

## **DML Excellence Awards 2016 Report**

**Project No: 2 – Tots & Tums Classes**

**Address: Treetops Children's Service**

**Location: CHO 7**

### **Brief Description (up to 200 words)**

A Tots and Tums class is run once a month and aimed at new Mums and their babies who are less than 3 months old. The class is a health promotion initiative comprising two elements. The first part of the class aims to provide information and education to Mums on pelvic floor exercises, exercise in the post natal period, postural advice and management of pain. The second half of the class aims to provide education to Mums on plagiocephaly and how to prevent it. Advice and education is provided on tummy time and benefits of prone positioning. General advice is provided on equipment, toys and play with your baby. There is a practical component to the class as Mums are given the opportunity to practice pelvic floor and post natal exercises and also various tummy time positions with their babies.

### **Main goal(s) and aims of the Project**

The main goal and aim of the classes are to provide information, education and advice to Mums on the pelvic floor, exercise in the post natal period, postural advice and management of pain. With regard to their babies: education, information and advice is provided on plagiocephaly and how to prevent it, the importance of tummy time for milestone skill acquisition and general developmental advice. This aims to assist in the reduction in the incidence of plagiocephaly, developmental delay and post natal issues with new mums.

### **Outline of Approach – main steps taken to implement the Project**

The main approach was:

Visit and observe class in Dublin South West.

Put together a business case and proposal to the Physiotherapy manager to outline the goals and aims of the project and secure funding for equipment and leaflets.

Update the information leaflets and flyers.

Obtain quotations for printing of the leaflets and flyers and equipment needed to run the classes.

Promotion of the class via the PHN's, AMO's, other Physiotherapists and AHP's via newsletters, information handouts, attendance at PHN staff meeting and tots and tums flyers.

Run the classes and audit the classes via a feedback questionnaire.