

Maternity ward of the Braine-l'Alleud Hospital

02/434.95.10



Getting ready for childbirth and parenthood



Chirec - Site Braine-l'Alleud
Rue Wayez 35 - 1420 Braine-l'Alleud



MEETINGS - GETTING READY

FOR CHILDBIRTH AND PARENTHOOD

Dear future parents,

The maternity ward offers **5 information sessions on childbirth and parenthood preparation**.

These meetings aim at getting to know our maternity ward, giving you a better understanding of the spirit in which we conceive the medical and psychological care of pregnancy, birth and maternity stay, and informing you about the different techniques available.

You will have the opportunity to attend to screening of documentaries, to meet some members of the healthcare team (gynaecologist, paediatrician, anaesthetist, midwife, physiotherapist, social nurse, psychologist), to discuss with them and other future parents on issues that concern you the most, to express your desires, fears, comments, etc.

The involvement in these meetings is of course not mandatory: it is a service offered by the maternity ward in addition to the medical follow-up of your pregnancy.

To give you an idea of which meeting is likely to interest you, here is a brief overview of the topics that can be tackled.

A virtual tour of the maternity ward and some other information are available online on the Chirec website.

WELCOMING THE

FUTURE PARENTS

Lead by **the psychologist** of the maternity ward.

- 'Philosophy' of the maternity ward : medical and psychological safety, welcoming conditions of the newborn, role and attitude of the healthcare team to the parents and the newborn, during birth and during your stay, what techniques are used to provide a nice pregnancy and delivery,
- Practical information about the presence of your gynaecologist during delivery, custody arrangements, different types of rooms, ...
- Virtual tour of the maternity ward (also available on www.chirec.be)

The participation at this first meeting will give the parents a better understanding of the spirit in which we try to work. We therefore suggest you to first attend this meeting.



BREASTFEEDING

Lead by **a midwife**.

- Watching the video 'L'allaitement, le Temps d'y Penser'.
- Benefits of breastmilk.
- Physiology of breastfeeding.
- Factors stimulating the initiation of breastfeeding.
- Requests frequency, signs of satiety.
- Possible difficulties and the means to prevent them / overcome them.
- Duration of breastfeeding, breastfeeding and resumption of professional activities.

CHILDBIRTH

- Talk with a gynaecologist, a paediatrician, an anaesthetist and the psychologist of the service.
- Screening of a video dedicated to childbirth.

The most common topics are :

- The medical follow-up of your pregnancy (consultations, screening, ultrasounds, ...)
- The warning signs of the beginning of labour, duration of labour, choosing the right positions during labour and delivery.
- The role of the midwife, the gynaecologist and any other contributors (i.e.: physiotherapist)
- The role of the father / partner, welcoming the newborn, emotions and privacy of childbirth.
- The different means to reduce / stop the pain (epidural, bath expansion, etc.)
- The use of technical interventions (episiotomy, suction pad, forceps, C-section)
- Breech childbirth, premature childbirth, twins.
- Your stay at the maternity ward (medical follow-up, parent-child first contact, role of the healthcare team, etc.)

BODY

CHILDBIRTH

- Lead by a **physiotherapist** of the team 'Kiné Bien-Être'.
- Different kinds of preparation for delivery :
 - classic preparation
 - aquatic
 - sophrology
 - eutonia
 - haptonomy
 - emotional preparation to delivery
 - prenatal singing
 - etc.
- How to choose the best preparation?
- The role of the partner in these different kinds of preparation.
- What does the team 'Kiné Bien-être' offer?
- Possibilities to call on an outside professional, possibilities to get assistance at birth : when ?
- Organisation of a duty service, costs, etc.

PREGNANCY, LEGISLATION

FILIATION

With the ONE social nurse of the maternity ward.

- Pre and post natal leave, parental leave, 'mutuelle' procedure
- Family allowances, birth grant
- Official birth registration document: where? when? by whom?
- Help during pre and post natal period (i.e.: family assistance)
- Custody arrangements for the child: different possibilities, costs, ...

IN

PRACTICE ...

The planning of the meetings can be obtained at the secretariat of gynaecology, at the maternity ward, at the 'Kiné Bien-Être' office, from your gynaecologist or on the Chirec website www.chirec.be

We highly recommend to first attend the meeting **Welcoming the future parents** within the 4th or 5th month of pregnancy. The next meetings are held in order, following the rhythm that suits you best.

Pre-registration is mandatory for every meeting.

Please contact the secretariat of gynaecology +32 2 434 94 39 from Monday to Friday, from 2.00 pm to 5.00 pm.

A **2,50euros participation fee per person** is required for most of these activities. This amount will be paid to the 'Naissance à Braine-l'Alleud' non-profit organisation, that aims at improving material and psychological conditions to childbirth in the Braine-l'Alleud municipality.

For further information, do not hesitate to contact Marie Vander Borgh, psychologist at the maternity ward: **+32 2 434 95 10**

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