

Workshop A: Parents' Wellbeing during Pregnancy and After Childbirth

1. The Icelandic Home Visiting System

Presenter: Ástþóra Kristinsdóttir og Sesselja Guðmundsdóttir

All new mothers in Iceland are offered frequent home visits from midwives in the first 10 days after childbirth. After that period, the family is visited by a nurse from infant and child healthcare. An emphasis is placed on delivering the home visits in an individualized way, meeting women and families with friendliness and respect. A focus is placed on the mother's physical and psychological wellbeing and the life changes that a new baby brings to the family. If two parents take care of the infant, the emphasis is on including them both. This talk will discuss the home visiting system in Iceland and implications for parent–infant attachment, breastfeeding, maternal wellbeing, and family communication.

2. Parent groups in the Swedish prenatal and child health services

Presenter: Eva Eurenus

Prenatal and child health services are activities that meet all parents and therefore play an important role in supporting parents during pregnancy and the children's first years. For more than 50 years, Swedish prenatal and child health services have had a far-reaching mission from the government to support parents around the birth of a child and the child's first year of life. A common form of this parental support is the parent groups. This presentation will take a closer look at how the parent groups in Swedish prenatal and child healthcare services work and what research has informed about effective methods for well-functioning parent groups.

3. Mamma Mia: An evidence-based online programme for mental health promotion and prevention

Presenter: Thea Sundrehagen

This presentation will offer an introduction to Mamma Mia which is an internet-based intervention for wellbeing promotion and prevention of perinatal depression. The presentation will give an overview of previous research and discuss a new cluster-randomized trial, comparing blended care to the unguided intervention in a Norwegian sample of pregnant women and new mothers.