

Supplementary materials

Table S1: Brief description of antenatal sessions (scenarios are available in French on request to the authors)

Sessions	Themes	Modalities	The essentials	Body workshop - 30 min
1	Pregnancy experience	- No scenario/ Start from the experience of the couples "Tell us about it " -Work on representations -"How do you do it?" Work on coping strategies	Anatomical-physiological reminder/ Body and psychological changes/ Rythm of life- Work/ Rights of the pregnant and breastfeeding woman/ Reasons for emergency consultations/ Important telephone numbers/ Relationship with the child/ Optimising the couple dynamic/ Sexuality and pregnancy/ Resources	Pregnancy comfort exercises: - Posture - Breathing - Relaxation - Connection to the child
2	Childbirth - Term of the pregnancy Initiation of labour	Using scenario N°1, help the couples to project themselves into the situation - Work on representations - How do you imagine yourself doing? - Work on coping strategies	Duration of the pregnancy / Exceeding the presumed term / Induction of labour / Contractions: managing the pain / At home / When to go to the maternity hospital / How to live it as a couple	- Breathing - Relaxation : - Relaxation - Massage - Positions - Support
3	Childbirth: - Pain - Duration - Birth - First contact with the child	Using scenario No. 2, help the couples to project themselves into the situation - Work on representations - How do you imagine yourself doing? - Work on coping strategies - Visit to the delivery room (on site/virtual) - Visit to the postnatal ward	Mechanism/ Letting go/ Ways of managing/supporting pain/ Preventing exhaustion/discouragement/ Role of the companion/spouse/ Phases of VBAC (vaginal delivery) / Management in the delivery room/ Delivery positions (VBAC) / Perineum / Birth aids (forceps, vacuum) / Elective/emergency caesarean section/ Expulsion/delivery/ Welcoming the newborn during VBAC/caesarean section/ Reasons for separation from the newborn	- Breathing - Relaxation : - Relaxation - Massage - Positions - Support - Experimenting with reactions to discomfort - Testing birthing positions - Testing different forms of push-ups and positions
4	Staying in the maternity ward - First days after delivery - Needs of the newborn - Breastfeeding	Using scenario N°3, help the couples to project themselves into the situation - Work on representations - How do you imagine yourself doing? - Work on coping strategies	Postnatal care/ Length of stay in maternity hospital/ Anticipation of return home/ Presence of spouse/ Perineum (reeducation)/ Fatigue/ Pain/ Baby blues/ Role of caregivers/ Physical and emotional safety/ Sleep/wake rhythm/ Crying/ Feeding/ Deviations from norm/ Choice of feeding method/ Physiology of lactation/ Support/ Means/ Artificial feeding/ Deviations from norm	- Tightening of the pelvis - Posture
5	Going home - becoming parents - Organisation at home - Social support	Using scenario N°4, help the couples to project themselves into the situation - Work on representations - How do you imagine yourself doing? - Work on coping strategies	Change of role / Taking care of oneself / Taking care of one's child (SIDS, shaken baby) / Taking care of one's couple (communication, sexuality, contraception) / Preventing exhaustion, isolation / Screening for postnatal depression / Building the support network: family, friends and professional circle / Resuming work	- Internalization/stress experience - Breathing - Relaxation - Massage
6	Postnatal - Organisation at home - Relationship to the child - Relationship to the body - Child's nutrition	- No scenario/ Start from the experience of the couples "Tell us about it " -Work on representations "How do you do it?" Work on coping strategies	Taking care of yourself/your child/your couple/ Parenting process/ Communicating/ Going back to work/ Detecting difficulties and looking for resources	