



Emily's Story

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“ When I found out I was pregnant I was 16, living in emergency B&B accommodation and I was drinking a bottle of vodka each day. I was scared. Life was terrible for me at that time as I had been in and out of foster placements and had a bad relationship with my mum. I had only been with my partner for about a month so I didn't know if he would stick around. The biggest challenge for me was getting my housing sorted and thinking that I might have to do this by myself.

My midwife told me about the Family Nurse Partnership and I thought it sounded rubbish but said I'd do it so that people would think I was doing something good for once. When the family nurse came to see me and told me more about the programme and the baby's brain I decided to give it a go. My family nurse listens to me and teaches me lots. She's honest with me and I can rely on her. My baby is on a child protection plan and my family nurse is helping me to be a good mum. Before I joined the programme I didn't even know how to change a baby's nappy. I tried breastfeeding in the early days and I wouldn't have done this without my family nurse helping me. I feel reassured that I'm doing things right with my baby.

I have a good relationship with my baby. She relies on me and I am her teacher; I

feel proud of my achievements as a mum. I would like to go to college and get a good job. I would also like us to be a family and hope this work with the family nurse will help us to do it.

I would definitely recommend having a family nurse to other young mums. The best bit for me is the reassurance. I also loved the learning when I was pregnant and found the baby's development fascinating. It helped me to change my behaviour so that I stopped drinking and cut down on cigarettes. I think I am a more patient person now and I feel calm with my baby.

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Emily, Derby

Photos and names have been changed

