

Young Parent Care Pathway

Midwifery (named or teen pregnancy Midwife)

Vulnerable Pregnancy form completed
Consent to share with other agencies obtained.

- **Any safeguarding concerns – contact Hampshire County Council (HCC) Children’s Services – 0300 555 1384, Out of hours – 0300 555 1375**
- **Child Sexual Exploitation (CSE)** – If concerns complete SERAF and contact HCC
- Include partner in all assessments
- Complete Early Help Assessment* following early help checklist
- Contact Family Support Service (Early Help) for Level 2 young parent support
- If Care Leaver or discloses known to social care contact Children’s Reception Team (CRT) or professional line (Social care line for professionals).

See [NICE guidance Antenatal care for uncomplicated pregnancies](#)

Healthy Lifestyle in pregnancy discussions to include:

Baby development	Pregnancy care pathway
Diet and nutrition including supplements	Breastfeeding
Exercise	Maternity benefits
Antenatal screening	Mental Health
Family Situation, abuse or violence	Sexual Health & Chlamydia screening
Preparation for birth	Smoking cessation

Continuation of routine antenatal visits in accordance to [NICE guidelines Complex and social issues](#)

Following booking appointment please notify

[Family Nurse Programme \(FNP\)](#)

For first pregnancies where the mother-to-be is/was 19 years old or less at time of conception and living in Gosport, Havant, Basingstoke, Rushmoor or Hart

Health Visiting

Notify the Health Visiting service of all women who are under 20 years old who are not eligible for FNP or do not wish to enrol on FNP

For young parents who do not need or do not want an Early Help assessment, contact FSS for Level 2 support such as young parent groups.

Education / PH School Nurse

If school age:

Any safeguarding concerns – contact Hampshire County Council Children’s Services – 0300 555 1384

Out of hours – 0300 555 1375

[Reintegration plan](#) initiated

Public Health School Nurse informed

Complete Early Help Assessment

Contact local Family Support Service (Early Help Hub) to access Request for Support (R4S) form for Level 2 support such as young parent group.
Appendix 4

All professionals consider following:

- Safeguarding concerns
- Child Sexual Exploitation (CSE)
- [Sexual Exploitation Risk Assessment Form](#)
- Perinatal Mental health pathway
- Domestic Abuse/Violence
- Controlling or coercive relationship
- Housing gateway if homeless or at risk of homelessness
- Smoking Cessation
- Substance Misuse
- Link with Early Help Hub to access young parent support
- Hampshire Futures (education, employment and training support)

Family Nurse Programme (National Unit)

(FNP) Licensed intensive health visiting programme from pregnancy to babies 2nd birthday

Safeguarding and CSE concerns reported via SERAF and professionals line. To include partner in assessments.

Consent to share obtained, Notify school

[Link to reintegration guidance](#)

One visit per week first month

Every other week during pregnancy

One visit per week for first six weeks after delivery

Every other week until 21 months

Once a month until age 2

Visits last approximately one hour and cover the following domains:

Personal health – women’s health practices and mental health

Environmental health – adequacy of home and neighbourhood

Life course development – women’s future goals

Maternal role – skills and knowledge to promote health and development of their child

Family and friends – helping to deal with relationship issues and enhance social support

Health and human services – linking to other services

Health Visitor Universal Partnership Plus (19yrs or under at time of conception)

Safeguarding and CSE concerns reported via SERAF and professionals line. To include partner in assessments.

Initial contact at 16 weeks

Minimum of one follow up visit at 28 weeks

This will be face-to-face, in a confidential setting.

Initiate or review Early Help Assessment.

If Level 4 link with Social Worker.

Promotional guide utilised which includes:

(Narrative listening interview)

Transition to parenthood and the early weeks

Maternal mental health (perinatal depression)

Breastfeeding (initiation and duration)

Healthy weight, healthy nutrition and physical activity (including Healthy Start)

Managing minor illness and reducing hospital attendance and admission

Health, wellbeing and development of the child age 2 – 2.5 year old review (integrated review) and support to be ‘ready for school’.

Complete referral to Sexual Health Outreach to arrange contraception appointment. Contraception appointment to be delivered within three weeks of birth.

www.letstalkaboutit.nhs.uk [Referral information and referral form](#)

Birth

Birth -5 years

Midwifery

Postnatal care up to 14 days. 28 days if required.

Breastfeeding

Contraception – follow up referral to Sexual Health Outreach

Mental Health

Handover to HV/FNP

Contribute to Early Help review

Sexual Health Outreach

Receive notification of birth and arrange appointment by day 21

Discussion of choices

Contraception appointment

Follow up at 3-6 months dependant on contraception choice.

BIRTH

Health Visiting

(Health Visitor should take on role of Early help coordinator)

New Birth visit

Face-to-face review by **14 days** with parent(s) to include:

- Infant feeding
- Promoting sensitive parenting
- Promoting development
- Assessing maternal mental health
- SIDS prevention including promoting safe sleep
- Keeping safe

Ongoing review of needs inc Early Help assessment

Follow up Sexual Health Outreach referral

Ongoing Healthy Child Programme (HCP) delivered at appropriate service level as assessed

Family Nurse Programme

(Early help coordinator)

- Ongoing review of needs inc Early Help assessment
- Health needs assessment
- Follow up Sexual Health Outreach referral
- FNP visiting programme
- Ongoing Healthy Child Programme (HCP)
- Referral to Universal Health Visiting at 2 years.

*Guidance

- [SERAF](#)
- [SERAF guidance](#)
- [Short SERAF for professionals with time limited contact with young people](#)
- [Short SERAF user matrix](#)
- [Early help guidance, checklist and assessment documents](#)
- [Hampshire Safeguarding Children Board and Children's Trust Thresholds Chart](#)
- [Pregnancy and complex social factors: a model for service provision for pregnant women with complex social factors](#)
- [Getting maternity services right for pregnant teenagers and young fathers](#)
- [Best beginnings baby buddy app](#)
- [Southern Health Foundation Trust Family Nurse Partnership](#)
- www.hants.gov.uk/getiton
- www.letstalkaboutit.nhs.uk