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# “Having come through the other side, I’m not sure anything would have prepared me for what’s happened”: the role of technology in supporting the perinatal journey.

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## SUMMARY OF INTEREST IN THE TOPIC

Nikki’s doctoral work focuses on the role of technology in the transition to first time motherhood and how women incorporate perinatal digital tools into their wider digital ecologies. In particular, her work explores how technology can bridge the gap between late pregnancy and early motherhood and to what extent technology can support maternal wellbeing, and how. Through an iterative process of codesign with pregnant women and new mothers [Figure 1], Nikki and Ann developed and evaluated bump2bump [Figure 2], a technological probe offering just-in-time parenting information delivered by peers and professionals, a wellbeing toolkit, and information about local resources, provided by local mothers. Previously, they have published work relating to new mothers’ use of social media [2], peer support [3] and the importance of collaborative approaches to the development of digital tools that are fit for purpose [1,4,5,6].

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## KEYWORDS

H.5.m. Information interfaces and presentation (e.g., HCI): Miscellaneous; H.5.2 User interfaces (prototyping, user-centered design)



Figure 1: Codesign workshop with new mums

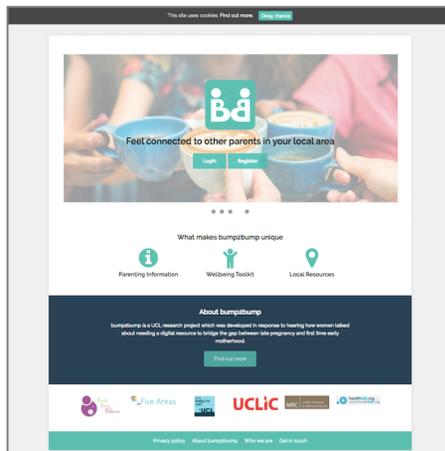


Figure 2: Homepage of the bump2bump technological probe

## SCENARIO FOR REFLECTION

Donna has been married for seven years and has an eight-week-old baby. New motherhood is different to what she expected. Donna wishes she had more friends with babies as most of her friends have children of school age. Donna describes herself as 'a people person' and worked full time, right up to her birth of her son. She thinks of her skills as being work-related and remembers being highly valued as a professional. She also misses the social aspect of working life.

## FIRST AUTHOR BIOGRAPHY

Nikki Newhouse is a final year PhD candidate within the Faculty of Engineering at University College London and a qualitative researcher in the Nuffield Department of Primary Care Health Sciences at the University of Oxford. Her interdisciplinary research focuses on translating user needs into pragmatic digital solutions that are fit for purpose. Before returning to academia, Nikki was a journalist, editor and coach. She is mum to three glorious daughters.

## SECOND AUTHOR BIOGRAPHY

Ann Blandford is Professor of Human-Computer Interaction at University College London and Director of the UCL Institute of Digital Health. She is involved in many interdisciplinary projects and has published widely on the design and use of interactive health technologies, and on how technology can be designed to better support people's needs and values.

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