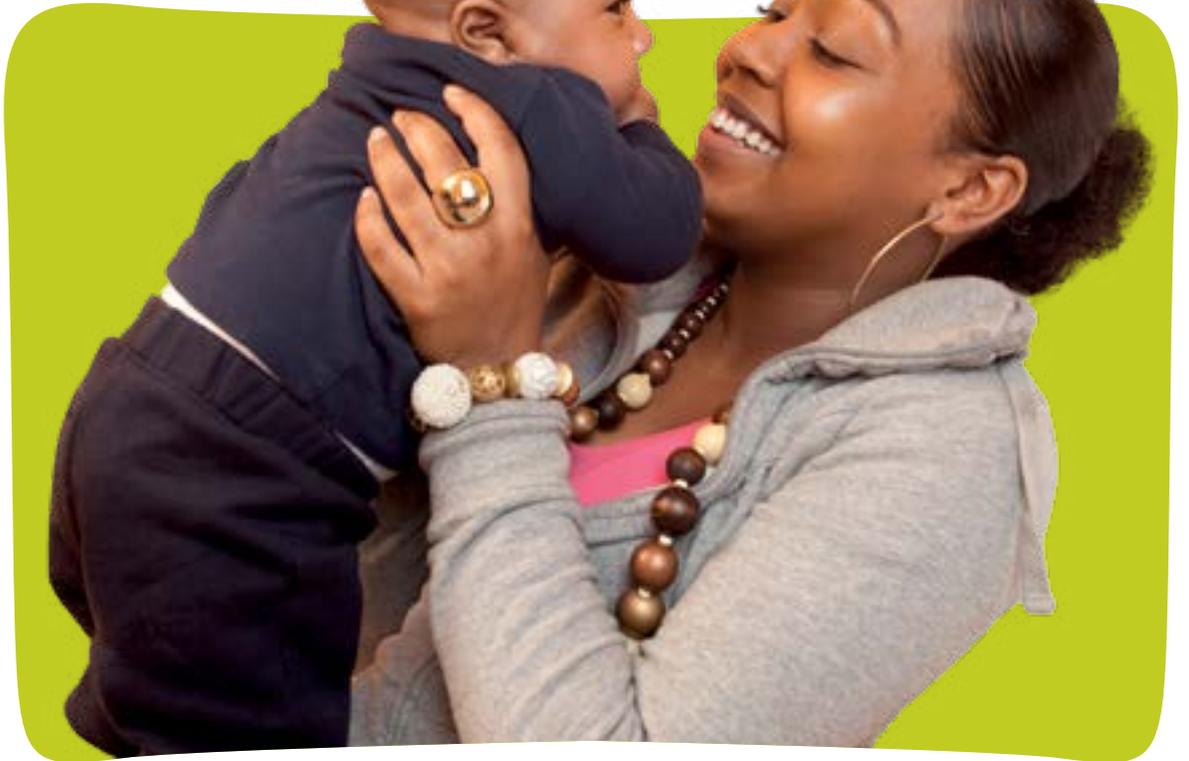


// I am a better parent from all the knowledge my family nurse has given me ... I am more confident ... I have made better choices with her guidance.

//

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.



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.

www.fnp.nhs.uk

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)

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

Young mum, North East Lincolnshire

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.

“I feel I really understand what my baby wants from me.”

Young mum, Walsall

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.

Contact your local FNP team to find out more.

Details are on the back page.



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



Your local Family Nurse Partnership team can be contacted at:

www.fnp.nhs.uk