



Ruth Oshikanlu



Dr Ruth Oshikanlu MBE QN FiHV FRCN FRSA DUniv, MSc, PGDip PGDip BSc (Hons)

Registered Nurse, Midwife and Health Visitor

TV and Radio expert for pregnancy and the first two years of life, maternal and infant mental health issues with a specialism in supporting pregnant women who have had assisted conception or pregnancy loss

Author of *Tune In To Your Baby: Because Babies Don't Come with An Instruction Manual*

Creator of *Tune In To Your Baby™* parenting programme

Multi award-winning parenting expert

Queen's Nurse, Fellow of The Institute of Health Visiting, Fellow of The Royal College of Nursing, Fellow of The Royal Society of Arts

Ruth's parenting centres on beginning the bonding process in the womb. Evidence from neuroscience shows that the care baby receives in pregnancy and the first two years of life, are critical for outcomes later in life. A pregnant mother suffering from stress can sometimes pass on the message to the unborn baby that the world will be dangerous, so that the child struggles with many social and emotional problems. It is for this reason that Ruth's project for her Masters dissertation focused on how prospective parents can promote parental-foetal attachment. As such, rather than bonding with your bump, Ruth encourages bonding with the baby that creates the bump.

*"Conception is when parenting begins and the nine months of pregnancy is an imperative time to form and grow a relationship with your baby so that your baby is born bonded, because **happy babies are made inside the womb**. Despite my professional experience, it was my personal experience that taught me the most vital lessons. **I almost lost my baby at 20 weeks gestation**. During the following **five months hospitalisation** in pregnancy, I was forced to tune in to my baby, connect with him to find out his needs and ensure I met them. The strong relationship we established in pregnancy helped both of us transition effortlessly into our new roles as mother and infant. I learned the hard way how to parent and have since made it my mission to help pregnant women become serene and soulful as they grow and raise happy babies. This equips mothers with a template that they use for the rest of their parenting journey"*

Ruth's Background

Ruth is The Pregnancy Mindset Expert and supports pregnant women who have had assisted conception

She is the author of *Tune In To Your Baby: Because Babies Don't Come with An Instruction Manual*. Ruth has created *Tune In To Your Baby™* - a **holistic parenting programme** that enables pregnant women and new mothers develop secure attachments with their babies from the womb, thus promoting maternal and infant mental health.

Ruth is a nationally recognised expert nurse, midwife and health visitor with over 22 years track record in delivering secondary and primary health care services in the statutory and voluntary sectors. She is a parenting expert and has supported thousands of women and babies in pregnancy, labour and childbirth, the postnatal period through to toddlerhood.

Ruth is a regular columnist in The Nursing Times Leadership Academy Series, Community Practitioner, Journal of Health Visiting and has published several feature articles in numerous national nursing and healthcare journals. Ruth is a regular guest lecturer at numerous universities on the subject of parental-foetal attachment, the subject of the PhD she is currently undertaking.

Professional Qualifications:

Sept. 2006	Registered Specialist Community Public Health Nurse (Health Visiting) – RSCPHN (HV); Community Practitioner Nurse Prescriber
March 1999	Registered Midwife – RM
Sept. 1996	Registered Nurse – RN (Adult)

Awards and Achievements:

- Member of The Order of The British Empire (MBE) in the 2019 New Years honours list as an Ambassador of Health Visiting and for services to community nursing, children and families
- Doctor of The University, School of Health and Social Care, London South Bank University
- Queen’s Nurse, Fellow of The Institute of Health Visiting, Fellow of The Royal College of Nursing, Fellow of The Royal Society of Arts
- 2019 Churchill Fellowship, Winston Churchill Memorial Trust, UK
- Florence Nightingale Senior Leadership Scholarship, Florence Nightingale Foundation
- Baby Care Expert Blogger for The Nursing in Practice Baby Care Resource Centre
- The Institute of Health Visiting Perinatal and Infant Mental Health Champion
- Winner of The DIVAS of Colour Awards – Health Professional Woman of The Year 2019
- Winner of The CA Awards - Best Coach/Mentor 2018
- We Are The City Rising Star Champion July 2017
- Winner of Recognition Award, Women4Africa Awards 2017
- Winner of The Nigerian Achievers Award Institute – Outstanding Entrepreneur Award 2016
- Commended - International Midwifery Expo Awards 2019 – Inclusion Award
- Finalist – National Diversity Awards 2019, Positive Role Model Award for Gender
- Finalist – Precious Awards 2016, Professional services category
- Finalist – Black British Business Awards 2016, Science Technology Engineering and Mathematics (STEM) category
- Named in The Nursing Times Inspirational Leaders 2015 List
- Named in The Health Service Journal BME Pioneer 2014 List
- Awarded The Queen’s Nursing Institute’s The Queen Elizabeth the Queen Mother Award for Outstanding Service in 2014
- Winner of Community Practitioner and Health Visitor Association - Community Practitioner of the Year Award 2014
- Finalist – Women Inspiring Women Awards – Coach/Mentor category

Training and Development

- April 2015 **MSc in Social Innovation**
Bucks New University
- September 2012 **Postgraduate Diploma in Social Innovation**
Bucks New University
- September 2012 **Neurolinguistic Programming (NLP) Practitioner**
Performance Potential
- April 2010 **Diploma in Personal Performance Coaching accredited by The
Institute of Leadership and Management**
International Coaching Alliance
- Dec. 2006 **Parent Adviser Training**
King's College London.
- Sept. 2006 **Postgraduate Diploma – Public Health (Health Visiting) – Distinction**
London South Bank University, London.
- Sept. 2006 **Diploma in Tropical Nursing**
The London School of Hygiene and Tropical Medicine.
- March 2001 **Care Provision for People Affected by HIV (ENB 934 – Level 3)**
King's College London.
- March 1999 **BSc (Hons) Midwifery – First Class Honours**
Thames Valley University, London.
- Sept. 1996 **Diploma of Higher Education in Nursing Studies**
King's College London.