

PROJECT: TITLE IMPLEMENTATION AND EVALUATION OF THE ANTE-NATAL AND POST-DELIVERY PARENTING EDUCATION PROGRAMME

Goal:

Strengthening ante-natal and post-delivery Parenting Education to promote and improve maternal and child wellbeing

Objectives:

- To establish baseline indicators for the ante-natal and post-delivery parenting programmes
- To assess the effectiveness of the programme
- To identify training needs of facilitators engaged in the programme

Background and Rationale:

The transition to parenthood has been found to be a time of intense change often involving a sense of loss, isolation, and fatigue. Physical discomfort and pain following birth can also be emotionally draining. Both mothers and fathers are often preoccupied with the responsibility of keeping their babies safe. This period is an important time of physical recovery, role changes and emotional adjustment.

International research have highlighted that parents require clear explanation and reassurance of what is happening to them as they go through these experiences. It has also highlighted their need for positive acknowledgement and reassurance as they process what is happening and what it means for them.

In the Seychelles context, no studies have been conducted to assess the health, psychological, emotional and social impact of both ante-natal and post-delivery wellbeing of parents, however anecdotal information gathered from parents indicate that they are facing similar challenges in terms of addressing their needs before and after delivery.

The Ante-natal Parenting Programme by the Social Affairs Department was introduced in 2013 as a strategy to contribute towards the building up of a solid foundation for the future of children, families and communities in Seychelles. The programme is delivered in collaboration with the Ministry of Health. It is a key action of the Social Renaissance Action Plan and the National Action Plan 2013-2014 addressing goal number 8 of the SF-ECCE National Framework.

Under the 1st cycle of the National Action Plan 2013-2014, two training manuals to guide facilitators in assisting parents throughout the ante-natal and post-delivery transition were developed, and three ante-natal and three post-delivery parenting sessions were introduced in five regions of the country including Praslin Island. The training manual incorporates various topics

related to the psychosocial needs of parents during the ante-natal and post- delivery phase. The sessions compliment the already existing services provided by the Ministry of Health which comprise of activities such as breathing techniques, diet during pregnancy and health of the baby. The main purpose of these sessions was to provide parents with the information and skills to improve pregnancy and birth outcomes. The programme has so far recorded a grand total of 1108 attendances of which 212 were males and 873 females during the year 2014.

Description:

Apart from the pre- and post-test evaluation, questionnaire and the attendance record of the Antenatal and Post Delivery Education Parenting Programme, there is no other data collecting mechanism or proper structure to manage the information. The project will address the need for benchmarking and proper monitoring. It is intended to develop clear sets of indicators for a longer term evaluation of impact. The findings of this project will inform the development of monitoring and evaluation tools for the programme, identify areas of weaknesses, assist with the development of indicators and guide policy makers on the way forward with this programme.

The Social Affairs Department will oversee the implementation of the activities under this project. Its successful implementation will depend on the collaboration between the Social Affairs and its key partner, the Ministry of Health.

The types of methods to be used in the evaluation will include the following:

1. The administration of a series of Focus Group Discussion surveys in 5 regions on Mahé and Praslin in order to determine the participants' perceptions of the programme
2. The evaluation of observation data through a checklist from facilitators administering the session
3. The administration of a questionnaire to facilitators and partners (focal persons) to identify strengths, weaknesses, opportunities and threats encountered in the programme in the various regions
4. The administration of a survey questionnaire to past participants to gauge effectiveness of the sessions
5. The evaluation of data from the pre- and post-test being administered to parents during and after the antenatal and post-delivery sessions

The project sample will be a total of 100 parents who will attend both the ante-natal and post-delivery sessions starting from August 2015

Other activities will include

6. Development of a database for monitoring and evaluation
7. Dissemination of findings with key stakeholders
8. Development and implementation of strategies for strengthening the programme

Budget Narrative:

The estimated cost for the project is SCR166, 500. This includes consultancy fee to undertake the survey and workshop to share findings and develop M&E tool.

Funding will be sought from the ECCE Trust Fund for the consultancy fee and the cost for the workshops will be funded by the Social Affairs Department recurrent budget.

Expected Outcome

- Improved knowledge on parenting practices
- Established sets of baseline indicators on which to measure the effectiveness of the ante-natal and post-delivery parenting programmes
- A monitoring and evaluation mechanism in place to inform programme direction

Performance Indicators

- Proportion of parents with increased knowledge on psychosocial needs based on specific sets of indicators
- The level of satisfaction of parents who have attended the ante-natal and post-delivery sessions through questionnaires and focus group discussion

Baseline

Apart from the total number of attendances, disaggregated by sex and recorded per district, there is no other baseline available. However, the result of the project will be used to set a baseline