



Mindfulness based Child Birth Education- Supporting a Good Beginning

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ABSTRACT:

Introduction: Mindfulness childbirth and parenting is an evidence based programme for expectant parents that integrates mindfulness skills and practice with childbirth and parenting education. Mindfulness-based childbirth teaches women to accept the discomfort they are feeling as well as learn to let go and trust their bodies to do its job. MBCP is to promote the mental health of parents as well as support childbirth self-efficacy, ease labour, improve partner relationships, enhance child well-being, and create parenting sensitivity. Additionally, teaching mindfulness skills may also improve the likelihood of long-term physical and mental health benefits for parents and their children

Objectives: To promote the use of Mindfulness child birth among women undergoing labour process

Methods: Relevant literature review through search on Medline and Pubmed, several maternal health module

Results: Professional emergency and routine care delivered in a safe and economical manners should be use for all pregnant womens under going childbirth process

Conclusions: The key to understanding mindfulness and making it work in childbirth and in parenting is recognizing the fact that it's a practice. So, in order for it to work, women have to practice it consistently. What's more, it's a life skill that can be utilized beyond childbirth, equipping the user with the unique ability to work through difficult situations that are outside of their control while reducing their stress and anxiety.

1. Introduction

During labour, women learn how to utilize their skills to work through the pain rather than letting fear and resistance dominate their thoughts. So by learning how to reduce the discomfort they are feeling women learn to work with the intense physical sensations there feeling and can reduce the

likelihood that they will feel overwhelmed. Mindfulness-based childbirth teaches women to accept the discomfort they are feeling as well as learn to let go and trust their bodies to do its job. Likewise, MBCP prepares women to accept what happens in childbirth especially if things don't go as



planned, which in the end reduces the overall stress and anxiety that comes with not being in control¹.

Childbirth can be intimidating for a lot of women, especially after hearing stories about intense labour pain and complications. In fact, there's a lot of negative talk surrounding childbirth, so it's very easy for fear and anxiety to set in, especially for first-time moms. In fact, 21% of women have serious anxiety during pregnancy. But research shows that utilizing mindfulness during pregnancy, childbirth, and beyond may actually reduce stress and lessen anxiety. It ultimately leads to healthier newborn baby with less issues regarding to developmental as they grown up. Although research is still preliminary, it's showing a great deal of promise. Plus mindfulness is easily accessible and inexpensive. Originally developed by Nancy Bardacke in 1998, the Mindfulness-Based Childbirth and Parenting (MBCP) program merges two disciplines—childbirth education with mindfulness practice. In general, MBCP follows the principles of mindfulness to support pregnancy, childbirth, and parenting². The primary principle of MBCP is to learn how to stay in the moment in order to deal with pain and fear. After all, when your mind wanders you can create all types of scenarios that may never truly happen. Overall, the goal of MBCP is to promote the mental health of parents as well as support childbirth self-efficacy, ease labour, improve partner relationships, enhance child well-being, and create parenting sensitivity³. Additionally, teaching mindfulness skills may also improve the likelihood of long-term physical and mental health benefits for parents and their children. One of the biggest benefits of MBCP is the fact that it can significantly reduce negative feelings including anxiety, distress, and hostility. And, research seems to support these claims. In fact, one study that incorporated an eight-week mindfulness program noted reductions in depression, stress, and anxiety compared with a control group⁴. Study looked specifically at pregnancy anxiety. During this study, pregnant women who were struggling

with high stress or pregnancy anxiety took a mindfulness class where they learned how to cope with pain, negative emotions, and hard social situations⁵. When compared to the control group, they experienced greater reductions in pregnancy anxiety.

2. Objectives

To explore effect of use of Mindfulness child birth among women undergoing labour process.

3. Methods

- Using electronic databases like Research Gate, PubMed, Scopus, Google Scholar, and Allied Health Literature (CINHAL), the researchers thoroughly searched for pertinent studies to conduct the narrative review. There were only original scientific publications in the review.
- The literature that already existed was carefully chosen to include in this narrative review.

INCLUSION CRITERIA

- Original research studies on the topic.
- The document, which is extensively available online and has full text accessibility.
- Papers for research projects presented in English

EXCLUSION CRITERIA

- Poor quality journal articles.
- A piece of research without an ISSN (International Standard Serial Number).
- Studies or researches that are not included in a journal database.



4. Results

POSITIVITY TOWARD SELF BY MOTHER BY USING MINDFULLCHID BIRTH

Sometimes pregnancy can be an overwhelming experience and women can pay more attention to the negatives than the positives. Studies reported more positive feelings like enthusiasm and determination. Additionally, the more mindful they were after the research process ended, the more likely they reported a greater sense of well-being, self-esteem, and positive feelings⁶. Collen etl. did research in Australia a qualitative study among pregnant women in week 18 to 28 weeks who do not have any mental disorders they under went MBCE programme, total sample 12 mothers with partners for a period of 4 months. After delivery of these pregnant womens it was found that they developed sence of empowerment sence of control during birth, also developed ability in decision making⁷.

REDUCES DEVELOPMENTAL ISSUES IN NEWBORN

Researchers have also noted that mindfulness can have positive impacts on a baby's future development. For instance, in a study from the Netherlands, babies whose moms were diligent and successful in practicing mindfulness at the beginning of the second trimester had fewer developmental issues, another study found that mindfulness can also impact a baby's ability to discern which sounds should receive their attention⁸. In other words, babies of mom who practiced mindfulness were examined when they were 10 months old while the researchers played different sounds.

REDUCTION OF ANXIETY

Pan et al.,2019 did RCT among pregnant women at 13 to 28 weeks gestation to the Mindfulness-Based Childbirth and Parenting (MBCP) program (n = 39) or traditional childbirth education (n =

35). Among participants of 8 to 15 they were introduced to MBCP programme for consecutive 8 weeks and all the sessions lasted for 3 hr only⁹. Focused session was on series of meditation exercise. Result depicted that there was lower level of stress and depression in patient who took session of MBCP compared to control group.

A qualitative study conducted by wan-lin pan et al.2021 did study to explore women reporting having depressive symptoms during perinatal time who opted for mindfulness course and perceived its effects. This descriptive qualitative study included 16 women with probable perinatal depression who had participated in an 8-week (MBCP) mindfulness-based childbirth and parenting program during their pregnancy and agreed to be interviewed. Result depicted that approximately after 1 month of intense course on intense mindfulness course. They proposed three themes and six subthemes relating to first-time mothers' experiences during and after the group mindfulness-based intervention pregnant women learned to be aware of body and subsequent about mind which consist of confronting awareness of physical changes which is expected, how the handle negative feeling, enhancing good and effective bonding in family relationship, and a rooming in with increase in bond among the mother and baby, and ultimately good bond with partner also¹⁰.

POSTPARTUM DEPRESSION REDUCTION

A RCT was conducted by Dexing zhang et al. 2022 to evaluate the efficacy of the Mindfulness-Based Childbirth and Parenting (MBCP) program in improving the mental well-being of pregnant women as compared to an attention-matched active control group (an Antenatal Childbirth Education and Support program). This was a randomized controlled trial conducted in Hong Kong with 183 pregnant women. Assessments were conducted at 4 steps at baseline (T1), at the last prenatal session (T2), 6–8 weeks postpartum (T3), and 6 months postpartum (T4). The primary outcome was the



Mental Component Score (MCS) . Secondary outcome which included anxiety, depression symptoms, stress , catastrophizing thought about pain. Clinical outcome was childbirth. ANCOVA method of analysis was used for analysis. MBCP demonstrated superiority over the control at T4 ultimately improving mental health related to quality of life hence reducing depression and anxiety and increasing the level at T2, T3,T4. MBCP resulted in positive outcome of mental health and perceived to be as a safe intervention of pregnant women among Hong Kong¹¹.

Another RCT was done by vietien etl 2008 on mindfulness intervention for pregnant women in the 2nd and 3rd trimesters with a history of mood disorder and on treatment among 34 participants which showed decreased state of anxiety and negative thought as compared with other group which was control group not exposed to intervention¹².

Another study which was pilot study done by Guardio etl in 2014 total participant 42 women at 6 weeks with mindfulness intervention who were experiencing stress and anxiety (n=23) were in control group with home practice and n=24 who under went intervention of MAPC (Mind full practice classes) Participants in both groups experienced increased mindfulness, as well as decreased perceived stress and state anxiety over the course of the intervention and follow-up periods¹³.Another pilot study supported benefits of mindfulness in perinatal time, which add on postpartum maternal self efficacy well as more close bond between maternal and fetal¹⁴.Ultimately The MBCP programme over period of 16 yrs implementation in clinical scenario found to be most consist with its dual positive impact on child birth and also on mind set good parenting skill¹⁵.

REDUCTION OF OPERATIVE INTERVENTION BY USING MINDFULNESS BASED CHILDBIRTH

RCT was conducted by Irena.K et al. 2021 to compare which intervention was effective where MCBP or ECAU enhance care as usual for FOC fear of child birth on opertative interventions during labour and improves newborn outcomes. Results shown MBCP was significantly higher to ECAU(enhanced care as usual) in decreasing FOC(fear of child birth), catastro-phizing of labour pain, preference for non urgent obstetric interventions, and increasing acceptance of labour pain. Apgar score at 1 minute assessment found to be higher in MBCP. After correction for multiple testing, results remained significant¹⁶.

Veringa-skiba et al.,2022 did RCT among two groups one group named as fear of child birth (FOC) at 16-26 weeks (n=75) and Enhanced care as usual (ECAU n=66).The MBCP programme was done on 9 weekly 3 hr session in which both mother and this partner participated in a variety of meditation exercises. The authors found that the participants in the MBCP group had lower FOC (fear of child birth)scores after treatment and fewer births with medical intervention compared with the ECAU group. The results epicted that above two studies that MBCP is effective intervension to decrease fear of child birth and increase ultimately natural birth¹⁷.

PREMATURE BIRTH PREVENTION WITH USE OF MIND FULLCHILD BIRTH

Although more research is needed in this area, there are a few studies that show that mindfulness could reduce the risk of premature birth. In fact, one study found that a mindfulness program may have an impact on premature births.



5. Discussion

Mindfulness-based Interventions it ultimately address towards the stress reduction and ultimately having positive impact on quality of life of pregnant women .MCBP intervention ultimately becoming centre of importance while mother is undergoing through this birth journey .These programme can offered broadly as an inventive childbirth education aim at promoting mental health of both parents, improving relationships of patner and improving and enhancing well benign of child. Mental and physical health advancement in the perinatal period with the potential for extensive acceptance since it can be presented as childbirth education with an effective and sought after stress reduction component. Effective intervention in this period may produce long term benefits to physical and mental health for families.

Conclusion

The key to understanding mindfulness and making it work in childbirth and in parenting is recognizing the fact that it's a practice. So, in order for it to work, women have to practice it consistently What's more, it's a life skill that can be utilized beyond childbirth, equipping the user with the unique ability to work through difficult situations that are outside of their control while reducing your stress and anxiety.

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