

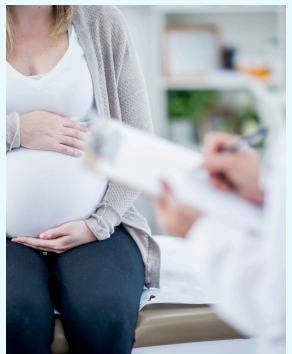


Website:

[WWW.PREGNANCYBASICS.CO.UK](http://WWW.PREGNANCYBASICS.CO.UK)

# QUICK START IMPLEMENTATION GUIDE

*Getting started with the Pregnancy BASICS Toolkit*



# Welcome

## LET'S GET STARTED

Thank you for exploring the Pregnancy BASICS Toolkit — a practical, strengths-based tool designed to help you observe, reflect on, and support early parent-fetal attachment.

Whether you're a midwife, health visitor, family hub worker, or antenatal practitioner, this guide will help you start using the toolkit quickly and confidently in your setting.

## STEP-BY-STEP: HOW TO GET STARTED



### 01 *Read the Overview*

Start with the Pregnancy BASICS Toolkit Overview. It explains:

- What Pregnancy BASICS is
- Why it was developed
- How it supports attachment, early intervention, and Start for Life objectives

You'll gain a clear understanding of the toolkit's values — simple, reflective, non-judgemental, and parent-focused.

### 02 *Get Familiar with the Four Parts*

Pregnancy BASICS is made up of four flexible components. You can use all of them or just the parts that best suit your role or context.

Part	Purpose
<b>1. Conversation Prompts</b>	Use open-ended questions (trimester-specific) to spark gentle discussion and insight.
<b>2. Observational Reflection</b>	Notice bonding behaviours in six categories like emotional engagement and protective behaviours.
<b>3. Attachment Indicator Scale (Optional)</b>	Rate observable bonding behaviours using a simple -1 to 2 scale.
<b>4. Support Pathways</b>	Respond with encouragement, resources or referral if bonding appears low or difficult.





### 03 *Decide Where the Tool Fits in Your Practice*

You can use Pregnancy BASICS in many settings:

- At booking or follow-up appointments
- During home visits
- In antenatal or parenting groups
- As part of family hub services
- With individual or couple-based support

Choose a moment when there's time for reflection, conversation, and observation — even just 10–15 minutes can make a difference.

### 04 *Start with the Conversation Prompts*

Use the trimester-specific Conversation Prompt Sheets to open up discussion. These questions are:

- Friendly and open-ended
- Designed to feel natural
- Matched to the emotional and developmental stage of pregnancy

They're not a script — just an invitation to talk. Let the parent lead, and take a moment to notice how they engage with the idea of baby.

### 05 *Reflect on What You Observe*

As the parent speaks or interacts, use the Observation Guidance section to reflect on what you're seeing. Look for signs of:

- Emotional warmth
- Verbal or physical connection with the bump
- Protective or preparatory behaviours

You don't need to record everything — just notice. Your own observations are a powerful part of your toolkit.





## 06 *Use the Indicator Scale (Optional)*

If it feels appropriate — or if your service is tracking early bonding — use the Attachment Indicator Scale to capture a snapshot of bonding cues.

Use it:

- Once per trimester
- Before, during and after intervention programmes
- During supervision or reflective case discussion
- To guide support or referrals

The -1 to 2 scoring system is simple and flexible. It's about reflection, not judgement.



## 07 *Offer Support Where Needed*

If you sense that bonding is low or uncertain:

- Gently explore the parent's experience
- Offer reassurance and normalise variation
- Signpost to resources like:
  - The Pregnancy Bonding Programme
  - Journaling or bump-focused activities
  - Peer support or talking therapies

Your presence, encouragement, and curiosity can be an intervention in itself.







## *Common Questions*

### **Do I need to use all parts of the toolkit at once?**

No — it's flexible. Use the parts that best fit your role and context.

### **What if the parent doesn't engage?**

Be gentle. Some parents need time. Try again later or use observational insights instead.

### **How do I record what I learn?**

Use your own service's documentation or supervision notes. The tool is designed to fit around existing systems.

### **Is training available?**

Yes! We offer a short 3-hour online training course to support confident implementation.

## *Final Words*

Pregnancy BASICS is more than an assessment — it's a relational tool that helps parents feel seen, understood, and supported on their journey to parenthood. Even one good conversation can spark a stronger connection between parent and baby.

Thank you for the work you do — and for making space to support bonding before birth.



**Website:**

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**THANK YOU FOR  
YOUR INTEREST.**

*Contact us for  
more support.*



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