



# CODESIGN

## IMPROVING ANTENATAL INFORMATION ABOUT BIRTH IN THEATRE

### Virtual tour

Part of what's missing for families right now is a sense of what coming to our operating theatres might involve. Help us to create a short film showing parents what coming into theatre looks like and who might be there. A phone is all you need.

### Who's who

We've already created a gallery of theatre staff to help our Maternity staff know who is on shift with them but our mums and dads want to know who you are to so they can remember who helped look after them when they became parents. Next step is a second gallery to display on Gwillim ward

### Roles in theatre

If you can help us create some content for the website about what your job involves in theatre please let us know. Get in touch direct to Emma, Julia or via the project email address below. It would really help them junior what you mean at the WHO checklist and why you are so important to their birth



**If you see any ideas you think you can help us with please shout. With your energy, ideas and action this will be a massive achievement for our families**

What is current situation? **How might we improve this?**



**TIMING** - women often miss in house classes

Women told quite late about in house classes so often oversubscribed and default position is to go to NCT or nothing



**Midwifery reminder/prompt to remind women to book at 16 week appt and not later, text prompts if poss**



**Create materials including posters in antenatal clinic**



**Anaesthetic pages to update and link**



**Become the GO TO for information**



**invest time in developing website materials, signposting to legitimate sites rather than just leaving mums to find out themselves (big investment in their own time)**



**Signpost website in notes and clinic areas**



**Work with comms team to let women and staff know**



## Positive images of birth in theatre

Can you help us to source positive images of our theatre teams and birth in theatre. Maybe you are connected with a group of parents that would be happy for us to use their photos to help reassure other parents about how positive an experience could be

## Connecting with parents

Do you have a connection with a local parenting group? If you do and can help to advertise what we are doing and that we would love to have stories and pictures to contribute to developing our resources for expectant parents please please let us know. Send anyone who wants to support the project our way

## Change starts with you

We all want the best for our friends and families so why not want it for these new families too. Help each other give the best we can

## 👩👧👦 WORKING WITH PARTNERS 👩👧👦

No current collaboration between NCT and antenatal class providers at SGH to make sure all give same emphasis in positive language about going to theatre

[NCT and ANC to share what their classes do](#)

[Our NCT link to connect with local NCT groups to get a feel for what they are including re operative birth and what support we can offer](#)

## 💖 CHANGING THE FEEL OF THEATRE BIRTH

Women want POSITIVE stories which are honest, factual, practical, apolitical, using language that feels unbiased

[Review DVD on birth stories and revamp](#)

[Signpost to other sites with birth stories](#)

[Use our interviewees to create new positive stories](#)

[Liaise with PositiveBirthMovement to include NB women in talks for others](#)

🌸 HUMANISE the theatre experience with pictures and quotes from staff and parents, positive images on display  
[Reproduce gallery on Gwillim and web site including roles](#)  
[Ask families to share pictures reflecting their birth experience to share on website via social networks](#)

Email, tweet or just grab us for a chat and a cuppa



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