

7 Minute Briefing Concealed/Denied Pregnancy

01 Purpose of the Briefing

The purpose of this briefing is to share the key learning from a Case Review concerning a Concealed Pregnancy and can be used in a variety of ways: Supervision, Team discussions

For the definition of Concealment and Denial refer to the [Multi Agency Guidance](#)

02 Risks associated with Concealed Pregnancy

Denied/concealed pregnancies present a high risk to the babies, particularly at the time of birth, and have statistically significant worse outcomes.

The mother will have 'missed out' on months of ante-natal care, as well as of emotional and practical preparations for the birth and for caring for a baby.

Lack of ante-natal care means that the health of the mother and baby have not been monitored and any potential risks to either have not been detected

07 Embedding the Learning

Discussion topics:

Why might a woman conceal/deny her pregnancy?

What indicators would alert you to a potential concealed or denied pregnancy

What would you do?

Consider how you might have that 'difficult conversation' with the mother/family

Are you familiar with the Multi Agency Guidance?

[Multi Agency Guidance](#)



03 The Mother

Concealment or denial may indicate uncertainty towards the pregnancy, immature coping styles and a tendency to disassociate and this, together with the mother being psychologically, emotionally and practically unprepared to care for a new baby, can lead to difficulties in the attachment and bonding process

Importance of consideration of psychiatric assessment of mothers' mental health needs post birth in recognition of the shock and trauma that can be experienced.

06 Family Perspective

For some families 'a concealed pregnancy, can be a traumatic and shocking experience for the mother, the father and their families'

'Concealed pregnancies 'are not normal' and should not be treated as such'

'This should be acknowledged, and support offered'

05 Difficult Conversations

It is important that practitioners are equipped and prepared to have sensitive conversations with parents.

Managers should ensure that the necessary support and advice is available for practitioners.

04 A Multi Agency Response

Need for coordinated multi-agency action following a concealed or denied pregnancy and unassisted birth in line with Leicestershire & Rutland's Concealment and Denial of Pregnancy guidance, 2020.

A child protection referral should immediately be made to CSC and a Strategy Meeting convened.

Discharge should not be agreed until the meeting has been held and a plan agreed.