It also helps to improve sleep. Pregnancy massage has been proven to be highly effective during labour to help manage pain and improve your emotional experience of labour. Our trained Massage Therapist will facilitate sessions to teach various massage movements that can safely be used whilst pregnant.

Coping with Crying

This programme consists of a short film that is shown to mum-to-be to raise awareness about the pressures of caring for a small infant. It suggests ways to cope with crying and overcoming angry or overwhelming feelings. Many parents feel ill-prepared for the challenges of caring for a new baby. Being a parent can be amazing and stressful at the same time, however staying relaxed and being able to calm your crying baby makes a big difference.

Just What We Need

The Just What We Need Group is a self-reflection discussion group that focuses on our strengths, skills, and resources, enabling people to look at any life difficulties and challenges they may face. We will cover your support network and dreams and aspirations.

Information morning

Where agencies come and meet our families giving mum-to-be the opportunity to talk and ask questions.

Mindfulness

A mindfulness practice can support the health and wellbeing of mum-to-be. By learning to live in the present moment, through meditation and gentle relaxing yoga techniques, we can help to reduce feelings of anxiety and stress. When practiced regularly mindfulness can help us to feel more in control and able to cope with challenging situations.

Heartmath / Healing Rhythms

HeartMath technology is a breathing programme with an innovative approach to improving emotional wellbeing.

Here you are able to learn how to change your heart rhythm pattern to create increased order and harmony in our mind, emotions and body.

Circle Of Security

The Circle of Security programme is based on bonding and attachment theory. Every child comes into the world seeking a secure relationship with her/his caregivers. The Circle of Security programme helps promote that security.



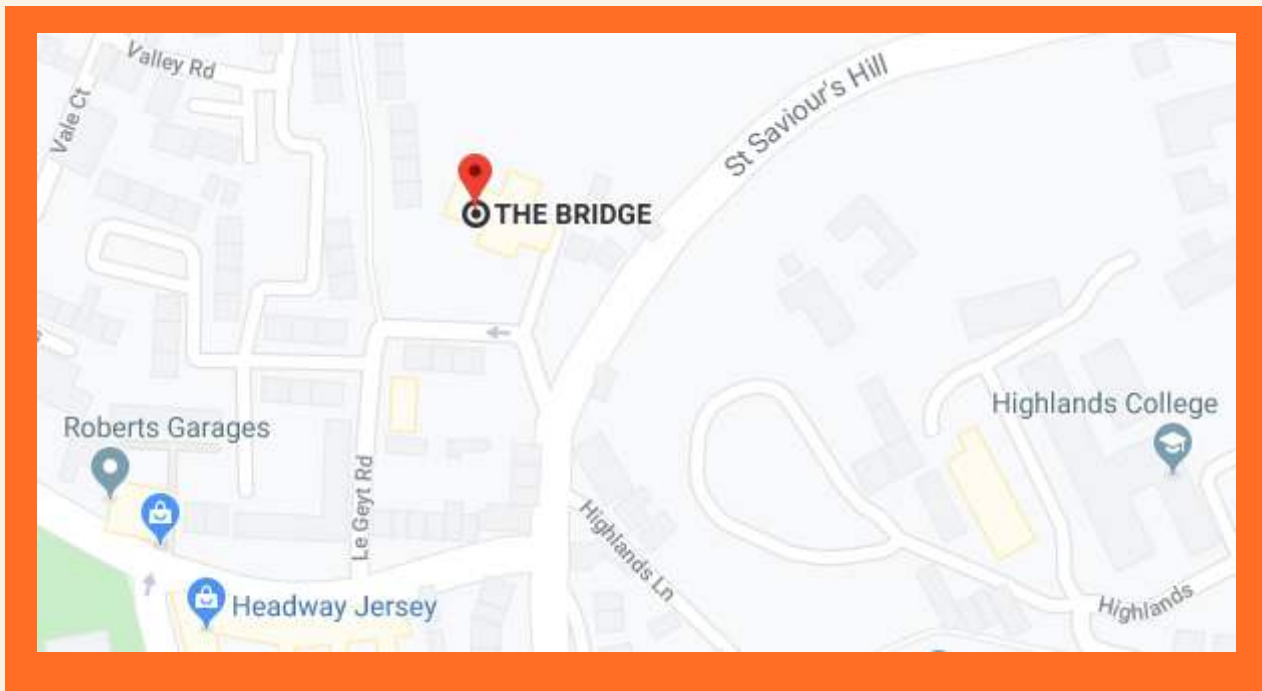
Brighter Futures

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