

Hampshire Young Parent Care Pathway 2021

Booking appointment / confirmation of continuing pregnancy

Midwifery (named Midwife) Follow [Unborn Baby Protocol](#)

Maternity Safeguarding Liaison Form completed – Follow Trusts Maternity Guidelines
Consent to share with other agencies obtained.

- **Any safeguarding concerns – contact Hampshire County Council (HCC) Children’s Services via interagency referral form (IARF) or if urgent: Professionals line 01329 225370, Out of hours – 0300 555 1373**
- **Child Exploitation (CSE)** – Complete CSERQ4 and refer to Trusts Childrens’ Safeguarding Team
- Include partner in all assessments if safe to do so (eg Domestic Abuse)
- Consider request for Early Help Hub, complete IARF
- Contact Family Support Service (Early Help) for Level 2 young parent support
- If Care Leaver or discloses known to social care complete IARF 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 19 years old or less at time of conception and living in Hampshire. Offered to all those under 16 years of age and others aged 19 and under according to eligibility criteria. Email: FNPSHFT@southernhealth.nhs.uk

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 support from the Early Help Hub, 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 – Using IARF, or if urgent Professionals Line 01329 225370. Out of hours – 0300 555 1373

Email Family Nurse partnership to refer pregnant teenage FNPSHFT@southernhealth.nhs.uk
[Reintegration plan initiated](#)

0-19 School Nurse informed – follow link [here](#)
Consider request for Early Help Hub via completion of Inter-Agency Referral Form

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

All professionals consider using Unborn Baby Protocol and:

- Safeguarding concerns
- [Child Exploitation Risk Assessment\(CSE\)](#)
- [CERAF and CSERQ4](#)
- 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)

Midwifery continuing routine antenatal visits

From 16 Weeks antenatal

Family Nurse Programme (National Unit) (FNP)

Use of Hampshire, Isle of Wight, Portsmouth and Southampton (HIPS) Unborn/New Born Baby Protocol.

Safeguarding and CSE concerns reported via CERAF and Inter-Agency Referral Form. To include partner in assessments if safe to do so.

Consent to share obtained, notify school when relevant. For education age parent see [Hampshire and Isle of Wight Guidance for managing the support and reintegration of pregnant pupils and young parents in education](#)

Family Nurse Partnership (FNP) is a voluntary home visiting programme for first-time young mums and families, designed to help parents have a healthy pregnancy, improve their child's health and development, plan their own futures and achieve their aspirations.

Visits last approximately one hour and are personalised according to client need but cover the following assessed using the New Mum's Star:

Your health and wellbeing, Looking after your baby, your baby's development, safety and stability, connecting with your baby, relationships, family and support network, goals and aspirations connecting with your baby, relationships, friends and family

0-19 (Health Visitor) Support Through Every Phase (STEP) programme (Universal Partnership Plus – enhanced service offer)

Use of Hampshire, Isle of Wight, Portsmouth and Southampton (HIPS) Unborn/New Born Baby Protocol.

Safeguarding and CSE concerns reported via CERAF and Inter-Agency Referral Form as above. To include partner in assessments if safe to do so.

19 years old or under at time of conception
Initial contact from 16 weeks
Second visit during antenatal period

This will be face-to-face wherever possible but may be by video or telephone, in a confidential setting.
Initiate or review need for support from the Early Help Hub.
If Level 4 link with Social Worker.

Promotional guide utilised which includes:

Transition to parenthood and the early weeks
Maternal mental health
Infant feeding (initiation and duration)
Healthy weight, healthy nutrition, and physical activity (including Healthy Start)
Managing minor illness and accident prevention

Early help Coordinator unless Social Worker involvement

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](#)

Consider Support Needs

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 post natal

Discussion of choices

Contraception appointment

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

BIRTH

Family Nurse Partnership Programme

(Family Nurse should take on role of Early Help Coordinator where the case is triaged at Level 3 and intervention agreed at hub)

- Ongoing review of needs using new mum's star assessment
- Follow up Sexual Health Outreach referral
- FNP visiting programme
- Ongoing Healthy Child Programme (HCP)
- Referral to Universal /Universal Plus/Universal Partnership Plus 0-19 service on graduation from FNP at 1 year or above
- All health child programme contacts offered by FNP team whilst on the FNP programme
- Transfer to 0-19 health visiting services when child is aged 1 year or a maximum of 2 year of age.

0-19 Health Visiting

(Health Visitor should take on role of Early Help Coordinator where the case is triaged at Level 3 and intervention agreed at hub)

Support Through Every Phase (STEP) programme (Universal Partnership Plus – enhanced service offer)

19 yrs or under at time of conception

New Birth visit

4-6 week postnatal contact

10-12 week postnatal contact and then;

6 month, 9 month and 1 year contact using ASQ's to review development and then reviewed.

Teenage parents will remain on the STEP offer until the child is aged 1 year when their needs will be reviewed.

STEP offer may continue after 1 year depending on the needs of the family

Enhanced offer with a family approach focus that identifies and plans interventions and support which links to High Impact Area's relating to Public Health outcomes and includes Healthy child programme contacts

Follow up Sexual Health Outreach referral

*Guidance

- [CERAF](#)
- [CERAF guidance](#)
- [CSERQ4 \(Short CERAF\) for professionals with time limited contact with young people](#)
- [Unborn baby safeguarding protocol](#)
- [Early help services in Hampshire](#)
- [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](#)
- [Hampshire healthy families](#)
- [Chat Health](#)
- [Wessex Healthier together](#)
- [Best beginnings baby buddy app](#)
- [Dad pad](#)
- [Southern Health Foundation Trust Family Nurse Partnership](#)
- www.hants.gov.uk/getiton
- www.letstalkaboutit.nhs.uk
- [Immunisations](#)
- [Maternity MUSH \(national app\)](#)
- [Abusive Head Trauma – ICON](#)
- [PHE LGA - A Framework for supporting teenage mothers and young fathers](#)

Glossary

CERAF - Child Exploitation Risk Assessment Form

CSE - Child Sexual Exploitation

CSERQ4 - Child Sexual Exploitation Risk Questionnaire

FNP - Family Nurse Programme

FSS - Family Support Service

HIPS UBB – Hampshire, Isle of Wight, Portsmouth & Southampton Unborn/New Born Baby Protocol

IARF - Inter-Agency Referral Form

R4S - Request for Support from Family Support Service

NICE guidance – National Institute for Health and Care Excellence