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Study in urban areas indicates prenatal education programs and maternal confidence

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DESCRIPTION

The possibility of postpartum depression may be decreased by teaching parents to comprehend their baby's behavior. Hug to baby was developed to assist parents in understanding their child's behavior. It has been discovered that the programmed improves fathers understanding of preterm infants in Neonatal Intensive Care Units (NICU), as well as reduces maternal stress and boosts confidence in moms who have infants in Special care nurseries.

When compared to a control group, mothers who participated a greeting to baby duration had significantly lower postpartum depression scores and significantly higher parenting confidence scores. Hug to baby education has been demonstrated to help reduce postpartum depression and increase parenting confidence. Today's mothers live in nuclear (rather than extended) families in urban centres and also have children at a later age. These lifestyle changes may lessen the assistance provided to new parents and may be a factor in the rising incidence of maternal postpartum depression, which is a growing public health concern. Healthy parents and children a programmed administered by the Ministry of Health, Labor and Welfare (MOHLW), has two objectives: to assist parents who have trouble parenting their children and to prevent child maltreatment from conception.

Anxiety/depression scales were higher in primiparas than in multiparas. The current authors surmised that interventions such as those using videos to depict newborn behaviors and effective parenting strategies would likely decrease postpartum depression with two aims to support parents who face difficulties raising their children, and to prevent child abuse from pregnancy onward. Japan's mothers today are living in nuclear families in the metropolis, having children later in life. As

a result of these lifestyle changes, the support provided to new parents may be reduced, which may also be a factor in the public health concern of maternal postpartum depression. All mothers experience anxiety and sadness, according to large-scale and nationwide birth cohort studies conducted by the Ministry of Health, Labour, and Welfare (MOHLW). This project is called healthy parents and children. Poor maternal-infant bonding as well as an increased occurrence of illnesses like asthma and wheeze has been demonstrated to be connected with postpartum depression. According to one study, compared to multiparas, first-time mothers experience more postpartum depression and lower maternal-infant bonding.

Study design and setting in order to compare postnatal depression and related characteristics at one month and three months postpartum, the current study used a longitudinal, quasi-experimental design with an intervention and a control group. Data collection was finished in the control group before it started in the intervention group in order to prevent sharing of the adjunctive treatment (and potential contamination of the intervention group). Only one control group and one intervention group had data collected on them. Women who were interested in the study (at 30 weeks or later) were allocated to the group that was open at the time of their pregnancy.

An invitation with either a link to an internet survey or information about Embrace the Baby was sent to each pregnant participant once she registered for the study. Women in the control group were required to read the study's information and consent before beginning the online questionnaire. When the women in the intervention group attended the hug to baby class, they were given the same information about the study's specifics and asked to complete a survey.