

What is the Family Nurse Partnership™ (FNP) programme?

If you are 19 years of age or under and expecting your first baby, a family nurse can visit you to help you have a healthy pregnancy and enjoy being the best mum you can be.

You may also be entitled to the programme if you are a first time mother aged 20-24 and would find it helpful to have a family nurse to support you in your role as a new mum.

HELPING SCOTLANDS YOUNG PARENTS
ACHIEVE THEIR HOPES AND DREAMS!

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

Your nurse will visit you regularly during your pregnancy and then after the birth until your baby is two years old.

We know from other mums (and dads) in Scotland that this programme has helped them to become more confident parents.



Scottish Government
Riaghaltas na h-Alba
gov.scot

For further information contact
your local FNP team

NHS
SCOTLAND



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Family Nurse
Partnership
Scotland

Client Leaflet

How does it work?

You and your Family Nurse will decide on what goals you wish to achieve and together you will move towards achieving them.

Your family nurse will have lots of information to share and together you can think about things like pregnancy, giving birth and looking after babies and toddlers, helping you to prepare well and deciding what is right for you and your family.

You and your nurse will get to know each other well and you will be able to rely on them to help you out if things get difficult in any way.

How will it benefit my baby?

You are the most important person in your baby's life and this programme will help you be the best parent you can be.

Your nurse will help make sure that you support your baby to grow, develop and learn.

Consent

Your Family Nurse will talk through how any information collected about you and your baby will be used.

No written consent is needed for you to join the programme. As with any healthcare record, you have the right to ask to see what information is held about you and the Health Board has a process for this.

What about dads and families?

If you would like others in your family to be involved in the visits, we would very much like them to take part with you. Many dads enjoy getting involved.

QUOTES

“NO-ONE TELLS YOU HOW TO BE A GOOD PARENT. MY FAMILY NURSE IS A BIT LIKE A PARENTING MANUAL THAT YOU CAN REFER TO ANY TIME”

“I FEEL QUITE COMFORTABLE TELLING HER PRETTY MUCH ANYTHING, I'VE TOLD HER EVERYTHING LIKE, SO IT'S LIKE YOU'RE JUST SPEAKING TO A FRIEND”

“TOPICS COVERED ARE FAB. THEY'RE ALL STUFF I HAD IN MY MIND, LIKE THAT I WAS GOING TO ASK HER.”

“THEY'RE GREAT. THEY COVER EVERYTHING I NEED TO KNOW”

“IF I WAS EVER WORRIED I WOULD ALWAYS ASK HER AND SHE'S ALWAYS THERE. FNP MEANS EVERYTHING TO ME. NOW I WANT TO GO BACK TO SCHOOL AND DO SOMETHING WITH MY LIFE”

