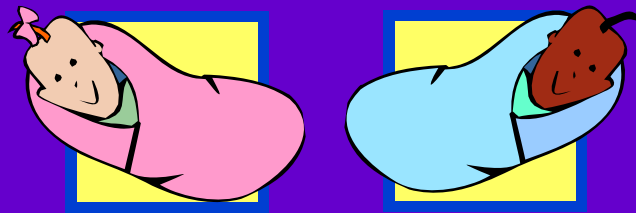


Sure Start Support for Antenatal and Postnatal Teenagers in Torfaen



Kathryn Rees

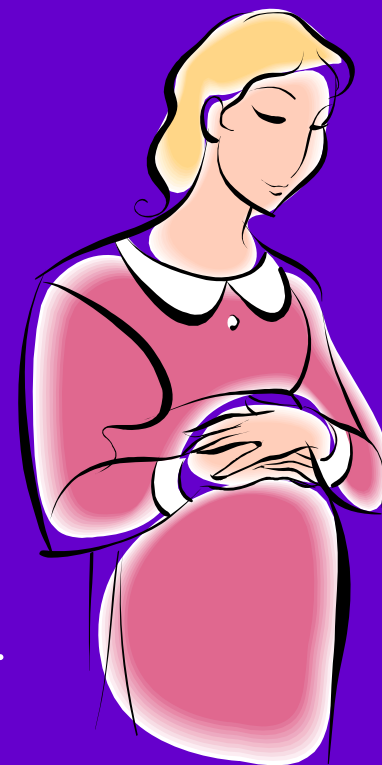
Teenage Midwifery Co-ordinator for Torfaen

Mob: 07903 932640



Role of Teenage Midwifery Co-ordinator

- To provide a source of expertise in this area
- To complement the generic midwifery services and engage in multiagency partnership working
- To work in partnership with teenage parents
 - Helping to promote healthy lifestyle choices for their families and young children, both in the antenatal and postnatal period
- To pro-actively support teenage mothers with postnatal depression
- To support teenagers with breast feeding
- Antenatal booking of teenage Mums 16 yrs and under.
- Antenatal and postnatal checks
- To promote a preventative approach to becoming teenage parents within local schools
- Delegate and supervise skill mix in a team approach



Teenage Pregnancies in Torfaen

- Number of teenage pregnancy referrals increased
- Age of teenage mothers decreased
- The national service framework (NSF) for children, young people and maternity services in Wales has stressed the ‘need for specialist services available for young, pregnant teenage girls, such as peer parent education and support groups’.
- This is provided in the form of a ‘drop-in’ session on Tuesday mornings at Cwmbran Integrated Children’s Centre. Here I offer antenatal clinic and support. The provision of free transport for this group has been pivotal to its success.
- Many of the teenagers smoke and come from families that have a history of smoking for many generations – one of the targets of Sure Start in the reduction of the numbers of growth retarded babies being born. To help support this target, smoking cessation information and support is given – many parents have successfully stopped smoking with this support.

Teenage Pregnancies in Torfaen

- Poor diet – many parents have a poor diet / knowledge of dietary requirements
- Lack of adequate cooking facilities
 - Poor living conditions – homeless, living in a refuge
 - Each week we offer a free nutritious lunch and discuss the importance of a nutritious and varied diet.
- Communication difficulties
 - No access to a land line
 - No available credit on their mobile phone
 - Some parents are unable to read/write
 - Texting

Teenage Pregnancies in Torfaen

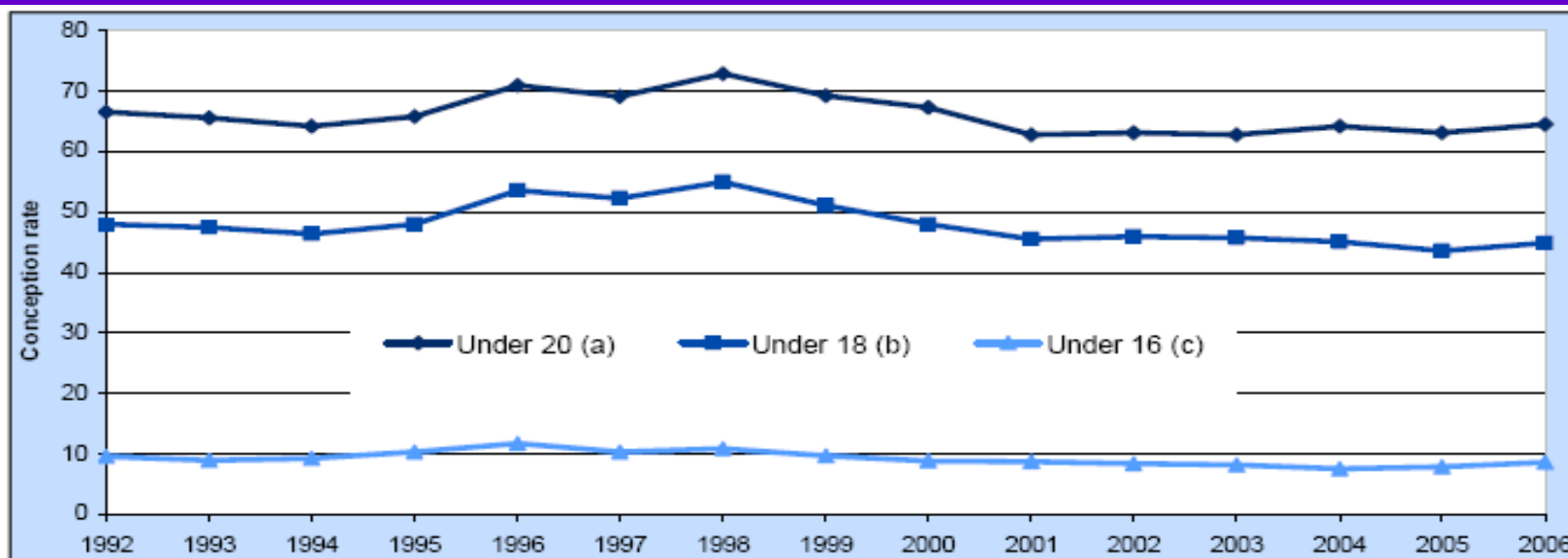
- By providing this antenatal drop in group, we are meeting one of the key actions of the NSF – there is a multi agency strategy to provide pre-pregnancy advice including nutrition and exercise, benefits of breast feeding, sexual health and avoidance of substance misuse, starting with school aged young people
- Social inequality
- Younger teenagers (<16yrs) find it difficult to approach health professional. Young people regard confidentiality as the most important thing when seeking professional advice. It is therefore imperative to gain the young parents trust, as the strong relationship between the young mother and midwife offers the opportunity to develop trust, assess needs and individualise care.

Kathryn Rees

Teenage Midwifery Co-ordinator for Torfaen

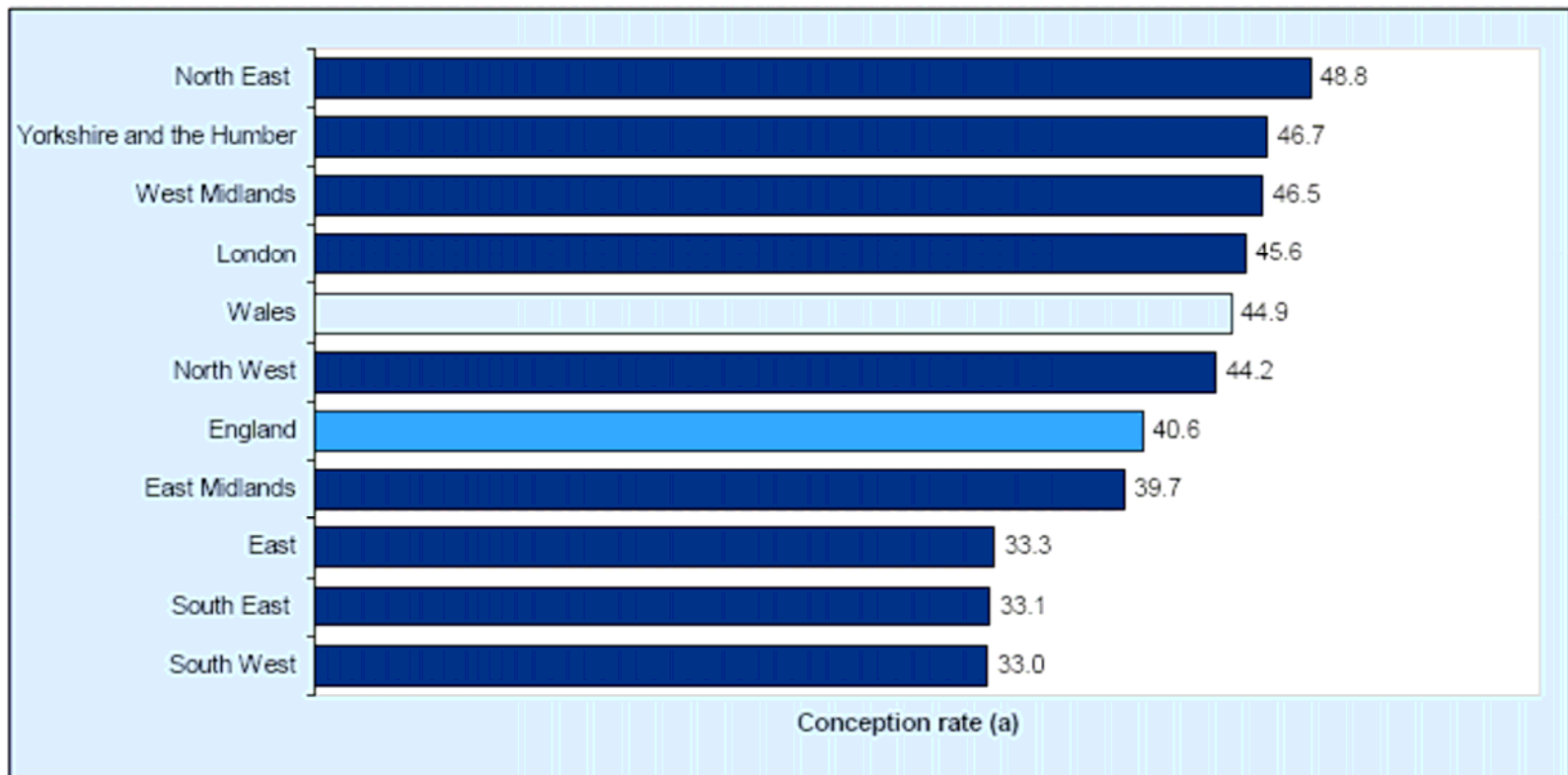
Teenage Conceptions in Wales, 2006

- Conception rates for girls aged under 16 decreased every year between 1999 and 2004 but increased to 8.6 per thousand girls aged 13-15 in 2006.
- Conception rates for girls aged under 18 increased from 43.6 per thousand girls aged 15-17 in 2005 to 44.9 in 2006.
- The conception rate for females aged under 20 increased from 63.1 per thousand females aged 15-19 in 2005 to 64.5 in 2006.
- In 2006 the percentage of conceptions in Wales terminated by abortion was 53 per cent for the under 16s, 43 per cent for the under 18s and 36 per cent for the under 20s. The percentage for women of all ages was 20 per cent.



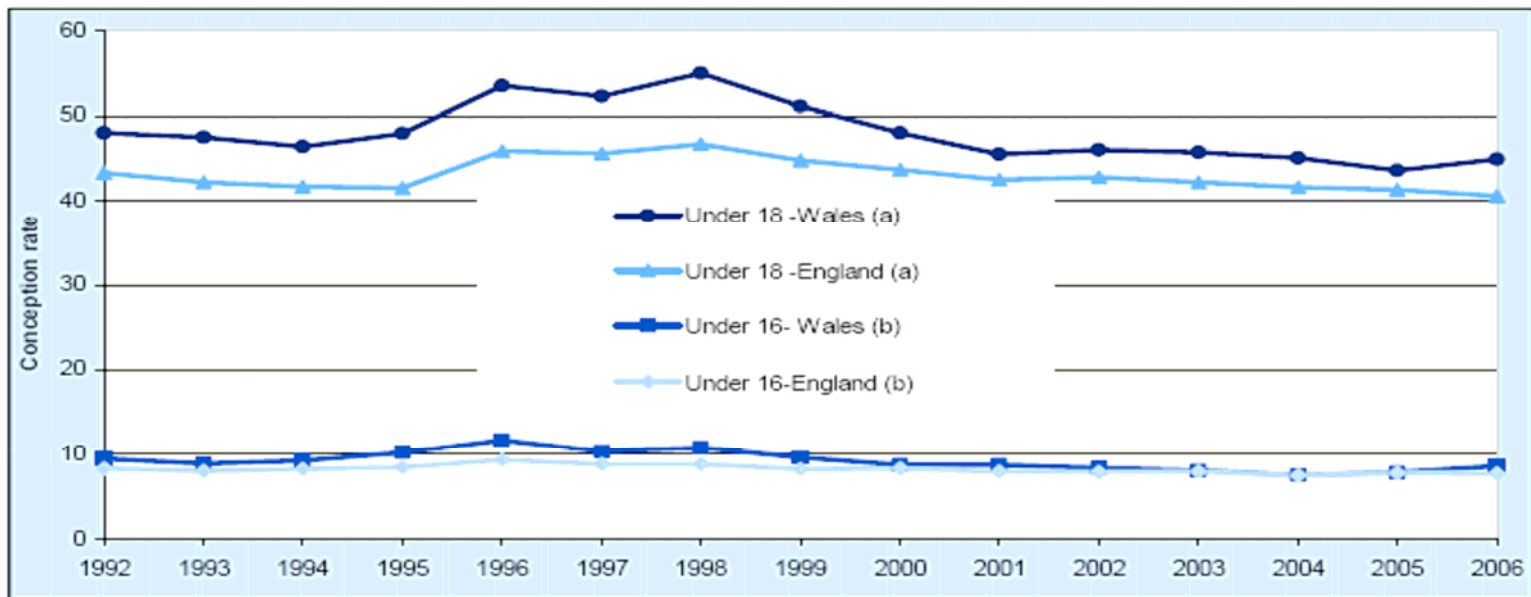
(a) Rate per 1,000 female residents aged 15-19
(b) Rate per 1,000 female residents aged 15-17
(c) Rate per 1,000 female residents aged 13-15

Conception rates for under 18s by region, England and Wales, 2006



(a) Rate per 1,000 female residents aged 15-17.

Under 16 and under 18 conception rates, England and Wales, 1992-2006

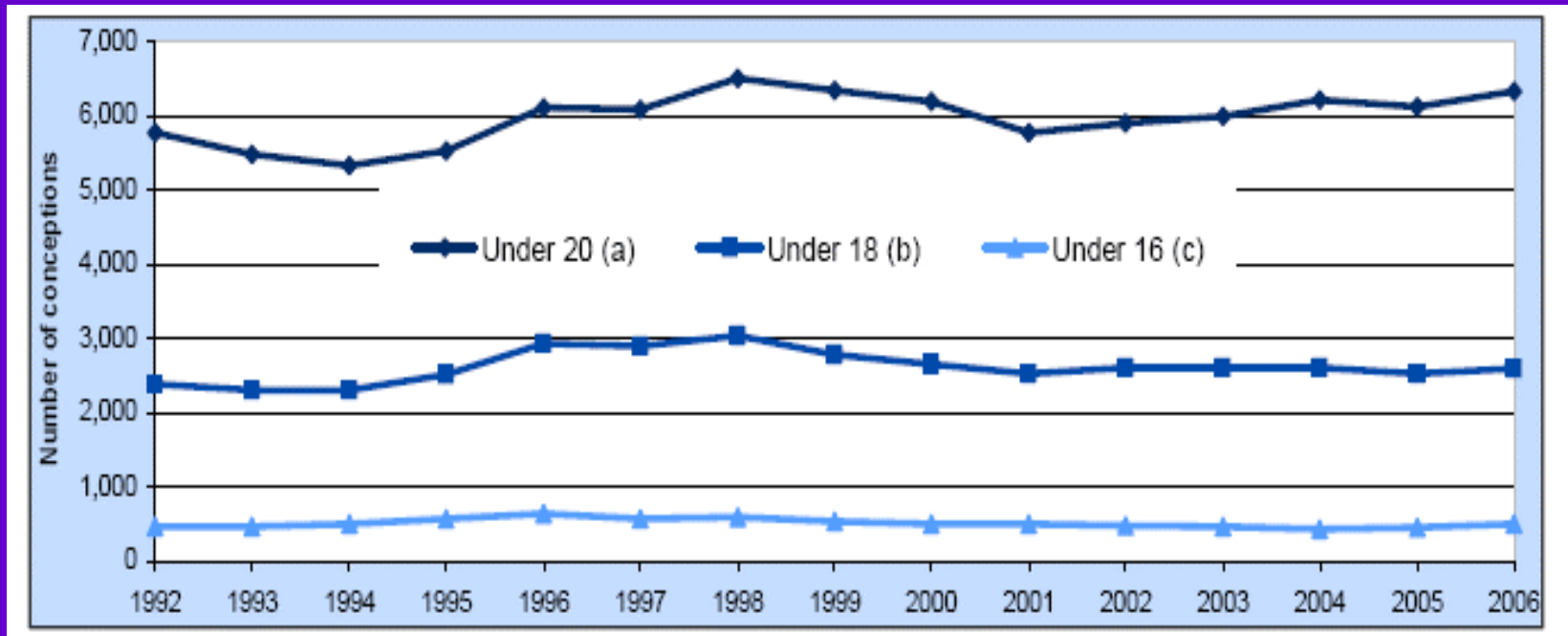


(a) Rate per 1,000 female residents aged 15-17.

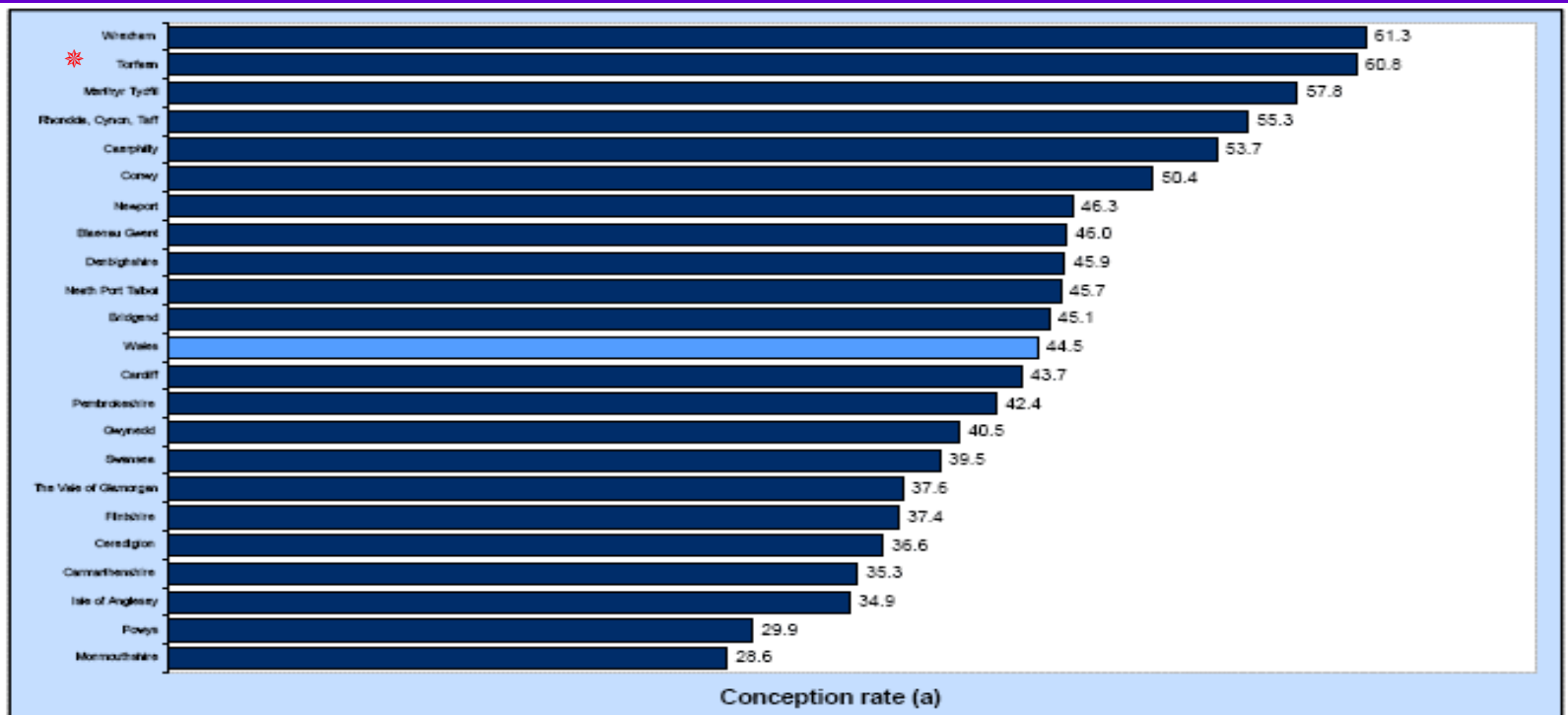
(b) Rate per 1,000 female residents aged 13-15.

- Conception rates for under 18s are higher in Wales than in England. In 2006 the rates were 44.9 per thousand girls aged 15-17 in Wales and 40.6 in England.
- Conception rates for under 16s have been higher in Wales than in England for most of the years shown although the gap has narrowed in recent years. In 2006 the rates increased to 8.6 per thousand girls aged 13-15 in Wales and decreased slightly to 7.7 in England.

The number of teenage conceptions by age group, Wales, 1992-2006



Conception rates for under 18s by unitary authority, Wales, 2004-2006 average



(a) Rate per 1,000 female residents aged 15-17.

- Average conception rates for under 18s in the period 2004-2006 ranged from 28.6 per thousand girls aged 15-17 in Monmouthshire to 61.3 in Wrexham. The average for Wales as a whole in 2004-2006 was 44.5 per thousand girls aged 15-17.

Agency Support



Kathryn Rees
Teenage Midwifery Co-ordinator for Torfaen

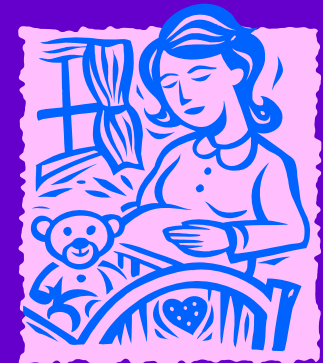
Antenatal Young Mothers

Health Input – Team approach

- Home and School Visiting
- Health and sex education with travellers
- Young parents at the Integrated Children's Centre, Ton Road, Cwmbran
- Antenatal and Postnatal care
- Antenatal Education (Pippin & Essential Educator)
- Aquanatal
- Brazelton
- CCYP Family Links Parenting Programme

Referrals

- Sexual Health Outreach
- Social Services
- Midwifery
- Self Referral
- Health Visitors
- Schools
- Careers Wales
- Youth Services
- Sure Start
- Flying Start



Kathryn Rees

Teenage Midwifery Co-ordinator for Torfaen

Subjects & Activities discussed at these groups

- Benefits
- Diet & nutrition in pregnancy
- Minor ailments of pregnancy
- More serious conditions of pregnancy
- Labour and analgesia
- Preparation for birth
- General advice about baby
- Breastfeeding (formula feeding if required)
- Sterilization of equipment
- Weaning
- Antenatal checks
- Dental care
- Tour of maternity department
- Role of Health Visitor and immunisation
- Postnatal care
- Postnatal depression
- Smoking cessation and effects of passive smoking
- Contraception and sexual health
- Baby Massage – bonding – attachment
- Emotional health
- Access to further education and employment
- Realities of parenthood
- Exercise for life
- Pre-conceptual care
- Brazelton
- Parent craft
- Relaxation for mum
- Hospital bag and layette
- Art & craft