



Brighter Futures



# **BRIGHTER STORKS**

A Brighter Futures  
Perinatal Wellbeing Pathway

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

This 12-week rolling pathway, **Brighter Storks**, will introduce mum-to-be, to our wellbeing 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 12 weeks, mum-to-be will experience the below taster sessions in several of our wellbeing groups, which include massage and visualisation and breathing techniques. These visualisation and breathing techniques help to calm the mind and can help to reduce stress and anxieties. Deep breathing can help to oxygenate the cells in the body which will benefit the baby by helping him or her to receive lots of oxygen.

Week 7 we hold an information morning where we invite relevant agencies to come and meet our families. These include representatives from Speech and Language, Midwifery, Health Visitors, MIND Perinatal practitioner, plus many more. 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 keyworker 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

**Weeks 1 & 2**

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

**Weeks 3 & 4**

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.

### Wants & Wishes

**Weeks 5 & 6**

The Wants & Wishes 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

**Week 7**

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

### Mindfulness

**Weeks 8 & 9**

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.

### Rest and Repair

**Weeks 10 & 11**

Deep and effective breathing is important for mum-to-be during pregnancy and childbirth. This form of breathing provides a plentiful supply of oxygen for both mum and baby. Meditation, combined with breathing techniques and relaxation, supports improved sleep, and helps to relieve stress and pain, by balancing and calming the nervous system. A gentle way to bring more peace and calm into your life.

### Circle Of Security - unit 4

**Week 12**

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.

*Together, we are creating Brighter Futures for families in Jersey.*

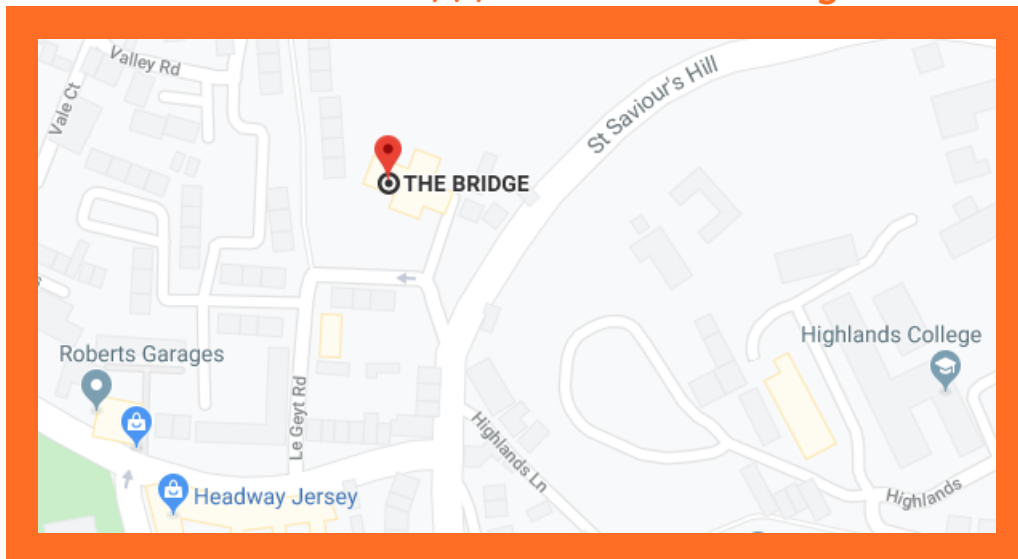


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