



HEALTH PROFESSIONAL REVIEW
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Latino Bambino

Health Professional Review of music style workshops for mothers who have recently given birth. Overall aim: helping mums to 'keep fit, have fun and bond with their baby whilst dancing to Latin rhythms'.

Usability, practicality, relevancy to postnatal period

The class is suitable for mothers who are over the six weeks postnatal period. Babies are encouraged to be held in safe carriers or slings which can be forward facing or facing mother. Six weeks is an appropriate time for mothers to begin gentle exercise. Health Visitors encourage mothers to begin joining postnatal activities as a way of building up a social network of friendships with other mothers. This class provides a conducive environment for mums to meet other mums and there was ample opportunity at the start of the class to chat and build relationships while positioning babies in slings and carriers. Health Visitors share the opinion that isolation can be a problem for many new mothers, however this was a welcoming class with a warm and friendly trainer who was encouraging and inclusive.

Mother/child bonding and child development

The class provides an opportunity for bonding between mother and baby. Many mothers who were approached after the class described the difficulties they faced of trying exercise following the birth of their baby and did not want to be separated from their baby or put their babies in a crèche in order to do so. This class is unique in that it is totally inclusive of mums and their babies.

The venue had the advantage of a high floor to ceiling mirror which enabled mothers to look at their babies from different perspectives and babies also had the opportunity of seeing themselves and other babies in the mirror. This provided good stimulation for baby. Consideration had been given to baby's development with such activities as the use of rattles for the babies to shake in time to the music and one section of the class involved mothers dancing in pairs facing each other, allowing their babies to engage with each other. Mothers reported that their babies really enjoyed the music and the rhythm of the dancing. Many of the mums described how excited their babies got on arriving at the class and how they began to kick their legs as soon as the music started. This would seem to be excellent way to introduce babies to music and dance.

Health and safety

A comprehensive Health Check List is given to every new mother to read & sign prior to commencing the class. The Health Check-list covers issues such as; mothers with current medical or post natal complications and advises them to seek advice from their GP prior to participation. The Health Check for babies covers issues such as babies less than 6 weeks old, babies weighing less than 7 lbs and babies with any kind of medical complication receiving follow-up. Mothers are encouraged to seek their Baby Doctors advice prior to commencing the sessions.

A clear 'disclaimer' is visible on the company website and incorporated into their terms & conditions. Mothers are encouraged to read these.

Mothers are verbally invited to provide their personal feedback to the trainer following each session. In addition, a 'quality assurance' evaluation form is in development and will ensure that feedback is incorporated into future sessions.

The venue attended was observed to be very clean, with wooden floors which were not slippery. Other venues used by the group were larger in comparison to the one reviewed. The venue size is based on numbers of mothers and babies attending and each trainer is responsible for the safety assessment in terms of safe space for mothers & baby activities. The venue reviewed was uncluttered, light and airy. 'Push Studio' is situated in a cul-de-sac, off a quiet residential street. There were clear signposts observed directing clients to the venue.

Effectiveness

The level of exercise was completely appropriate for mothers who had given birth six weeks previously and also suitable for babies less than one year. The trainer gave mothers the option to exercise and dance as they felt able. It was evident from feedback from mums and from observing the sessions that the dance and movements would effectively assist with burning off calories and mothers would have fun at the same time. Many Health Visitors would agree that the function of postnatal exercise groups is primarily for mothers to have a positive sense of self,



health and wellbeing, lose added weight gained in pregnancy, build confidence and enable mothers to socialise and meet with other mums, thus decreasing isolation. This session appeared to support all these outcomes.

Consumer marketing communications, instructions

The company have a website which provides clear and concise information about the class and who it is aimed at. Website also includes a 'disclaimer' and clear terms & conditions.

The trainers provide flyers for local cafes and businesses. Classes are also taught in other South London venues, such as Blackheath, Rotherhithe and Kennington coming soon. Very clear indication is given on the website of session times, days of the classes and where they are located. The company are interested in developing the classes further a field, offering them to more families.

Overall quality of the venue, look and feel, design and style

The venue observed was attractive, professional and contemporary. Atmosphere was bright and airy and the venue had large doors opening into the entrance hall. The wooden floors and large mirrors gave a sleek and clean feel. The large doors providing plenty of natural sunlight and additional spot down lighters provided further light from the ceiling. There were clean and safe facilities for mothers to make up feeds and baby food.

Trainer communications

The trainer observed was excellent in how she engaged with the mothers and babies. She was able to adapt movements to suit mothers who felt unable to carry out complex movements without making them feel excluded. The trainer interacted with mums and babies at all possible opportunities. It was evident that the class was not just for the mothers but there was a real effort on the trainers' part to engage in a very interactive way with all babies. The trainer observed has 15 years experience of teaching Latin American and Ballroom Dancing and over 25 years in the dance industry and so was very well qualified to teach dance skills.

Value for money

The cost of a course of 6 sessions is £48, working out at £8 per class. Having researched and inquired about similar classes for postnatal mothers in the local area, this is comparable and very reasonable. It is our opinion that Latino Bambino provides very good dance tuition, support and uses an attractive venue overall making the sessions cost-effective.

We are delighted to Award Latino Bambino Postnatal Exercise sessions with our Health Professional Positive Review from www.midwivesonline.com & www.healthvisitors.com (Please see terms & conditions of use)



Health Professional Review Service
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