



SRI RAMACHANDRA

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Category - I Deemed to be University) Porur, Chennai

Mother craft videos

Mother Craft is an educational process. An international strategy, it offers the expectant women and their family related to pregnancy, birth and post-delivery care. Mother craft clinic was started in the month of September, 2019 by the Department of Obstetrics and Gynaecology Nursing, and it has rendered service to 2000 over pregnant women to till date.

The objectives of the clinic:

All antenatal women attending the mother craft clinic will be able to:

1. Understand the importance of antenatal care and follow up during pregnancy.
2. Comprehend the normal signs and symptoms of pregnancy.
3. Identify the minor disorders of pregnancy
4. Perform antenatal exercises appropriate for the gestational age of the pregnancy
5. Modify their daily diet plan based on their (physiological demand) nutritional requirements.
6. Recognise the signs of labour
7. Perform appropriate breathing technique during normal labour
8. Choose appropriate breast-feeding technique to her child
9. Apply concepts of postnatal care
10. Relate the essential concepts of newborn care while taking care of her baby
11. Choose appropriate contraceptive methods for their family planning
12. Utilise the maternity scheme applicable for herself.

The mother craft clinic is offered to all registered antenatal women that report to Antenatal outpatient department of Sri Ramachandra Hospital, Porur, Chennai for safe confinement. All expectant women will be reinforced to attend the clinic to prepare them to encounter labour process with confidence. Antenatal women attending the clinic may obtain a good knowledge on different levels/trimesters of pregnancy, labour process, post-natal care and child development by listening to lecture talks, video assisted teaching and demonstration by the expertise trained at the hospital. Further, she also will gain

comfort socially from the community with other mothers attending the mother craft clinic. She will be empowered and obtain positive feeling of pregnancy. Social involvement with others will produce a desire to emulate the best.

This clinic aims in creating awareness on the following topics of education to the expectant women and their spouse or caregivers (Immediate family members):

1. Introduction to antenatal period
2. Antenatal diet
3. Antenatal exercise
4. Minor disorder of pregnancy
5. Anemia during pregnancy
6. Signs of labour
7. Birth preparedness
8. Postnatal care/contraception
9. Breast feeding techniques
10. Newborn care
11. Maternity scheme
12. Postnatal exercises

Drive: Mother craft videos

<https://drive.google.com/drive/folders/1QPkedWSl6Zf-wx6efuS0fPUqPVJyoxS?usp=sharing>



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