

My Pregnancy Education Plan - Example

Multi-agency education planning document



Preparation
for Parenthood

Young Parent Name: Lily Simpson	Parent/Guardian name: Anne Simpson - Mum	Estimated Date of Delivery: 03.11.2020
Consent to share plan: L. Simpson A. Simpson	Plan Holder: GHES	Key Contributors to plan: Pregnant Schoolgirl Parent/Guardian School Glos Hospital Education Service Midwives for Young Parents Youth Support Team (YST)
Pregnancy Plan Created Date: 12.05.2020	Review Date: September 2020	
<p>Young Parent looking forward to/concerned about...</p> <ul style="list-style-type: none"> - Excited to become a Mum and to meet my baby. - I'm looking forward to choosing a name, I have a few I like already. - Nervous about peers and teachers finding out about pregnancy and how they will respond. - GCSE's coming up, I was going to go to college but I don't know if I can now. - I walk to school up a hill and I'm already feeling out of breath. - I need the toilet more but teachers make me wait until break. 		
<p>Parent/Guardian looking forward to/concerned about...</p> <ul style="list-style-type: none"> - I can't afford to stop working, how will we cope when my daughter goes back to school, will I have to stop working to look after baby. - I am worried about how my daughter will manage at school during her pregnancy, she has been really sick and is already exhausted 		
<p>School...</p> <ul style="list-style-type: none"> - Already completed risk assessment and will review regularly. - We haven't done this before, is there something we should be doing that we haven't thought of. - We are dedicated to doing all we can to support the pregnant schoolgirl. - What about PE? Should the Schoolgirl sit out 		
<p>Key Professionals...</p> <ul style="list-style-type: none"> - Midwives & YST able to offer young parent antenatal classes. - GHES able to offer tuition during maternity leave. 		
<p>Additional Notes...</p> <ul style="list-style-type: none"> - Maternity discussion – school feels schoolgirl should leave at around 25 weeks so that they can be comfortable at home. Midwives suggest there's no reason why she should need to leave that early and may want to save more of her 18 weeks maternity leave for after baby is born. Schoolgirl not sure what she would like but doesn't want to be really big and uncomfortable at school, would like to see how things go. - Care to Learn discussion, YST explained how childcare may be able to work once maternity leave ends. - Little Bundles discussion, YST explained how equipment is available so that not everything needs to be bought. 		

My Needs	Actions & Resources	Responsibility	Achieved
To maintain attendance and engage with education before and after my maternity leave	<ul style="list-style-type: none"> - Regular reviews of pregnancy education plan to include all relevant professionals involved in my care. (school to arrange every 4-8 weeks dependent on need). - School risk assessment to be completed between school staff and myself. - Appropriate adjustments to timetable as needed. - Pregnancy pass or similar to be issued so I can have greater flexibility within school to accommodate my needs. - Agree contact arrangements between school and pupil during maternity leave. - There will be an identified member of staff or team who I feel comfortable to go to if I need help and support. - Appropriate adjustments to uniform so I feel able to wear comfortable clothes, ideally in school colours. 	<ul style="list-style-type: none"> - School - GHES 	
To understand the stages of my pregnancy and be prepared for experiencing them.	<ul style="list-style-type: none"> - Attend antenatal appointments - Access young parent antenatal classes through YST and Midwives. - Access mentoring sessions through YST and GHES. 	<ul style="list-style-type: none"> - Young parent - Midwives for Young Parents - Community midwife - YST - GHES - School nurse 	
To feel prepared for the practical aspects of parenthood and know where to access support.	<ul style="list-style-type: none"> - Attend antenatal appointments - Access young parent antenatal classes through YST and Midwives. - Access mentoring sessions through YST and GHES. - Liaise with YST and Gloucestershire Bundles regarding equipment needed. - Start considering childcare options and learning about the Care to Learn scheme. 	<ul style="list-style-type: none"> - Young parent - Midwives for Young Parents - Community midwife - YST - GHES - School nurse 	

My Needs	Actions & Resources	Responsibility	Achieved
To feel supported and for my changing emotional needs to be met.	<ul style="list-style-type: none"> - To have an identified person or team within school I can go to for support. - To know how to contact professionals involved with my care. - To access sessions with a mental health nurse during pregnancy and maternity leave 	<ul style="list-style-type: none"> - School - All involved professionals - GHES mental health nurse 	
To feel safe and happy in school and on my journeys to and from school.	<ul style="list-style-type: none"> - To have an identified person or team within school who I can go to for support and who acts upon my concerns in a sensitive, appropriate and efficient manner. 	<ul style="list-style-type: none"> - School 	
To feel comfortable and supported to continue breastfeeding, should I choose to, upon my return to school.	<ul style="list-style-type: none"> - To have an identified quiet and discrete place where I can breastfeed or express milk. - To have a fridge available to store expressed milk. 	<ul style="list-style-type: none"> - School 	