



MINISTERO
DELL'INTERNO

Handover of pregnancy booklet

For the sake of prevention and protection of pregnancy and maternity, the Tuscany Region has long developed, relying on advice from general practitioners, specialists and midwives, a protocol of services to be guaranteed to pregnant women, defining a standard of investigations in the absence of specific risk and defined pathologies. As a result, a regional protocol of laboratory and instrumental investigations for physiological pregnancy was created. These investigations are defined and scheduled over a period of nine months, to enable the physiological process to be followed on an ongoing basis.

All these services are free of charge and borne by the National Health System - SSN (see chapter 5). Some of these investigations can be booked by the midwife when collecting the Pregnancy Booklet.

The meeting is also an opportunity for **introducing the services** dedicated to the Birth Process and for risk assessment: this allows **care to be personalised**, thereby outlining the most appropriate program for each woman/couple already at a very early stage of pregnancy.

Nowadays, the booklet can be collected in both paper and digital format, downloaded onto a smartphone (see later: haAPPy mamma)

Birth support courses

Through the **Birth Support Courses** (CAN), support and information is tendered to women, their partners and families, to help them manage as best as possible, consistently with their needs, culture and values, the moment of transition that the birth of a child represents.

The courses provide scientifically correct information about the pregnancy, childbirth, breastfeeding, parenting and childcare. At the same time, through the bodily work, they offer practical suggestions and propose possible strategies to facilitate an optimal adaptation to the changes induced by pregnancy and manage labour/childbirth.

The aim of the courses, therefore, is to facilitate awareness in the woman and the couple within a personal growth process initiating them to the full acquisition of the new parental role. The course revolves around group meetings – involving women at the same stage of pregnancy. Some of these meetings are exclusive to future mothers, while others offer the possibility of participation to their partners as well.

In addition, meetings managed by specific professionals are offered on various topics. The midwife is the reference professional figure for the courses.