

Would you like to be part of an exciting programme now you are pregnant?

Do you have lots of questions about pregnancy and becoming a mum?

Then the Family Nurse Partnership could be for you.....



Becoming a mother and parenting

- Baby's movements & development
- Baby's special qualities
- The value of routines
- My beliefs about pregnancy and newborns
- Should I breastfeed or bottle-feed?
- My child's health
- Issues with feeding my baby/toddler
- My baby's crying
- Things my baby/toddler does that bother me
- My child's sleeping problems
- When can I expect my baby to learn, understand or behave like...
- How to teach my child



My home and neighbourhood

- Making my home a good and safe place for my child
- Finding the right place to live
- Planning a move
- Problems in my neighbourhood or landlord
- Using local transport



My life

- School/college challenges
- Work challenges including finding/keeping a job
- Things that keep me from succeeding
- Improving my communications skills
- Paying for the things I need and want
- Where is my life going?
- Problems in my past that still trouble me

My health

- My changing body & staying healthy while pregnant
- Labour and delivery
- Will my baby be OK?
- Eating well
- Coping with moods, depression and worry
- Talking with my doctor and midwife
- How will these things affect my baby?
- Nutrition, smoking, work, stress, alcohol, drugs, love, sex & exercise



My family and friends

- Finding support for me and my baby
- Who will be my support for labour and birth?
- Keeping my baby's dad involved
- My family culture and beliefs about parenting
- Making, keeping and losing friends
- Conflicts with my boyfriend/partner
- Problems with support from my child's father
- Conflicts with a family member
- Dealing with abuse



If you take part in the Family Nurse Partnership Programme you will have your own Family Nurse who will visit you at home and work alongside you from now until your baby is 2 years old. They have lots of interesting materials and information which they go through with you at each visit. To begin with they will visit weekly, then fortnightly until your baby is born. They will then visit again weekly in those early days while you get to know your baby. The visits then go back to fortnightly. Your Family Nurse will be guided by you and what you want to know about being a mum and how to help your baby helped with the materials provided by the programme.

If this sounds like something that you would like to be a part of then talk to your Midwife who can tell you more.