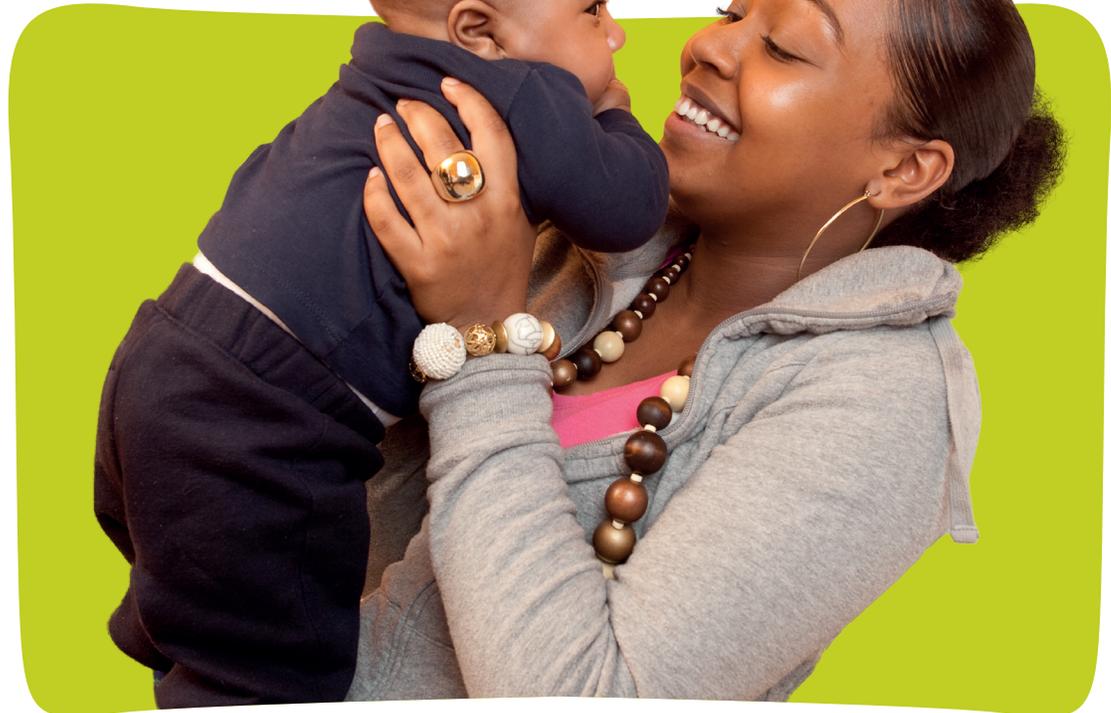




Antonia's Story

“My family nurse doesn't tell me what to do but helps me make good decisions about my baby, my life and how to be a great mum.”



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“ I was 16 years old, planning to go to college and living with my mum and sisters when I found I was pregnant. When I first found out I was scared and nervous. I met Margaret, my family nurse, when I was nine weeks pregnant. I decided to enrol on the programme as I felt it would help me and my partner understand my pregnancy and how to care for our baby.

Margaret visited me at home each week for four weeks, then every two weeks. During this time I learnt about communication and relationships as well as looking after myself and my unborn baby. She also helped me to apply for all the benefits I was entitled to, which I didn't know about. During pregnancy I continued to attend college.

When Alicia was born, Margaret helped me with my housing and soon after her birth, I moved into a temporary house. During Alicia's first months, I continued with my college work and successfully passed my course. When Alicia was born I breastfed her for the first five weeks and then introduced formula feeds, though I continued breastfeeding too.

Margaret has helped me learn a lot about caring for Alicia - how to understand her needs, speak and play with her and about her development. I have also learnt about weaning and what home cooked foods I can give. I have a good understanding of the

importance of developing a good attachment with my baby and I feel that this is what we have.

I did find it tiring looking after my baby in the first few months but Margaret has helped me get my baby into a good sleep routine. Alicia is a very playful baby and only cries occasionally. All my family and friends think that she is wonderful; she is surrounded by a lot of love.

My partner has met Margaret and I always tell him about the things I have discussed with her. Margaret is my safety net and is always there to help me. She doesn't tell me what to do but helps me make good decisions about my baby, my life and how to be a great mum.

I am excited about my future and seeing my baby grow up. My partner and I became engaged last October and next year I start university.”

Antonia, Croydon

Photos and names have been changed

