Introduction

**BABY STEPS** was supported and developed in conjunction with the Institute for ‘Health Care Improvement’ and ‘Children and Young People Improvement Collaborative’ as part of the Improvement Science in Action Plus Programme.

Quality Improvement methodology was utilised to support all aspects of the programme, including: methods of engagement (invitation process), programme development, the impact of the programme on the women’s health and wellbeing.

Delivering Now

**BABY STEPS** is a multi-agency, Midwife led, free, fun, interactive 8 week programme, actively supporting women to take small steps to improve their health and wellbeing during pregnancy. We have delivered 5 cycles of the programme since June 2017.

The Programme includes:

- Healthy eating tips
- Hands on cooking sessions
- An introduction to gentle activities, such as walking, aqua natal sessions and relaxation
- An opportunity to meet other pregnant women

Improving for the future

Our aim is to incorporate the Baby Steps programme into core delivery streams and antenatal pathways nationally.

**BABY STEPS** has developed a toolkit to help the roll out of the programme in other areas.

Sandra (aqua natal instructor) ‘Baby Steps, is a fun, safe, sociable way to get active, mostly it’s about you feeling good for now and the future’

Penny (Community Kitchen) ‘Baby steps is the perfect model of a local group fully utilising the Inkwell Community Kitchen facilities to help promote a healthier life style accompanied by laughter, and blossoming friendships in those attending’

Wellbeing wheel

To measure the impact of **BABY STEPS** on the women’s health and wellbeing they complete the wellbeing wheel on **week 1, week 4 & week 8**.

Data Demonstrates that a 100% of women attending the programme reported:

- An increase in knowledge and confidence in how to take steps to improve health and wellbeing
- An increase in awareness of support available within the community
- Feeling healthier and more active
- A clearer understanding of how to interpret food labels
- An increased awareness of the risks of having a BMI >30 and how to reduce these risks.

Feedback

- I do a lot more homemade cooking with healthy food, using the recipes from baby steps; when my baby is sleeping.
- I walk as much as possible, 1 walk a day to keep active and swim once a week

Long term impact...

- I do a lot more homemade cooking with healthy food, using the recipes from baby steps; when my baby is sleeping.
- I walk as much as possible, 1 walk a day to keep active and swim once a week