

2nd International Conference on

Reproductive Health

December 01-02, 2016 San Antonio, USA

Peri-conception: Awareness on importance of role of parenting before conception

Shamim Chandani

Aga Khan University, Pakistan

Introduction: Peri-conception period is defined as the period extending from three months before (preconception) to three months after conception. This phase gives opportunity to couple to prepare themselves for parenting role plan for child growth and development.

Aim: The objective of this paper is to propose strategies educating couples to manage challenges associated with early childhood development (ECD) issues neonatal morbidity and mortality.

Method: Literature was reviewed on current research articles on peri-conception teaching and its impact on parenting role. Electronic data base (PubMed, Elsevier and Google scholar) were searched. There were 1287 research articles found, 208 were selected on peri conception teaching to couple. Most of the literature found was from developed countries, however very few articles were written in context of developing countries.

Recommendations: Arrange classes for future couples, involvement of community leaders, seeking assistance of religious leaders/mosque imam, adding chapter on role of parenting in higher secondary curriculum, midwifery and nursing curriculum focus more on peri-conception classes and programs on fetus growth and parental worries in media may be few strategies to have healthier generation by minimizing early childhood deficiencies and from non-communicable diseases in future.

Conclusion: Educating/awareness of couple for parenting role and its anticipation can diminish child bearing stressors and can lead to healthier family. Educating the couple before conceive will help to decide for pregnancy and time to get ready for new role. The above mentioned strategies may help to reduce the rate of neonatal deaths of below five years and national financial burden on individual as well as on nation and this money can be utilized on education, insurance etc.

Biography

Shamim Chandani is Senior Instructor at Aga Khan University, School of Nursing and Midwifery, Pakistan. She has published many research articles on Reproductive Health. She has presented her research in various international conferences.

shamim.chandani@aku.edu

Notes: