

Prenatal Decisions

A WORKSHOP MODEL

I Make
Healthy
Choices For My Baby

PAUKTUUTIT
INUIT WOMEN OF CANADA
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How to Use the Prenatal Decisions Workshop Model



WHERE DO I START?

Start with the workshop Decisions Framework (See page 7). You will have to change the wording and the discussions to fit your topic but the organization for how to move through the workshop is the same. A Workshop Planning guide will help you make your workshop suitable to your group and topic. (See page 8).

The Decisions Framework is set up so that the first part of a workshop session focuses on Inuit values, choices, decisions we all make. At the centre of the framework, the focus is on holistic wellness and how wellness has spiritual, social, physical, and mental parts.

From that mid-point, there are activities that lead to a personal assessment to change behaviour. A person may never actually change negative behaviours but at least they have the information to make choices.

WHAT THINGS DO I NEED TO CHANGE?

The discussion topics, the background information and the games will be different for each workshop. You'll have to input those changes to the framework and the agenda.



Workshop Planning Steps

BACKGROUND

1. You need a place to hold your workshop.
2. Ask an elder to assist with the opening and closing. They may be interested in speaking on the workshop topic.
3. Ask community members/experts to speak at your workshop if you wish.
4. Arrange for healthy food for breaks and lunches.
5. Make a radio announcement if you want several people to attend.

PLANNING

1. Read the **Decisions Workshop Framework** (page 7) to understand the basis for the workshop organization,
2. Examine the **Participant Agenda** (page 8). This is a short agenda with almost no details that the participant receives in advance of the workshop. If you wish you can put in a length of time for each section.
3. Read the **Facilitator Step-by-step Agenda** (page 9) because in it you will find all of the steps to take in order to move the participants through the workshop process.
4. Think about the health topic for your workshop (Smoking, Substance use, Diabetes, Healthy Food Choices, Increased Physical Activity, etc.) and how it fits into this agenda. Substitute your topic for the smoking example.
5. Write down ideas for games, icebreakers, and mixers.

6. Find support material on your topic. (Clinic, CHR, Nurse, Internet. Pauktuutit). Suggestions are listed on page 18.
7. Create your agenda by putting 4 and 5 together.

TAKE ACTION

1. Invite participants or advertise on the radio.
2. Use the Equipment List (page 14) to gather all of the materials you will need.
3. Make copies of your agenda and the evaluation forms.



Decisions Workshop Framework

This framework can be used as a base model for a half-day workshop that moves quickly through these points or it can be adapted for use in a much more detailed two day workshop where there is more time to expand on each of these categories and include more points.

1	Welcome and Introductions
2	Outline of program—Goal setting
3	Values
4	Feelings
5	Dreams
6	Choices
7	Purpose—of Dreams and Choices: To...
HOLISTIC WELLNESS	
HEALTH BREAK	
1	Smoking during Pregnancy
2	Past Messages
3	Traditional practices, teachings of elders
4	Future Messages
5	From Baby's Viewpoint
6	Now Message—to myself
7	Personal/Private Decisions
8	Evaluation

Prenatal Decisions Workshop Model

PARTICIPANT AGENDA

Welcome and Introductions

Goal of Workshop

To conduct an intervention with young pregnant women that would contribute to smoking cessation thereby improving maternal and child outcomes.

Objectives

Topic 1—Values

Topic 2—Visioning Exercise #1

Topic 3—Choices

Discussion

Topic 4—Holistic Wellness—Parents' Role

HEALTH BREAK

Topic 5—Past Messages

(from traditional practices and teachings of elders)

Topic 6—Future Messages

(from a baby's viewpoint): My Child's Voice

Topic 7—Now Message

(to myself): My Promise to Me

Discussion Questions

Evaluation

Closing



FACILITATOR STEP-BY-STEP AGENDA

Welcome and Introductions

Each participant introduces herself. If they already know one another, they could say “hi” and share something such as how they are feeling.

Goal of workshop

Facilitator reads and writes the overall goal of the workshop. In this case the overall goal is:

To conduct an intervention with young pregnant women that would contribute to smoking cessation thereby improving maternal and child outcomes.

Objectives

The participants supply their ideas about what *personal* objectives they hope to gain. Write all of their ideas and stick the list up on the wall. Both the goal and the objectives are put up the wall.

NOTE: In meeting room, set up a table with reading materials such as the Pauktuutit Smoking Kit, “Our Ancestors Never Smoked”, Health Canada pamphlets, etc.

Topic 1—Values

Values are strongly held and widely believed ways that groups of people use to interact in a safe and caring way. E.g. Love, Trust, Family, Honesty, Responsibility, Respect.

Participants create a chart paper list of all of the values they can think of by telling the facilitator what to record.

On a large card, each participant writes the value that means the most to her. One by one they show their word, explain why they chose it, and then stick it up on the wall.

GAME

THE DUE DATE GAME

No one tells when they are due. Each participant puts her own name and then lists all of the other names.

Participants walk around, check each other out, and guess the month of each of the other girls' deliveries which she writes down on a list and then she marks in her own month.

One participant stands and all the others tell their guesses. She tells her month and if correct, the others give themselves a check mark. After they have all had a chance to stand, see who has the most checks.

PRIZES—A plastic water bottle is recommended because water is so important to the growing fetus and also a mother who is trying to stop smoking or reduce her smoking, benefits from the sucking action.

EASY MIXER—creates a time for movement.

Topic 2—Visioning Exercise #1

Visioning in the sense that it is used here refers to thinking deeply and envisioning or 'seeing' in your mind's eye, what you imagine.

To assist participants to 'see' their future child, the following exercise has been developed.

Before giving out the exercise sheet, you can demonstrate by showing the completed first sentence starter on your chart.

Sample:

I envision my child as...a healthy loving, playful person.

Sentence Starter Page

Make a personal list of thoughts that contribute to your vision for your child by filling in the sentence starters:

1. The talent I think my child will probably have is...
2. I think my child will graduate from...
3. The sport my child is likely to enjoy is...
4. My child will sleep...
5. Probably my child will look...
6. My child will smell like...
7. I hope my child will...
8. I hope the choices I make now...

INDIVIDUAL CARDS: After the participants are finished the sentence starter page, start to create a group list on the chart by asking each woman to read one dream/wish from that page. Each person can then tape her paper to the chart.

Topic 3—Choices

Make a personal list of choices you have made for your baby – example: crib, clothes, colour of room, stroller, etc.

Discussion

DISCUSS: Why we have Dreams and make choices for our new baby.

Example: We want the best for each child.

Topic 4—Holistic Wellness—Parents' Role

- Draw a big circle on the chart paper:
- Divide the circle by making an x on it:
- Label the sections:
- Spiritual, Social, Physical, Emotional.

As a group, discuss what parents do for children and as Ideas and actions are mentioned, the facilitator writes them in the most suitable section on the circle.

Example: Food goes in the physical section, Love - emotional.



HEALTH BREAK

This is a good time to prepare the baby food plates for the next game, but don't let any of the participants see.

Topic 5—Past Messages (from traditional practices and teachings of elders)

Pauktuutit has an excellent resource kit called, “Our ancestors never smoked...”

Naming—Traditional naming practices are a study in themselves, but the women could share what they know about names, funny stories about names, or who chose their names and why.

Feeding—Breastfeeding advantages

Songs—Do you remember a song from your childhood?

Clothing —Carrying a baby – the Amauti

“When we were going to put the baby in the Amauti, we would cut a piece of fur from the neck of the caribou. Then we would shape it round and put it in place inside (the Amauti).” LUCYTUPIK, QAIRNIRMIUT, 1979:54

Smoking —There is historical information in Pauktuutit’s

“Our ancestors never smoked...” Facilitator’s Guide, Appendix 5: pp. 47-53.

Smoking and Pregnancy—When you or the people around you smoke, your baby smokes too. A smoke-free environment is best for both you and your developing baby.

IMPORTANT FACTS

When you smoke, your baby gets less oxygen and nutrients. This can cause your baby to grow more slowly and gain less weight in your womb. Babies with a lower-than-average birth weight tend to have more health problems. And the more you smoke, the higher the risk that your baby will have complications during the perinatal period (just before, during and just after birth). This is true for babies exposed to second-hand smoke too.

Cigarette smoking exposes your baby to over 4,000 chemicals found in tobacco smoke. Fifty of these are associated with cancer.

Exposure to tobacco smoke affects your baby for life. Your baby may have learning problems, more ear infections and more colds and breathing problems. Being born small can affect your baby's health into adulthood.

Smoking during pregnancy will increase the risks to your own health too. For example, you have a greater chance of having a miscarriage than a non-smoker. During the birth, you are more likely to have complications.

Second-hand smoke is just as bad. Second-hand smoke contains the same toxic chemicals and carcinogens that smokers inhale. Children regularly exposed to second-hand smoke are at least 50% more likely to suffer damage to their lungs and to develop breathing problems such as asthma. When you breathe in second-hand smoke, you have a greater risk of developing lung cancer, heart disease, breathing problems and irritation of the eyes, lungs and throat.*

* from Government of Canada The Sensible Guide to a HEALTHY pregnancy 2008

Topic 6—Future Messages

(from a baby's viewpoint): My Child's Voice

Ask each participant to pretend that she is a baby and, as a baby, has a message for Anana.

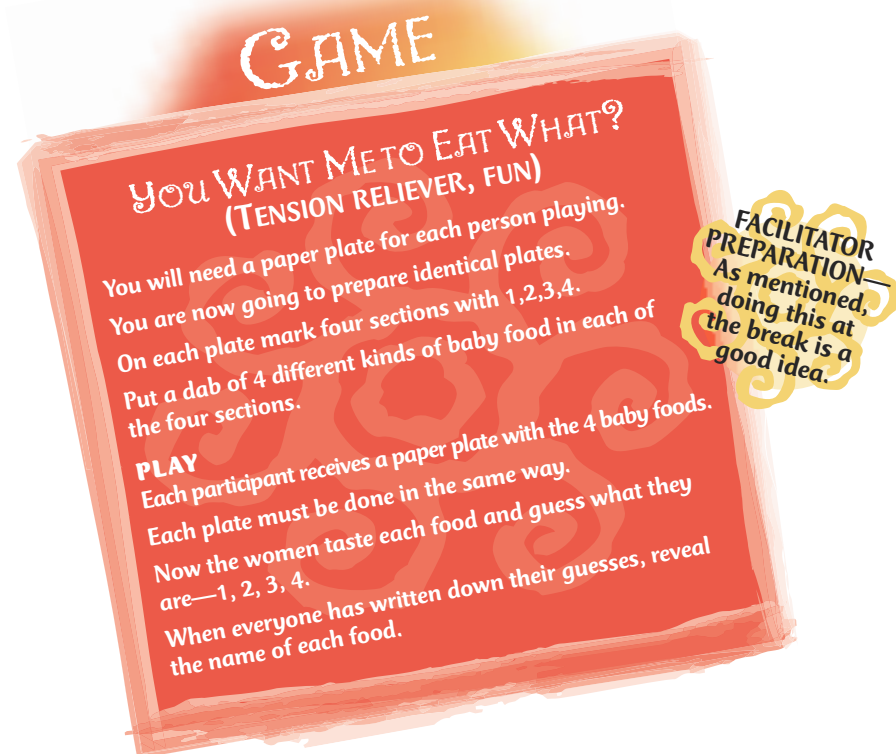
Each one is asked to contribute one idea about what she thinks her baby would ask her to do during this pregnancy. Go around the room a couple of times so that there is a comprehensive list.

Visioning Exercise #2

Imagine you are a developing baby. Think about the delicacy of your tissue, your skin.

Think about the number of chemicals in a cigarette. Think about the number of times each day, (the number of cigarettes a day) you would experience all negative effects of a cigarette.

Think about being a Mother. How can you help your baby to develop in a safe, healthy way? What decisions around smoking can you make?



Topic 7—Now Messages (to myself): My Promise to Me

Write These Headers on a Chart Paper

Be Active, Alcohol Free, Smoke Free, and Eat Healthy

Ask each participant to write one important promise to herself under each heading. Now the participants will each have 4 promises related to these topics.

Participants try to put each decision in order of importance.

Reminder—Where did you put smoking on your list?

The group members now share their promises to their unborn child, if they wish.

Discussion: “How will your baby benefit from each of your promises?”

Depending on the time you have with your prenatal group, now is a good time to increase the group awareness of the damage smoking can do to their babies. Simply ask these additional questions suggested by the Inuit women who participated in the pilot workshop:

1. How does the placenta of a smoking and non-smoking Mom compare?
2. How does the cord of a smoking and non-smoking Mom compare?
3. Since your baby has become used to smoke during the nine month gestation period inside you, what is Baby going to experience after the birth? How will this affect Baby’s behaviour?

Answers as provided by the midwives of Puvirnituk, Nunavik

1. The placenta of a non-smoking Mom is healthy and no areas of damage (white areas on the placenta show that the blood flow is blocked and fewer nutrients flowed through for the baby).
2. The cord of a non-smoking Mom is thick and strong; the smoker’s cord is thin and brittle.
3. Babies of smoking Moms show signs of nicotine addiction after birth; they can be irritable and cry a lot. As the midwives say “ the babies are craving a cigarette.”

Evaluation: Input from participants.

Closing: Each woman receives a Message T-Shirt, a calendar, etc.



Equipment Checklist

- **Agendas**—enough for each person
- **Chart stand**
- **Chart Paper**
- **Markers**
- **Pens/Pencils**
- **Tape**
- **Blank cards**—for participants
- **Paper**—several sheets for each participant
- **Prizes**—T-shirts, baby food packages, plastic water bottles, etc.
- **Evaluation Forms**

THIS SECTION WILL BE DIFFERENT FOR EACH WORKSHOP

- **Paper plates**—Food Game—one for each player
- **Four jars of different kinds of baby food**
- **Plastic spoons**

Workshop Games

GAME

THE DUE DATE GAME

No one tells when they are due. Each participant puts her own name and then lists all of the other names.

Participants walk around, check each other out, and guess the month of each of the other girls' delivery dates which she writes down on a list and then she marks in her own month. This is a good time for the facilitator to join in and model the joking and mingling.

SELF-CHECK: One participant stands and all the others tell their guesses. She tells her month and if correct, the others give themselves a check mark. After they have all had a chance to stand, see who has the most checks.

PRIZES—Everyone can receive a prize but they are optional.

MIXER

GAME

GUESS THE BABY FOOD

- Prepare paper plate by dividing it into 4 parts, numbered 1,2,3,4.
- Put a small spoonful of 4 different kinds of baby food on the plate so that each plate is identical.
- Participants taste and try to guess what each food is, recording the 4 kinds on a paper—1,2,3,4.
- When everyone is finished guessing, the right answers are given and the person with the most foods named correctly is the winner.

FUN!

Activity Sample

Sentence Starter Sheet

Example for the group: I envision my child as...a loving, respectful and athletic person.

1. The talent I think my child will probably have is...

2. I think my child will graduate from...

3. The sport my child is likely to enjoy is...

4. My child will sleep...

5. Probably my child will look...

6. My child will smell like...

7. I hope my child will...

8. I hope the choices I make now...

Background Information

This section is one that will change according to the health topic of your workshop. Whether your workshop is on Healthy Decisions on Smoking, Eating, Physical Activity, Diabetes, Alcohol and other Drugs, etc. you will have to find current information on the topic.

You probably have a wealth of information available at the local health center, school, or at the CHR office.

The web offers up-to-date information. Just try a Google search on any of these topics and you'll have plenty of material to discuss.

Health Canada, either through the website or a phone call, also has material that can be helpful for a workshop.

Health Canada Website: **www.hc-sc.gc.ca/hl-vs**

Public Health Agency Website: **www.healthycanadians.gc.ca/hp-gs**

Pauktuutit Inuit Women of Canada can be reached at:
www.pauktuutit.ca

Tel: 613-238-3977

Fax: 613-238-1787

1-800-667-0749

Simply ask for the person at Pauktuutit who would be able to help you on your topic.

Remember to ask experts in your community.

Consult with elders.



Sample Evaluation Form

Questions about the Facilitation

Tell me about your comfort level during this workshop.

Describe some opportunities you had to join in today.

Questions about the Workshop Content

What would you say you learned today?

If you could leave one part of today's workshop out what would it be?

Tell me your objective for today and whether or not it was met.

Questions about the Workshop Experience

What part of the workshop meant the most to you?

Describe the most interesting thing you did in this workshop?

Which part of this workshop will you remember two months from now?

