

ONE MINUTE GUIDE

Family Nurse Partnership (FNP)

March 2019

What is Family Nurse Partnership?

- FNP is an international licensed programme delivered by a team of Family Nurses who are experienced nurses, midwives and/or health visitors.
- Family Nurses work with first time teenage mothers and vulnerable mothers up to the age of 24, from early pregnancy up until their child is 2 years old. Clients receive up to 64 home visits, up to 14 of which take place during pregnancy. The Nurse works to build trust and develop a therapeutic relationship with the mother and her partner where possible.

Why is it important?

- Safeguarding issues are identified quickly and effectively
- Mothers are supported to build self-efficacy, helping them to get back into education, employment or training
- Improves child health and development (e.g. school readiness)
- The six early years high impact areas are addressed - **transition to parenthood, maternal mental health, breastfeeding, healthy birthweight and nutrition, managing minor illness and reducing accidents and supporting child development**
- The Healthy Child Programme is delivered to first-time young mothers
- Young parents are helped to access and engage with other local services
- Money is saved in the long-term by addressing young parents' needs early

How do we do it?

- FNP is underpinned by three theories: human ecology theory, attachment theory and self-efficacy theory. These provide the basis for the interventions nurses deliver and as clients start to fully engage with the programme, they benefit from and understand the materials that can help them to make positive changes for themselves and their baby.
- Nurse's agenda match with individual client needs and use specific elements of the programme to empower the client to reach their goals.
- Family Nurses use motivational interviewing techniques, focusing on enhancing a young parent's motivation to change.
- Family nurses listen, guide and advise to support parents to make positive changes for themselves and their baby.
- Family Nurses use Trauma Informed Practice, assuming that all their clients are likely to have experienced one or more Adverse Childhood Experiences.
- In Portsmouth FNP work with their multi-agency colleagues within the Stronger Futures Agenda using Restorative Practice principles. The Nurses act as Lead Professionals within Early Help.

For more information:

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