

Project Title

Increasing Parenting Confidence Level in First time Parents Through CRADLE Health Webinars

Project Lead and Members

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- Joyce Teo
- Thilagamangai
- Prof Chay Oh Moh
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Organisation(s) Involved

KK Women's and Children's Hospital

Healthcare Family Group Involved in this Project

Medical

Applicable Specialty or Discipline

Paediatrics

Project Period

Start date: Not Available

Completed date: Not Available

Aims

- Aim is to measure the effectiveness of this initiative specifically designed for these first time mothers

Background

See poster appended/ below

Methods

See poster appended/ below

Results

See poster appended/ below

Conclusion

See poster appended/ below

Project Category

Training & Education

Education Platform

Keywords

Parenting Confidence, First-Time Parents, Health Webinars

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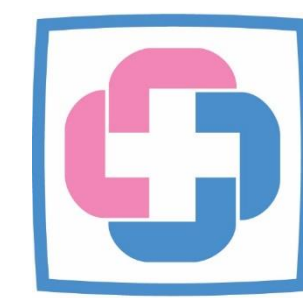
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Increasing Parenting Confidence Level in First-time Parents Through CRADLE Health Webinars

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KK Women's and Children's Hospital SingHealth

Introduction

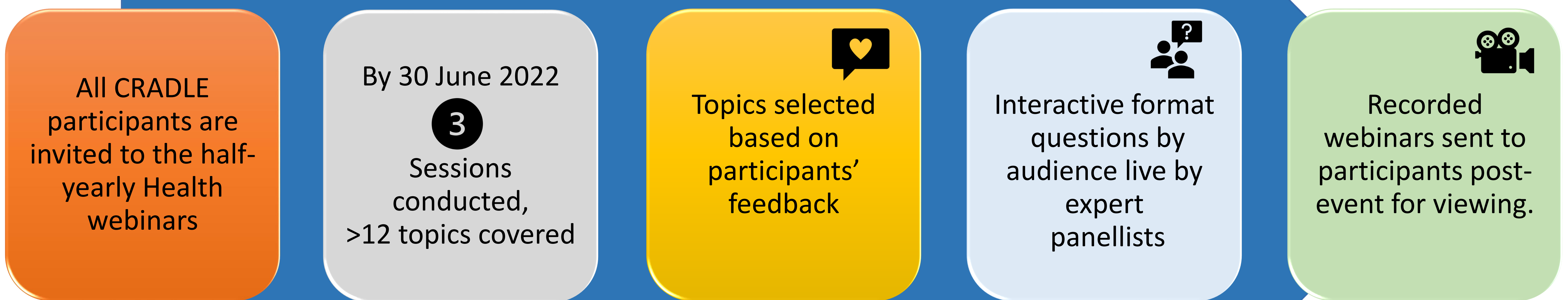


First-time mothers are usually apprehensive about coping with the demands of pregnancy and motherhood and the growth and development of their child. The Community enabled Readiness for the first 1000-Days Learning Ecosystem (**CRADLE**) study seeks to develop a self-learning eco-community from pregnancy to early childhood to encourage parenting self-efficacy (PSE) and improve health outcomes for first-time parents. The study had recruited 548 first-time pregnant women from KK Women's and Children's Hospital.

Objective

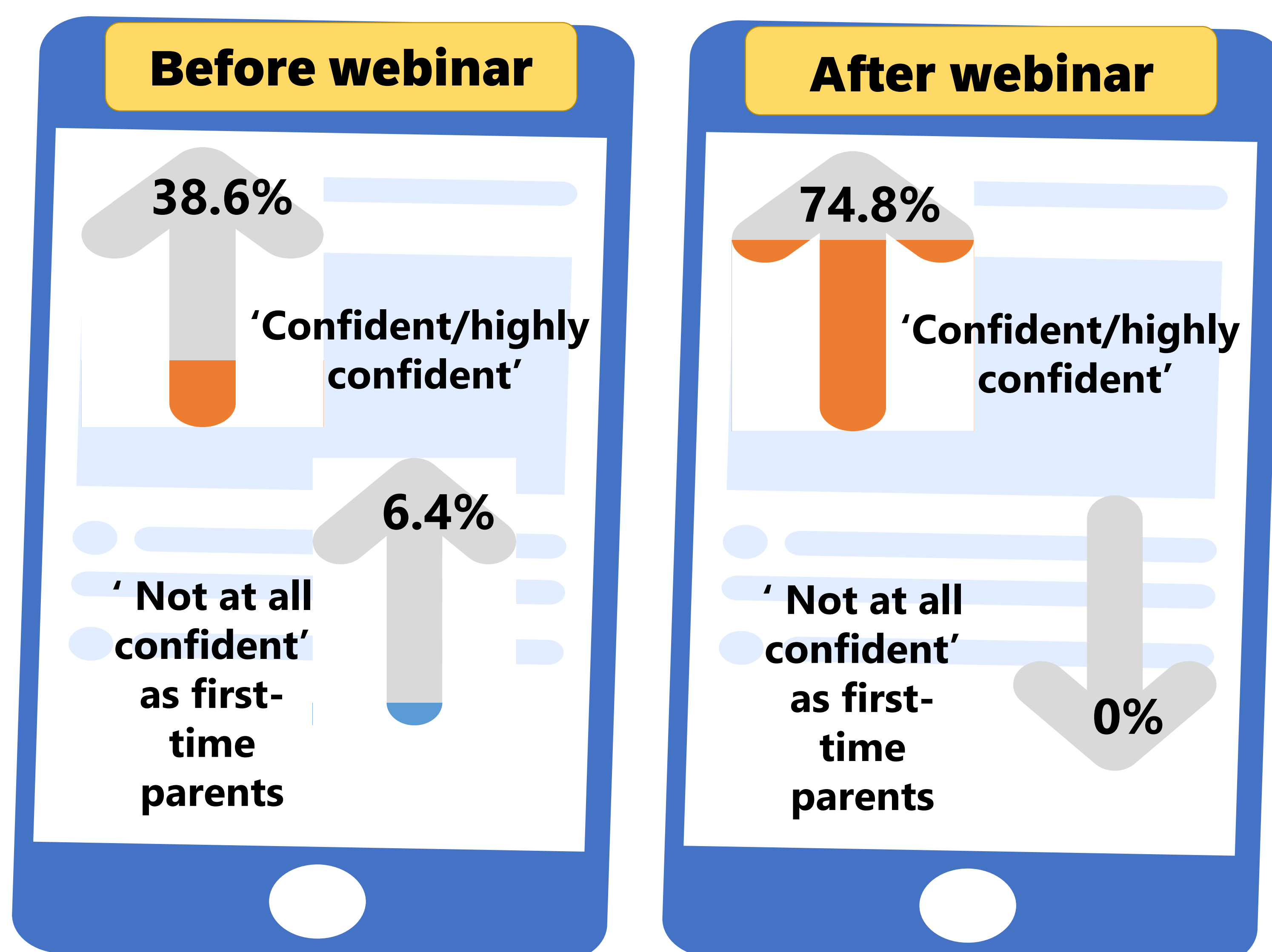
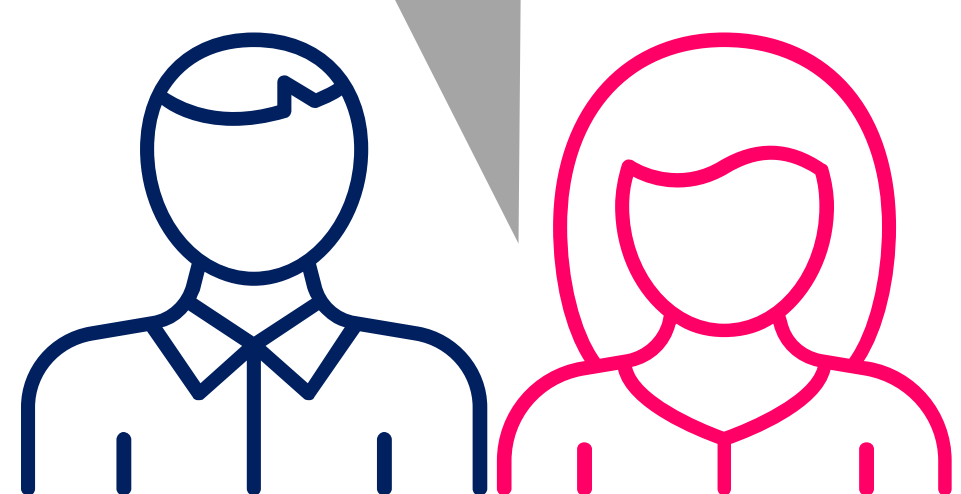
As part of the engagement and support provided to participants, CRADLE holds bi-annual health webinars on maternal and child health with topics surrounding pregnancy and early childhood. The aim is to measure the effectiveness of this initiative specifically designed for these first-time mothers.

Methodology

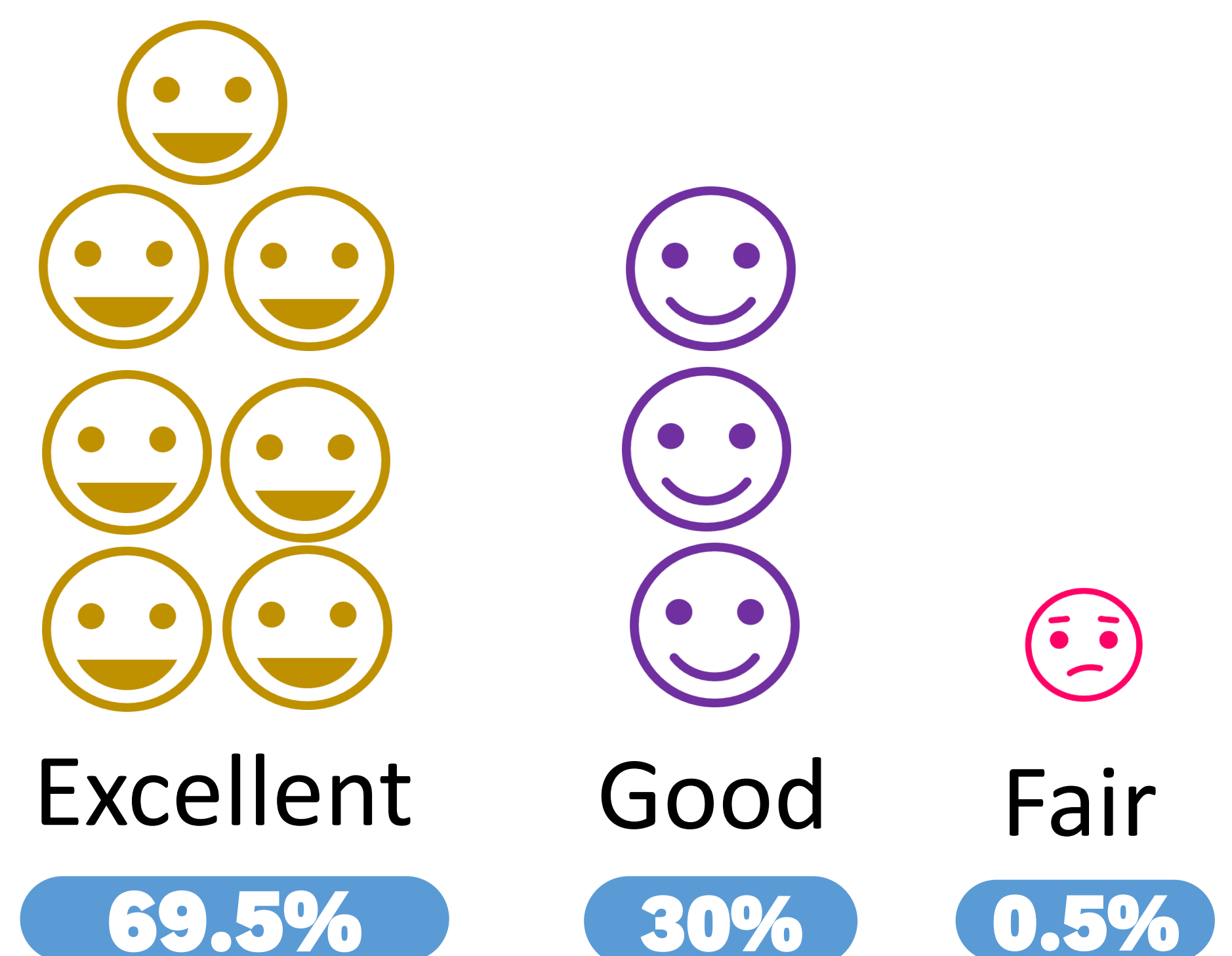


Results

202 feedbacks received



Overall Rating of CRADLE Webinars



Conclusion

Through the surveys, it is noted that the confidence level for the CRADLE participants' had increased, which suggests that regular CRADLE health webinars can be an effective, safe, and low-cost engagement forum to improve the confidence level of first-time mothers in Singapore.