

“

My Family Nurse gave me tips on the best way to look after my baby, help with finances, was someone I could talk to about my problems, told me the places I could take my baby. She helped me to understand.

Mum, aged 19



Family Nurse Partnership



How do I sign up?

Speak to your Midwife/ GP or call the Family Nurse Partnership (FNP) office below:

Family Nurse Partnership (FNP)
Mile End Hospital
3rd Floor, Burdett House
Bancroft Road
London E1 4DG
Tel: 020 8223 8601

www.gpcaregroup.org

Follow us    @THGPCareGroup

**Are you aged 21 and under?
Pregnant with your first baby?**



I knew my Family Nurse understood me as a mother and I never felt judged.

Mum, aged 18



What is the Family Nurse Partnership?

The Family Nurse Partnership (FNP) programme is a voluntary programme designed for first time young mothers. It starts in early pregnancy and continues until your child's 1st birthday, with the possibility of continuing until your child is 2 years old.

A specially trained Family Nurse will work alongside you during your pregnancy and as you care for your new baby. Your Family Nurse will provide you with information and guide you in the following areas:

- Having a healthy pregnancy
- Planning for your labour and your baby's birth
- Looking after your emotional health and wellbeing
- Improving your child's health and development
- Building positive relationships with your baby and others
- Creating a lifestyle that give you and your child the best possible start in life
- Identifying and achieving your goals such as finding a job or returning to education.

What's involved?

Regular visits at home or in community venues with your Family Nurse. This starts during your pregnancy, where you will decide together what topics to talk about.

How often your Family Nurse visits you will be a joint decision between you and your Family Nurse.

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

Who is the programme for?

A young woman who is

- Living in Tower Hamlets
- Pregnant with her first child
- Aged 21 years and under
- Up to 24 years (with discussion with the FNP team).

You can join as early in your pregnancy as you like, but you must join before the 28th week of pregnancy.