

What about dads and family?

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.



Contact details

Your local Family Nurse Partnership Team can be contacted at:

Glen Almond Building

Coathill Hospital

Hospital Street

Coatbridge

ML5 4DN

Tel No: 01236 703013/703014

Email:

FNPLanarkshire@lanarkshire.scot.nhs.uk

Your named nurse is:



FAMILY NURSE PARTNERSHIP



What Is the Family Nurse Partnership?

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.

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.

How does it work?

You and your family nurse will decide together what you will cover in each visit.

Your nurse will share lots of information with you about pregnancy, giving birth and looking after babies and toddlers, helping you 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.

Your nurse will help you plan for your future. You can talk about childcare, education, training and gaining new skills, as well as about housing and finances, if you like. Together, you decide what you want and how to make it happen.



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.

Research has shown that children whose mums have taken part in the programme do better in school.

Quotes from clients of the programme

"If I was ever worried I would always ask her and she's always there"

"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"

"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"

"FNP means everything to me. Now I want to go back to school and do something with my life"

"If I won the lottery, I would give it all to FNP to make sure it carried on!"

