

“ When I found out I was pregnant I was 17 years old, living with my partners parents. It was a shock to myself and my partner because I was on the pill but as we both knew, protection is not 100%. I had been with my partner six months when I became pregnant so I was scared that he would walk away, but he sat me down said he loved me and would stick by me.

I found out about the Family Nurse Partnership from my midwife and was given a leaflet. A couple of weeks later I got a phone call from a Family Nurse, we set up a date to meet.

I thought it would be strange at first as my Family Nurse was male, but he was so easy and calming to talk to, he helped me out with housing benefits and breastfeeding my baby. I got a new Family Nurse when my son was six months old; she is also so helpful and easy to talk to. She helped me to stop breastfeeding my son at a year old and get him into a routine.

Working with the Family Nurses has reassured me that my son's development is where it should be and that I am a good young mum. I have an amazing relationship with my Family Nurse and would definitely recommend any young mum to join the programme, to have the feeling of safety and someone to talk to who is non-judgemental and professional.

I have learnt a lot throughout the programme and can see I have a strong bond with my child and I am his world, he has definitely made our family. I will miss my Family Nurse when I come to the end of the programme; we have a good bond together.

”

Emilys Story

Contact **Debra Sarson**,
Warwickshire's Family Nurse Partnership Supervisor
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or email her at debra.sarson@swft.nhs.uk

Visit us at <http://cyp.swft.nhs.uk/>

“ I am a better parent from all the knowledge my family nurse has given me ... I am more confident ... I have made better choices with her guidance.

”

Antonia, Croydon



What is the Family Nurse Partnership?

Family Nurse Partnership (FNP) is a free and voluntary programme for under-20s expecting their first baby.



Your specially trained family nurse will help you understand all about your pregnancy and how to care well for yourself and your baby.

Your family nurse will provide you with information and support you to make decisions which:

- Increase your chances of a healthy pregnancy
- Help you manage your labour
- Improve your child's development
- Build a positive relationship with your baby and others
- Help you plan for the future
- Enable you to make lifestyle choices that will give your child the best possible start in life
- Enable you to achieve your aspirations (such as finding a job or returning to education)

Why take part?

We know from research that a healthy pregnancy gives your baby the best possible start in life. The relationship you have with your baby right from the start is crucial for their future health and happiness.

"The best thing I like is not being judged as a person or mother."

Young mum, North East Lincolnshire

"I feel I really understand what my baby wants from me."

Young mum, Walsall

Research also shows that mums (and dads) who take part in this programme are more likely to achieve what they want for themselves and their children.

Family nurses support you to give your baby the best possible start in life, which could make a difference to you and your baby's whole life.



www.fnp.nhs.uk

What's involved?

Your family nurse will visit you every one or two weeks from early in your pregnancy until your child is two years old. Home visits usually last about an hour.

You will share different ideas at each visit with your family nurse and decide together what topics to talk about. Your family nurse will help you develop new skills and make plans for a healthy, happy future for you and your baby.



What about dads?

We know dads are important to their babies, so we welcome dads or partners to join in during the home visit if you would like them to.

You don't have to be in a relationship for dads to be involved in the Family Nurse Partnership programme.

Mum

"I'm more independent and prepared for being a mum."

Dad

"Can't wait to get stuck in, this is really helping us to develop as parents, step by step."

Gran

"It must be working, I can see she's changed so much."

Young mum and her family, Brighton and Hove

"Family Nurse Partnership made the difficult times easier. I can put my child first but still do things for myself in the future."

Young mum, Islington

Contact your local FNP team to find out more

Details are on the back page.