

Your Pregnancy & Early Start

Information for Mothers to Be

“Atawhaitia nga pepe”

“Nurture the baby early”



How do we work with families in the antenatal period?

Please refer to our general family information leaflet as we follow the same process described in there. Ideally we would like to start our contact with you sometime between the 14th & 24th week of your pregnancy, especially if this is your first baby.

- ◆ Before **B**aby **A**nd **B**eyond – **Y**oung Parent. If you are 24 years or under we can see you any time from your 12th week of pregnancy.

After the Assessment Time

If you chose to enroll in Early Start together we will make a decision about the amount of support that you & your family might need while you are pregnant. Generally you would expect to meet with your Family Support Worker/ Whanau Awhina twice a month for the remainder of your pregnancy. Then we would have weekly contact following the birth of your baby for the first few months.

- ◆ Before **B**aby **A**nd **B**eyond – **Y**oung Parent. This programme offers visits on a weekly basis and the service is designed for younger mothers.

How Can Early Start Help My Family & Me?

Please refer to our general family information leaflet for some more ideas about how we could work alongside you & your family.

Together during your pregnancy we would make a “family plan”. This plan is designed to encourage you to look at new ways of managing problems & difficulties and at the same time help you to enjoy your pregnancy & prepare for your new baby.

Information for Referrers

“Before **B**aby **A**nd **B**eyond **Y**oung Parent”

For young women 24 years and under and their families, who are past the first 12 weeks of their pregnancy and who meet the Early Start Referral Criteria.

What’s on Offer to Families

from the Early Start **B A B Y**?

- ◆ Encouragement and promotion of early and ongoing antenatal care until birth, and then beyond with Early Start.
- ◆ Working together to enhance maternal self confidence and mothering capacity.
- ◆ Utilising a problem solving, solution focused approach towards the developmental tasks of pregnancy.
- ◆ Reinforcing and promoting LMC health messages around maternal self-care during pregnancy and preparation for birth.
- ◆ Protect, promote, and support breastfeeding.

Referrals can be made for **B A B Y** from the second trimester (12 weeks on) using the Early Start referral form and following the Early Start Referral process. The optimum time for enrolment and engagement with the mother is between 14 and 20 weeks gestation.

The **B A B Y** service is offered in addition to the usual pregnancy care provided to women in Christchurch and the family are able to continue their involvement postnatally with Early Start until the enrolled child is 5 yrs old.