



**Singapore Healthcare
Management 2022**

Increasing Parenting Confidence Level in First-time Parents Through CRADLE Health Webinars

Ingah Loo, Marketing Communications | Winny Tan,
Paediatrics Academic Clinical Programme (ACP) | Joyce
Teo, Chairman Medical Board Office | Thilagamangai,
Division of Nursing | Prof Chay Oh Moh, Respiratory
Medicine Service | Assoc Prof Ng Kee Chong, Chairman
Medical Board Office



KK Women's and
Children's Hospital
SingHealth

Introduction



First-time mothers are usually apprehensive about coping with the demands of pregnancy and motherhood and the growth and development of their child. The Community enabled Readiness for the first 1000-Days Learning Ecosystem (**CRADLE**) study seeks to develop a self-learning eco-community from pregnancy to early childhood to encourage parenting self-efficacy (PSE) and improve health outcomes for first-time parents. The study had recruited 548 first-time pregnant women from KK Women's and Children's Hospital.

Objective

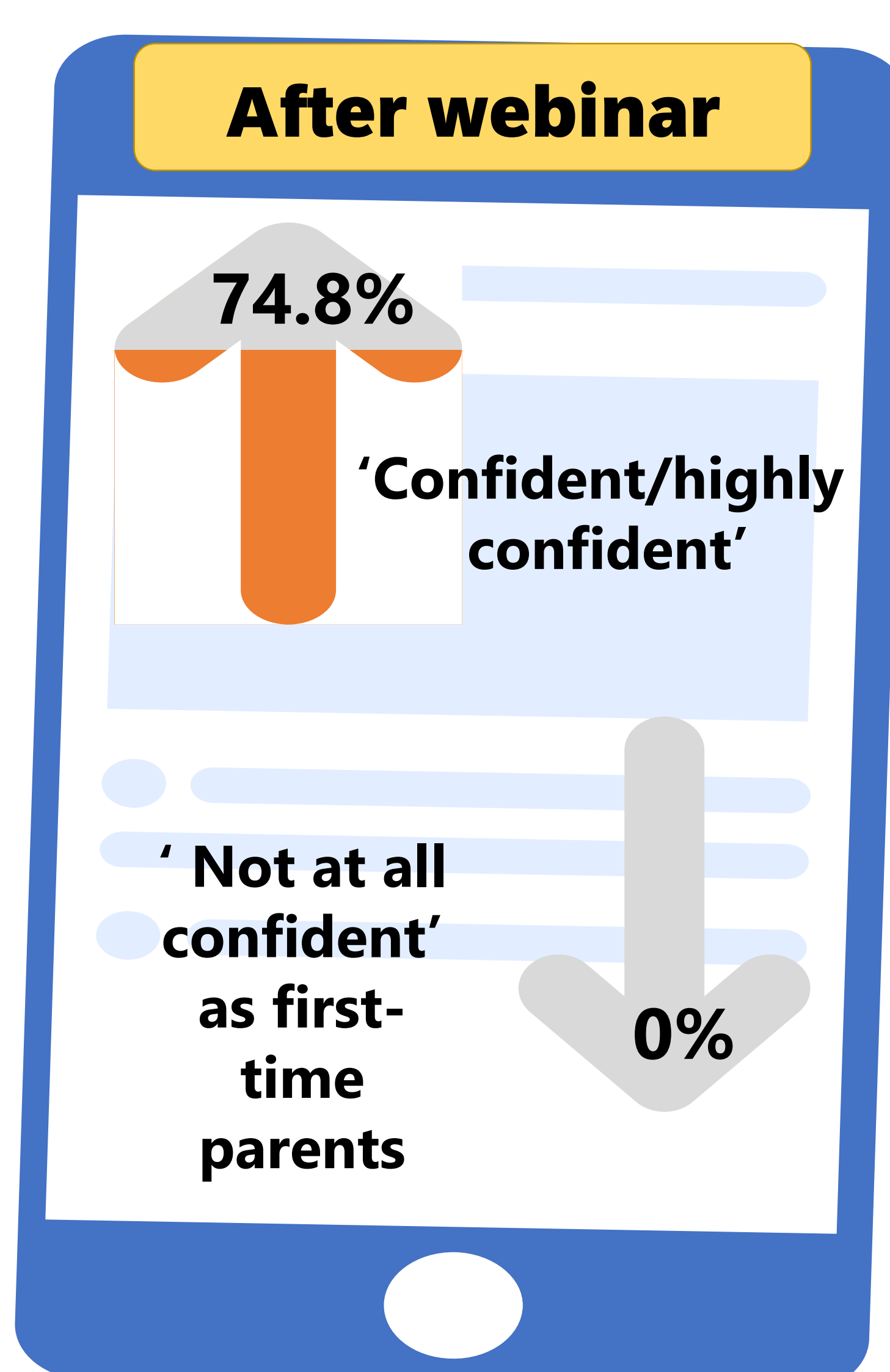
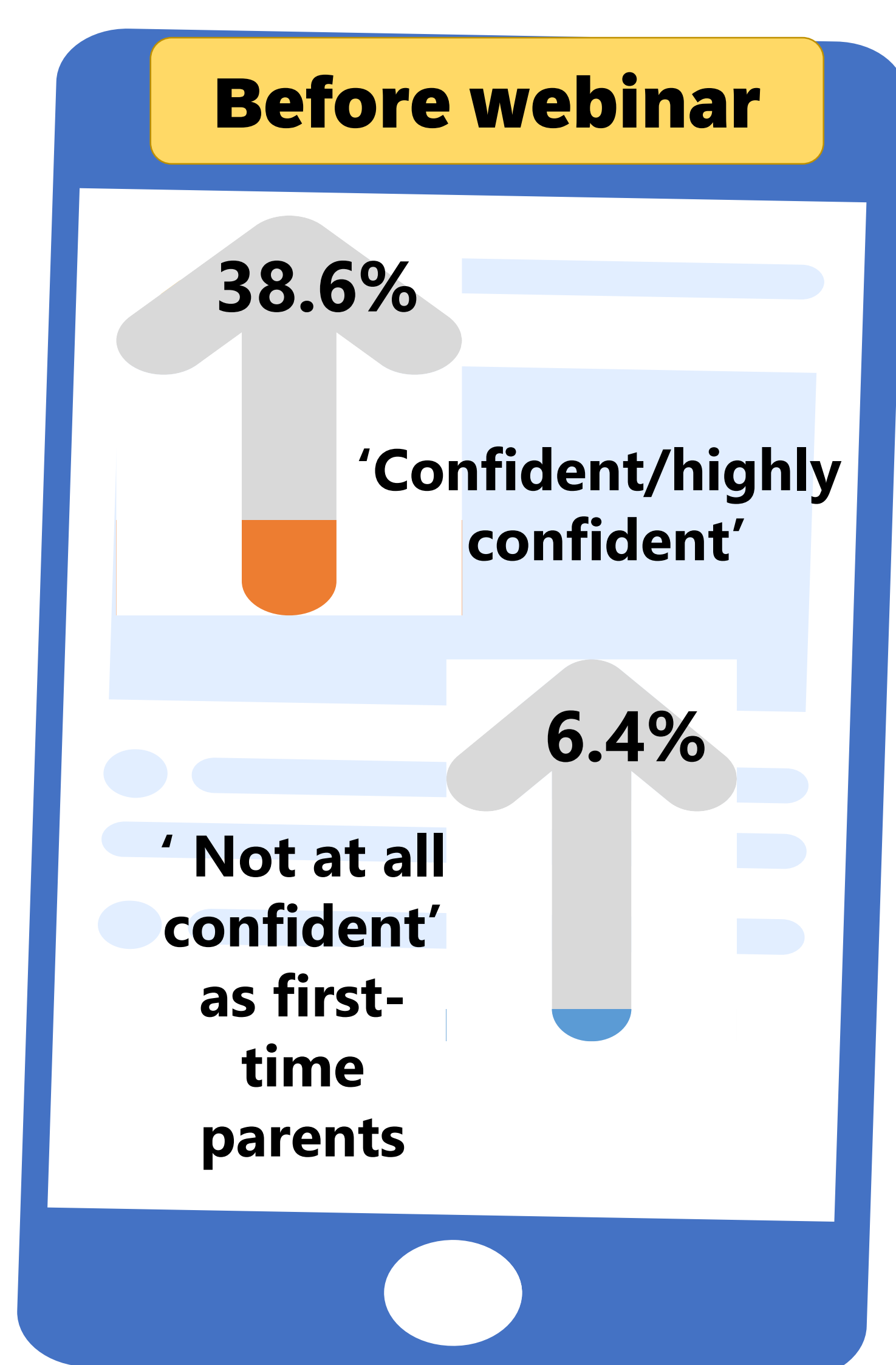
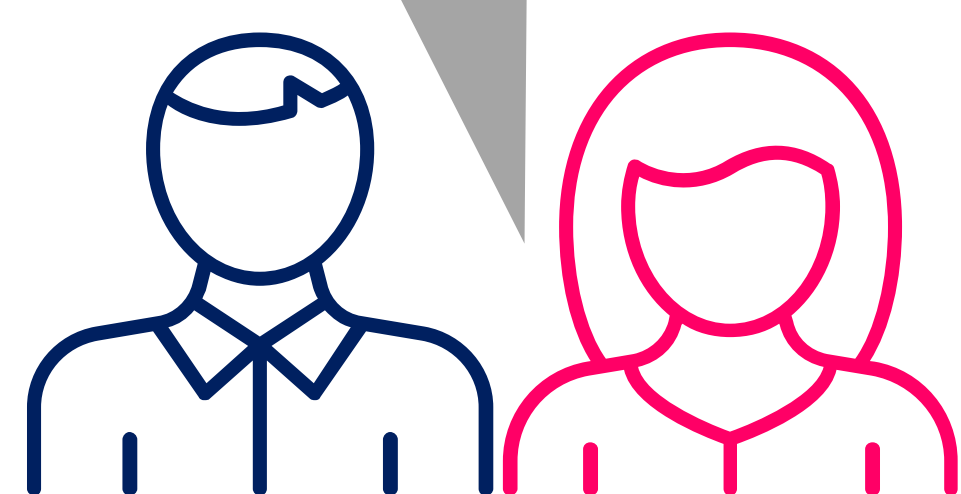
As part of the engagement and support provided to participants, CRADLE holds bi-annual health webinars on maternal and child health with topics surrounding pregnancy and early childhood. The aim is to measure the effectiveness of this initiative specifically designed for these first-time mothers.

Methodology



Results

202
feedbacks
received



Overall Rating of CRADLE Webinars



Conclusion

Through the surveys, it is noted that the confidence level for the CRADLE participants' had increased, which suggests that regular CRADLE health webinars can be an effective, safe, and low-cost engagement forum to improve the confidence level of first-time mothers in Singapore.