

### Postnatal Care (after you have given birth)

Depending on when you have your baby, your midwife will come and see you on the ward and at home (if you live in Islington or Haringey). You may also be seen at home by your local midwifery team or attend a postnatal drop in at your local children's centre. This will be arranged with you at the time.

### Useful links and Apps

A virtual tour of our maternity unit  
<https://maternity.whittington.nhs.uk/video/tour.php>

Little Lullaby is a website created exclusively for young mums and dads  
<https://littlulullaby.org.uk/>

<https://www.nhs.uk/conditions/pregnancy-and-baby/pages/teenager-pregnant.aspx>

### Pregnancy Book

The Young Woman's Guide to Pregnancy is written especially for young mums and includes the real pregnancy experiences of young mums. It is available free to 16 to 19-year-olds through the Tommy's website. [www.tommys.org](http://www.tommys.org)

### Baby Buddy (App)

An App designed for young mums, for pregnancy, birth and beyond.

Any questions? We are happy to help

### Contact information

Young Parent Midwife contact details  
Constance Danlardy: 07785326444  
Midwives office: 0207 288 3482/3  
Email: [whh-tr.YoungParents-Midwifery@nhs.net](mailto:whh-tr.YoungParents-Midwifery@nhs.net)

Maternity Triage 0207 288 5880 - 24/7 from 17 weeks pregnant.

Maternity Day Unit (MDU) 02072883309  
9am-6pm Monday-Friday

### Patient advice and liaison service (PALS)

If you have a question, compliment, comment or concern please contact our PALS team on 020 7288 5551 or [whh-tr.whitthealthPALS@nhs.net](mailto:whh-tr.whitthealthPALS@nhs.net)

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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## Teenage Pregnancy Information leaflet

## A guide for young parents



Becoming a parent at any age is a life changing experience and can be even more challenging as a young parent. At Whittington Health we have a dedicated Young Parent (YP) midwife, Constance Danlardy, who specialises in the care of young parents aged 19 and under. Your midwife will support and advise you throughout your pregnancy and early parenthood.

### **Referrals to YP Midwife and getting an appointment**

You can refer yourself for antenatal care by filling in an online self-referral form at <https://maternity.whittington.nhs.uk/>

You can also be referred from your GP, Family Planning/sexual health clinic and other community midwifery teams.

Once your referral is received you will be sent a letter for a scan appointment and be contacted by your YP midwife to book an appointment. The YP midwife will be the main co-ordinator of services and provide the majority of care throughout the antenatal and postnatal period.

Please let us know if you do not want any letters sent to your home address.

### **Your first maternity appointment (Booking)**

We like to see you before 12 weeks of pregnancy for your booking. This first visit can take up to an hour and a half as we will discuss your health, lifestyle, your family and the baby's father's history. We will also do some clinical investigations including blood tests and screening for chlamydia and gonorrhoea.

You and your named midwife will discuss your plan of care and make any necessary referrals.

### **Appointments**

We offer flexible appointment times at home, in clinic or at an appropriate venue of your choice.

At every appointment we will check your blood pressure, urine, and carry out other investigations if required to ensure you and your baby are keeping well. We will discuss your plan of care and arrange any necessary follow up appointments. It is your opportunity to ask questions, and to get advice and support.

Your partner, family member or friends can come with you to your appointments.

### **Where to find us**

Your midwife is based at the Whittington Hospital Antenatal clinic, which is on Level 5 in the Kenwood Wing.

Young parent clinics are held in Antenatal clinic and a local children's centre.

### **Antenatal Classes**

**Early Bird class:** This is a single two hour evening session for women between 8 and 20 weeks of pregnancy. It is run by a physiotherapist, a dietician and a midwife for you to learn about safe diet and exercise during pregnancy

### **Young Parent Antenatal Classes**

The YP midwife runs groups and one to one antenatal classes to meet your individual needs in preparation for your baby's birth and beyond.

Topics covered include:

- Signs and stages of labour
- Pain relief and relaxation
- Feeding your baby
- Making a birth plan
- Family planning and contraception.

### **Active Birth Class**

A single class held on a Saturday on the Birth centre