

# READY FOR PARENTHOOD FAMILY COACHING - PROJECT



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## Background

Savonia University of Applied Sciences has produced family coaching services in the VireTori learning environment in partnership with City of Kuopio, Kuopio University Hospital and Kuopio Familyhouse. Besides the midwifery students, who were entrusted the responsibility for the coaching, public health nurse, physiotherapist and dental hygienist students participated in the coaching. In addition, the coaching team included a public health nurse and a midwife from working life.

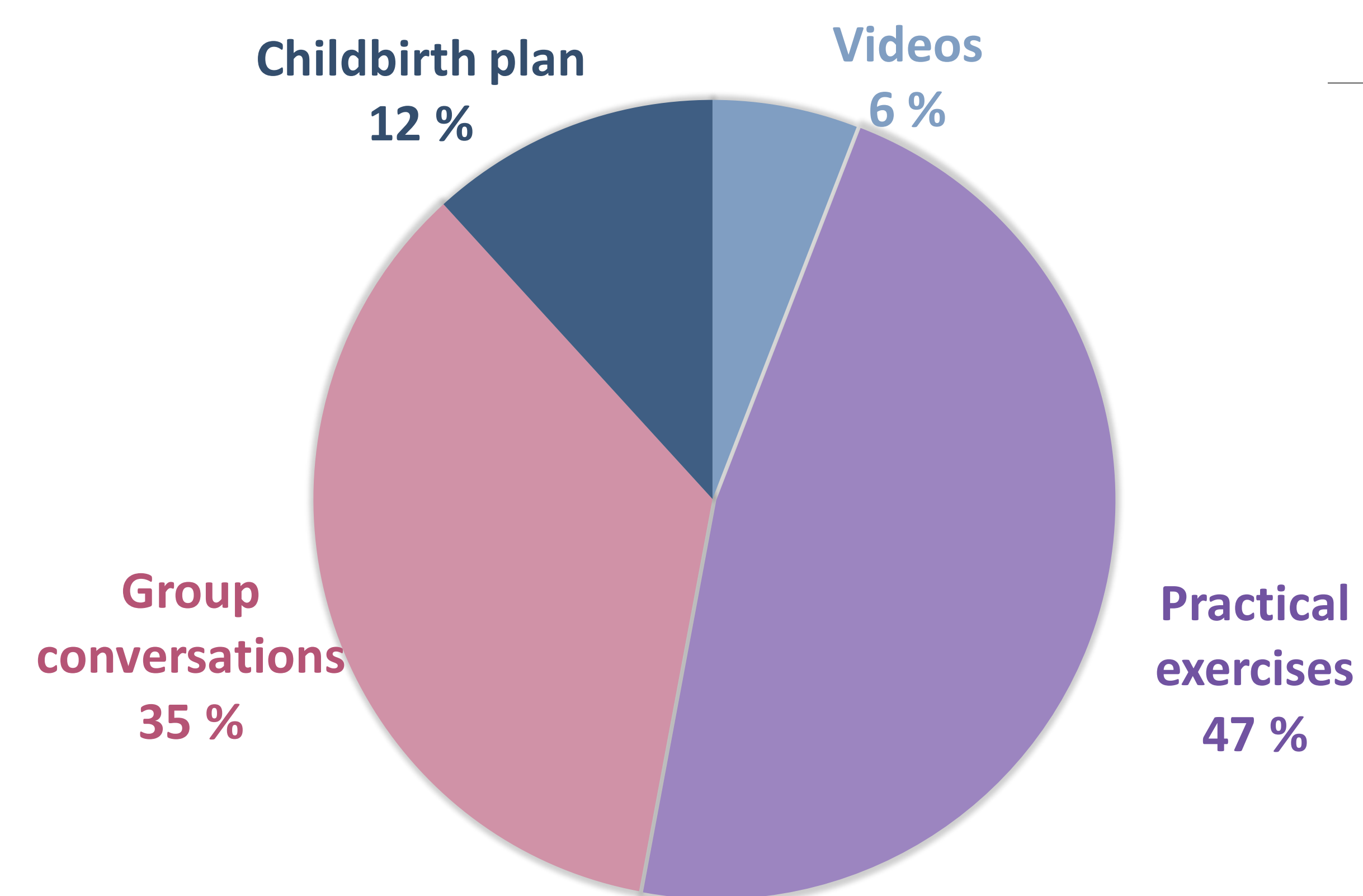
## Project implementation

Family coaching includes four coaching sessions, where families were educated in subjects such as expecting a baby, beginning of labour and its phases, everyday life with a baby and the first weeks with a newborn, by means of functional training. The family coaching was organised mostly in Familyhouse, but during the coronavirus pandemic some of the coaching sessions had to be provided online (zoom).

Ready for Parenthood Family Coaching -project aims to support parents when they prepare for parenthood. The project strives to provide families with evidence-based and up-to-date information about parenting and life at home with a newborn, and reinforce the family's resources through theory and practical exercises. Feedback on the family coaching was collected from all participating parents (n = 20) in autumn 2021 and in spring 2022 using Webropol- and Mentimeter survey.



Figure 1. Functional exercises



## Project results

The family coaching was considered extremely important and helpful. Functional experiences on group conversations and practical (figure 1), as well and peer support, were positive. The families benefited from the versatile content and sufficient information provided during the family coaching. The parents felt, that students have succeeded very well in performing the coaching sessions. The students' learning outcomes improved and they gained professionally relevant skills.

## The Main References

Bäckström, Caroline, Larsson, Therese & Thorstensson, Stina 2021. How partners of pregnant women use their social networks when preparing for childbirth and parenthood: A qualitative study. *Nordic Journal of Nursing Research* 41 (1), 25–33.

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