



Links accompanying webinars

dancemama.org/resources



Rachael Kuik



Bill Taylor

HELLO!

Dance Mama and Dancing Beyond are on a mission to enhance your knowledge working as a professional who may be a parent, as well as someone who may be working with parent colleagues and participants. Please find here some key resources that accompany our webinars that are good to familiarise yourself with:

DANCING BEYOND GUIDELINES AND AUTHORS

★ **GUIDELINE DOWNLOADABLES** and Rachael Kuik, Author and Pelvic Health Physio (Dance Mama Research Advisory group Member)

<https://rachael-kuik.squarespace.com/dancing-beyond>

📍 Bill Taylor, Physiotherapist and (Dance Mama Research Advisory group Member)

<https://taylorphysiotherapy.com/our-team/bill-taylor/>

ONLINE RESOURCES

📍 Dance Mama's resource pages - contributors map, book, articles and much more...
<https://www.dancemama.org/resources>

📍 Find Your Active: Dancing - part of a series of resources made for the general public by Active Pregnancy Foundation, contributed to by Dance Mama Founder/CEO, Lucy McCrudden
<https://www.activepregnancyfoundation.org/findyouractive-dancing>

📍 One Dance UK's CPD Snippet - Supporting pre and postnatal dance professionals
<https://www.onedanceuk.org/resources/cpd-health-and-wellbeing-snippet-6-supporting-pre-and-postnatal-dance-professionals>

FREE ONLINE COURSES

📍 This Mum Moves Physical Activity Awareness Raising Sessions by Active Pregnancy Foundation & Institute of Health Visiting delivered by Dance Mama - sign up for updates
www.dancemama.org/workshops-events

📍 20 minute e-learning module which sits alongside the 'Physical Activity and Health' e-learning programme developed by Public Health England
<https://portal.e-lfh.org.uk/Component/Details/604251>

PREGNANCY

links from webinar 1

dancemama.org/resources



ONLINE RESOURCES MENTIONED IN WEBINAR 1

- Podcast episode about back and pelvic pain with Sports Therapy Association:
<https://open.spotify.com/episode/2JLXkaiL92EAX73hYYqvAx?si=yQlsECJrSlqug4XeIYVtGw>
- Benefits of Resistance Training During Pregnancy for Maternal and Fetal Health: A Brief Overview
<https://doi.org/10.2147/IJWH.S462591>
- Pregnancy Sickness Support
<https://pregnancysicknesssupport.org.uk/>
- Pregnancy Sickness Support and Dance Mama IG live
<https://www.instagram.com/reel/DHGXciJoJ8F/?hl=en>
- Get Active Questionnaire (can be used for self-referral)
<https://www.activepregnancyfoundation.org/getactivequestionnaireforpregnancy#:~:text=The%20Get%20Active%20Questionnaire%20for,might%20have%20about%20getting%20or>
- Return to Running Guidelines
<https://static1.squarespace.com/static/6008ald347882c7180a19e74/t/604e39fd2e1e471f1bd0a301/1615739392520/returning-to-running-postnatal%E2%80%93ACPSEM-endorsed.pdf>
- Pelvic Floor Disorders Risk Calculator
https://riskcalc.org/UR_CHOICE/
- Why Birth Matters book series
<https://shop.aims.org.uk/products/why-home-birth-matters>
- The POGP - Pelvic Obstetric Gynaecological Physiotherapy
<https://thepogp.co.uk/>

RETURN TO DANCE

links from webinar 2

dancemama.org/resources



ONLINE RESOURCES MENTIONED IN WEBINAR 2

- Podcast episode about back and pelvic pain with Sports Therapy Association:
<https://open.spotify.com/episode/2JLXkaiL92EAX73hYYqvAx?si=yQlsECJrSlqug4XeIYVtGw>
- Relative energy deficiency in dance (RED-D): a consensus method approach to REDs in dance: BMJ Open Sport & Exercise Medicine
<https://bjsm.bmj.com/pages/collection/red-s>
- Get Active Questionnaire (can be used for self-referral)
<https://www.activepregnancyfoundation.org/getactivequestionnaireforpregnancy#:~:text=The%20Get%20Active%20Questionnaire%20for,might%20have%20about%20getting%20or>
- International Delphi study of clinical and exercise professionals' opinion of physical activity prescreening and contraindications for participating in postpartum physical activity
<https://shura.shu.ac.uk/35172/>
- Birth Trauma Association
<https://www.birthtraumaassociation.org/>
- The POGP
<https://thepogp.co.uk/>



DANCE  MAMA

MADE FOR DANCE

There are many resources Dance Mama provides:

- Dance Mama has a unique site of information signposting you to research, articles and, podcast and over 80+ case study stories.
- Gold membership offers bespoke support to organisations.
- Silver membership enables individuals access to full library of 40 hours of webinar and workshop replays, monthly webinars + more.
- Mentor Mama provides one-to-one mentoring.
- Lucy McCrudden's (Founder/CEO) TEDx talk, 'Keeping Parents in Dance Centre Stage'
- More workshops, courses and events designed for dancing parents including *This Mum Moves* awareness-raising sessions.

@lucymccrudden
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