



# Teenage pregnancy and parenthood integrated care pathway

A referral checklist for professionals working with young people  
in Leeds who may be pregnant, or are parents.

Children Leeds

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## Key points when referring through the care pathway

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Professionals working with looked after children can contact the looked after children nurse at all points in the care pathway, see the directory at the end of this document for contact details.

You may need to refer to other services for additional support, for which contact details can be found in the service directory at the end of this document. For a comprehensive list of services for young people in Leeds who think they may be pregnant or are parents, go to: [www.leedssexualhealth.com](http://www.leedssexualhealth.com) or [www.thefamilyhubleeds.org](http://www.thefamilyhubleeds.org)

You should encourage the young people to speak to their parents or carers at all stages of the care pathway, where appropriate.

You should also offer equal support to young fathers, during all stages of the care pathway, where appropriate.

When referring to the care pathway, you should keep your own service's specific policies and pathways in mind, particularly those regarding child protection and safeguarding.

## Purpose of the care pathway

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The care pathway has been designed to raise the awareness of the services available in Leeds to support young people who think they may be pregnant, who are parents-to-be, or who are already teenage parents.

The importance of the teenage pregnancy and parenthood integrated care pathway is shown in the Teenage Pregnancy: Working Towards 2010 - Good Practice and Self Assessment Toolkit, which states that in each local authority it is expected that:

***“All key local partners are familiar with the locally agreed ‘pathway’ for young women who may be pregnant.”***

The care pathway provides guidance around the key services available to young people. You can refer to this when supporting young people who think they may be pregnant, young parents-to-be, and young people who are already teenage mothers or fathers.

There are a number of useful tools within this document to assist you in supporting the young people you work with. You should follow good practice and complete a pre-assessment checklist. This checklist is explained in this document, and will create consistency across the city.

The inclusion of Every Child Matters: Change for Children (see table 1) highlights the importance of teenage pregnancy and sexual health work when viewed against the poor health outcomes for teenage parents and their children, and the risk factors associated with teenage pregnancy (see table 2 & 3). This is especially highlighted when linked with the work being done to make sure that all young people in Leeds are provided with the support they need to achieve quality outcomes.

## Purpose of the care pathway

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The first section of the care pathway is targeted at young people who think that they may be pregnant and have presented after the time limit for Emergency Hormonal Contraception (EHC) and the Intra-Uterine Device (IUD). Separate pathways link into the main care pathway to show the options available to young people. The second stage of the care pathway is for parents-to-be who decide to continue with the pregnancy. Additional pathways also link into this main pathway.

The additional pathways include a number of specific referrals which you may wish to consider for teenage mothers and fathers, including returning to education, employment and training; housing and accommodation; and childcare.

At the end of this document there is a directory of useful services, links and documents referenced in the care pathway, and information on where to access them. The contact details for services outlined in the care pathway are included in this directory. A more extensive list of contact details for services offering teenage pregnancy and parenthood support in Leeds can be accessed from websites listed in the useful links section of the directory.

The care pathway has been created by the Leeds Teenage Pregnancy and Parenthood Partnership after consultation with both professionals and young people in Leeds. The care pathway is a working document, and there will be further opportunities to update and amend it where necessary.

# Rationale for the use of the pre-assessment checklist with pregnant teenagers, teenage mothers and fathers and their child or children

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## Completing the pre-assessment checklist

Some teenage mothers and fathers have positive experiences during pregnancy and parenthood and require little additional support from professionals.

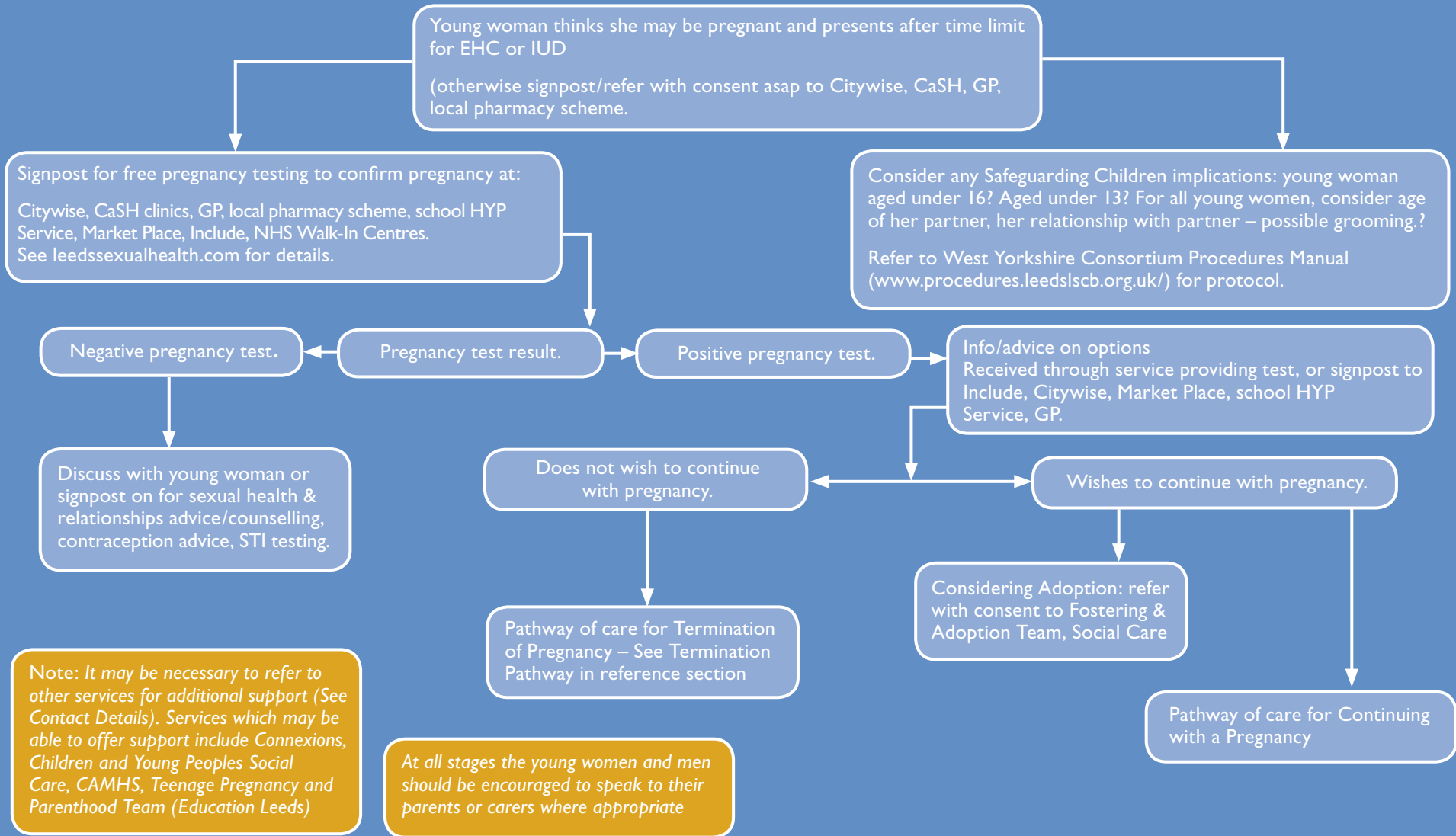
However, many teenage parents have additional unmet needs which lead to poor health and social outcomes for themselves and their children. The pre-assessment checklist is a useful tool in identifying whether or not a full Common Assessment Framework (CAF) is required, or if additional needs can be met by using

a single-agency approach. If a full CAF would be useful then the Leeds guidance should be followed. For this guidance see the service directory or go to the 'service providers' section of The Family Hub:

**[www.thefamilyhubleeds.org](http://www.thefamilyhubleeds.org)**

To detect unmet needs, you should be aware of the original underlying risk factors associated with teenage pregnancy which can increase the need for additional support.

# I. Referral pathway for teenagers who think they might be pregnant



## 2. Referral pathway for parents-to-be who decide to continue with the pregnancy

A young parent-to-be is continuing with their pregnancy.

The young parent-to-be should be encouraged to seek antenatal care and contact a midwife or GP as early in the pregnancy as possible. Contact with a midwife can be made directly by telephone. If they are aged 16 years or under, care will be provided by a specialist teenage pregnancy midwife.

Consider for Family Nurse Partnership (as per Family Nurse Partnership guidelines).

A full assessment of the young person's health and social needs should be completed by the 12 weeks stage of pregnancy, or within two weeks if contact is made with maternity services later than 12 weeks.

Midwives and health professionals should follow Teenage Pregnancy Antenatal Care Pathway for those under the age of 17 or 19.

Where appropriate, the health visitor should make a joint visit with a Children's Centre key worker.

Refer the young person to the health visiting service, with consent, by 28 weeks.

Discuss a postnatal contraception plan with the young person in the antenatal period.

If the young parent-to-be is of school-age or in a school sixth form, the school should gain consent to refer them to Education Leeds health initiatives team for support. They will be allocated a specialist learning mentor. If the school has yet to be informed, the family of the young person or other agencies can make a referral to the Education Leeds health initiatives team.

If young parent-to-be is over the age of 16, refer them to Connexions for support. If they are interested in education, employment or training, refer them to a Connexions specialist personal advisor – see Connexions care pathway

The specialist learning mentor completes the common internal record and co-ordinates meetings with:

- The young parent-to-be;
- The school learning mentor or pastoral support;
- The parents or carers; and
- Nominated teacher for teenage pregnancy

Also, where appropriate, refer them to Children's centre services, Job Centre Plus and youth services.

For further information see the school age pathway in the service directory.  
A package of support is agreed to remove the barriers to education. Consider referral to the family nurse partnership.  
On leaving school, the young person will be referred to Connexions, with consent, for support re-accessing education, employment and training, see the Connexions care pathway in the documents section of the service directory.

A package of support for the young person is agreed, delivered and monitored.

Note: It may be necessary to refer them to other services for additional support, see the service directory for more information

### 3. Referrals to consider for young mothers and fathers

Consider completing a CAF to establish the young mother or father's need and the service or intervention required. The young parent's level of need should be established and a key professional should be identified.

#### Those considering returning to education, employment or training

- If they are over the age of 16 and not returning to school, refer them, with consent, to Connexions.
- If the young person is of mainstream school age then refer them, with consent, to the reintegration officer at Education Leeds. A package of support will be agreed.
- Where necessary, referrals can be made to Connexions specialist personal advisors for young parents for careers guidance and support accessing education, employment or training.

- Refer the young parent to Connexions if they require advice on financial entitlement, budgeting and benefits. Connexions will work with the Job Centre Plus lone parent advisors, as appropriate.
- If the young person is returning to education or training they can claim Care To Learn funding to pay for childcare. For more information, see the childcare and support through children's centres or connexions pathways in this document. If the young parent is the main carer and under the age of 20, refer them to a Connexions specialist PA for teenage parents or the early years teenage pregnancy childcare co-ordinator (see the service directory for contact details).

#### Parenting support required

- Early referral, with consent, to the health visiting service.
- The health visitor will provide a health visiting service and refer the young person, with consent, to local the children's centre services for support .
- If the young person is at school, parenting support is available through the Education Leeds health initiatives team nursery officers or by contacting the reintegration officer.
- For parenting groups and courses, see The Family Hub website.

## 3. Referrals to consider for teenage mothers and fathers

### Housing and accommodation

- Refer the young parent, with consent, to the Leeds housing options service, which is the main port of call for housing, homelessness and accommodation issues in the city.
- The service provides customers with a range of housing options to meet their needs, including details of supported housing services available to teenage parents and young people; specific homelessness prevention services such as the mediation service; and general housing assistance.
- If a customer is homeless or threatened with homelessness, the service will be able to look at appropriate options to prevent homelessness from occurring; provide them with a homelessness assessment; award them with an appropriate level of priority on the Leeds Homes Register so they can apply for social housing and provide temporary accommodation.

- If a customer needs assistance regarding a council property, signpost them to their local housing office or one-stop centre. They will be able to assist people with applying for housing; bidding for properties; requesting an assessment of their housing needs; seeking help or reporting issues with their council property.
- Supporting People, a programme offering stable environments to vulnerable people, provided by housing related support services for teenage parents, including:
  - **Renew** – teenage parents floating support service;
  - **Gipsil** – accommodation based and floating support teenage parents service in LS9; and
  - **Foundation** – grove lone parents service floating.

### Domestic and dating abuse

- If urgent support is needed, refer the young person to the police.
- For further details see the Safer Leeds section of the services directory.

### Relationship and sexual health advice

- For sexual health advice, contraception and counselling, signpost the young person to: City Wise, their GP or school nursing. Other sexual health advice services are available at [www.leedssexualhealth.com](http://www.leedssexualhealth.com)
- Health visitors will provide sexual health and contraceptive advice to parents, following the birth of their child.
- For information on sexual health services see The Family Hub website.

### 3. Referrals to consider for young mothers and fathers

#### Childcare and support through children's centre services

- Make the young person aware of The Family Hub, a service for families and young people to find childcare, support and activities across Leeds.
- The early years teenage pregnancy and parenthood co-ordinator will give support to the young parent around claiming Care to Learn funding. This allows the main carer to access childcare from a registered childcare provider, so they can return to education, employment or training.
- Connexions and early years childcare co-ordinators will give support to complete the Care to Learn application forms.
- Children centre services will support the young person with access to tax credits, if the parent or carer does not want to return to education, employment or training.
- Children's centre services work in partnership with several other agencies across the city, including health, Citizens Advice Bureau, Leeds Counselling services, and Job Centre Plus. Support from these

agencies can be accessed through local children's centre, and contact and location details can be found on The Family Hub.

#### Childcare and support through Connexions specialist personal advisors

- Care to Learn forms may be completed by suitably experienced specialist PAs working with young parents in Leeds. For intensive support for young parents, or for help completing the Care to Learn application, PAs can refer the young parent with consent, to the following Connexions advisers, see the service directory.
- **Connexions specialist PA (a)**: if the young person is interested in accessing or is currently attending Park Lane College or Joseph Priestley College; if the young parent is unsure of which college they wish to access; or if the young person lives in the south or west of the city.
- **Connexions specialist PA (b)**: if the young parent is interested in accessing or is currently attending either Thomas Danby College, College of Technology, Notre

Dame, Leeds College of Art and Design, Leeds College of Music or the Leeds College of Building; if the young parent is unsure of which college they wish to access; and if they young person lives in the east or north of Leeds.

- **Connexions specialist PA (c), (d) and (e)**: if the young parent is interested in or about to access a training opportunity.

#### Childcare and employment opportunities

- **Connexions specialist PA (c), (d) and (e)**: if the young person is interested in seeking employment opportunities; if the young person has started work and is working over 16 hours per week; and if they require financial support to assist with childcare costs. Connexions will refer them on to the lone parent advisers at the Job Centre, who will support them with a claim for the childcare element of tax credits.
- For more details or information about Care to Learn in informal training settings, go to: [www.direct.gov.uk](http://www.direct.gov.uk) or visit the Connexions Centre.

## Table 1: Every Child Matters: Change for Children - What the outcomes mean

### Be healthy

Young people should:

- be physically healthy;
- be mentally and emotionally healthy;
- be sexually healthy;
- have healthy lifestyles;
- choose not to take illegal drugs; and
- have parents, carers and families promote healthy choices.

### Stay safe

Young people should:

- be safe from maltreatment, neglect, violence and sexual exploitation;
- be safe from accidental injury and death;
- be safe from bullying and discrimination;
- be safe from crime and anti-social behaviour in and out of school;
- have security, stability and are cared for; and
- have parents, carers and families provide safe homes and stability.

### Enjoy and achieve

Young people should:

- be ready for school;
- attend and enjoy school;
- achieve stretching national educational standards at primary school;
- achieve personal and social development and enjoy recreation;
- achieve stretching national education standards at secondary school; and
- have parents, carers and families support learning.

### Make a positive contribution

Young people should:

- engage in decision-making and support the community and environment;
- engage in law-abiding and positive behaviour in and out of school;
- develop positive relationships and choose not to bully and discriminate;
- develop self-confidence and successfully deal with significant life changes and challenges;
- develop enterprising behaviour; and
- have parents, carers and families promote positive behaviour.

### Achieve economic wellbeing

Young people should:

- engage in further education, employment or training on leaving school;
- be ready for employment;
- live in decent homes and sustainable communities;
- have access to transport and material goods;
- live in households free from low income; and
- have parents, carers and families are supported to be economically active.

## Table 2: Risk factors for under 18 conceptions

### → **Early sex and poor contraceptive use:**

Young women having sex under 16 are three times more likely to become pregnant than those who have first sex over 16.

### → **Alcohol and substance misuse:**

20% of white young women in Rochdale report going further than they intended because they were drunk.

### → **Living in care:**

Young motherhood amongst looked after under 18s is three times higher than the prevalence among all young women under 18.

### → **Disengagement from school:**

A survey of young mothers showed that disengagement from education often occurred prior to pregnancy, with less than half attending school regularly at the point of conception. Dislike of school was also shown to have a strong independent effect on the risk of teenage pregnancy.

### → **Educational attainment:**

Among young women leaving school at 16 with no qualifications 29% will have a birth under 18, 12% have an abortion under 18 compared to 1% and 4% for girls leaving aged 17 and over.

### → **Involvement in crime:**

Teenage boys and girls who are in trouble with the police are three times more likely to become young parents than those who have no contact with the police.

### → **Repeat abortions and pregnancy:**

7.5% of abortions under 18 follow a previous abortion or pregnancy. Around 20% of births conceived under 18 are second or subsequent births.

### → **Parental aspirations/daughters of young mothers:**

A young mother with low educational aspirations for her daughter at age 10 is an important indicator of young motherhood.

### → **Ethnicity:**

Data on mothers giving birth under 19 identified from the 2001 census show rates of teenage motherhood are significantly higher among mothers of 'White Mixed and Black Caribbean', 'Other Black' and 'Black Caribbean' ethnicity. 'White British' mothers are also over-represented among teenage mothers, while all Asian ethnic groups are under-represented.

All statistics taken from DfES (2006) *Teenage Pregnancy: Accelerating the strategy to 2010*, London. DfES

Teenage parents and their children are more likely to experience poorer health outcomes than older parents and their children. These poor health and social outcomes include the following.

## Table 3: Poor health outcomes

### Young parent(s)

- **Smoking:** Young mothers have three times higher rates of smoking throughout pregnancy compared to older mothers. They are more likely to smoke and less likely to stop during pregnancy.
- **Breastfeeding:** Young mothers are 50% less likely to breastfeed and around a third lower rates than the average for all mothers.
- **Poor mental health:** Young mothers have higher rates of poor mental health after birth than older mothers, and these are evident up to three years after birth.
- **Poverty:** Young mothers are 22% more likely to be living in poverty than mothers who give birth at age 24 or over.

→ **Education and qualification:** Young mothers are 20% more likely to have no qualifications than mothers who give birth at age 24 or over. Only 30% of young parents are in education, employment or training compared to 90% of their same age peers.

→ **Partner:** The partners of teenage mothers are more likely to be unemployed and have poor qualifications. Men who become fathers under the age of 23 are twice as likely to be unemployed at age 30 than men who become fathers at ages over 23, after taking deprivation into account.

### Child(ren) of young parent(s)

→ **Poverty:** The children of young mothers have a 63% higher risk of living in poverty than those born to mothers in their 20's.

→ **Pre-term:** The children of teenage parents are more likely to be born early than children born to older mothers.

→ **Low birth weight:** The children of teenage parents have a 25% increased risk of being a low birth weight baby.

→ **Infant mortality:** The rates of infant mortality are 60% higher in those born to mothers aged under 20 than those born to mothers aged 20-39 years.

→ **Accidents:** The children of teenage parents have higher rates of accidents such as falls and swallowing dangerous substances.

→ **Behavioural problems:** The children of young parents are more likely to experience conduct, emotional and hyperactivity problems.

**DCFS (2007) Teenage Parents Next Steps: Guidance for Local Authorities and Primary Care Trusts. London. DCSF**

All of the above should be taken into consideration when completing the pre-assessment checklist with a teenage parent and their child(ren).

Whilst health and social outcomes for teenage parents and their children are often poorer, steps can be taken to make sure an appropriate package of care is put in place to support the young mothers and fathers and their children.

# Useful services, links and documents referenced in the care pathway and where to access them

## Service contact details

### Specialist teenage pregnancy midwives

Natalie Walker

Telephone: **07796 614 116**

Emma Dooks

Telephone: **07786 250 507**

### Midwife direct access hotline

Telephone: **07748 334 007**

### Connexions

The Connexions Centre,  
Eastgate, Leeds LS2 7LY

Telephone: **0113 226 2180**

email: [connexions.leeds@prospects.co.uk](mailto:connexions.leeds@prospects.co.uk)

### Connexions specialist personal advisors

(a) Sara Mackins

Telephone: **07738 212 053**

(b) Josie Hoy

Telephone: **07738 212 069**

(c) Wendy Farrar

Telephone: **07545 604 085** or **0113 226 2180**

(d) Catherine Field

Telephone: **07545 604 087** or **0113 226 2180**

(e) Pam Whittam

Telephone: **07545 604 088** or **0113 226 2180**

### Education Leeds, health initiatives team, reintegration officer

Carole Gillan

Telephone: **0113 395 1214**

### Early years teenage pregnancy childcare co-ordinator

Sara Reilly

Telephone: **07891 270 550**

email: [Sara.Reilly@leeds.gov.uk](mailto:Sara.Reilly@leeds.gov.uk)

### Contraception and sexual health (CaSH) clinics

For a full list go to: [www.leedssexualhealth.com](http://www.leedssexualhealth.com)

**Citywise**, 1st Floor, No.1 Eastgate, LS2 7LY

Telephone: **0113 295 4820**

### Include

Freephone for young women: **0808 808 4444**

Worker's helpline: **0113 201 6699**

email: [include@womenshealthmatters.org.uk](mailto:include@womenshealthmatters.org.uk)

### The Market Place

Telephone: **0113 246 1659**

[www.themarketplaceleeds.org.uk](http://www.themarketplaceleeds.org.uk)

### Job Centre Plus

For a list of Job Centre Plus offices in Leeds, go to:

<http://www.jobcentreguide.co.uk/offices/25-leeds.html>

### Local pharmacy scheme

For a list of local pharmacy schemes, go to: [www.leedssexualhealth.com](http://www.leedssexualhealth.com)

### Housing

Leeds housing options service

1st Floor, 2 Great George Street

Telephone: **0113 222 4412**

email: [housing.options@leeds.gov.uk](mailto:housing.options@leeds.gov.uk)

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# Useful services, links and documents referenced in the care pathway and where to access them

## Service contact details

### Renew

Telephone: **0113 383 3900**

email: [hstls@archway-leeds.org.uk](mailto:hstls@archway-leeds.org.uk)

Website: [www.archway-leeds.org.uk](http://www.archway-leeds.org.uk)

### Gipsil

Telephone: **0113 248 1301**

Website: [www.gipsil.org.uk](http://www.gipsil.org.uk)

### Foundation

Telephone: **0113 303 0220**

email: [leeds@foundationhousing.org.uk](mailto:leeds@foundationhousing.org.uk)

Website: [www.foundationhousing.org.uk](http://www.foundationhousing.org.uk)

### One-stop centres

Website: <http://www.leeds.gov.uk/page.aspx?pageidentifier=731d289f-d918-42da-a64c-5cfd13444d>

### Adoption and fostering

Telephone: **0113 247 4747** email:

[ss.fostering.and.adoption@leeds.gov.uk](mailto:ss.fostering.and.adoption@leeds.gov.uk)

### Youth service

Contact central administration

Telephone: **0113 224 3796**

### Children's Centre services

For a list of Children's Centre services, go to:

<http://www.leeds.childrencentres.org>

### School nursing (HYPS)

Contact Sally Norfolk - Operational team leader

Telephone: **0113 305 5247**

### NHS Walk-In centres

Headrow, The Light, Leeds

Telephone: **0870 818 0003**

### Looked After Children nurses

Contact Armley Moor Health Centre

Telephone: **0113 305 5266**

### Children's social care

For support with sexual health issues contact:

#### Children's Health Team

Telephone: **0113 305 5266**

When requesting assessments for sexual health, teenage pregnancy and parenthood support or staff training contact:

**Lisa Banton** - Sexual health development officer

Telephone: **0113 247 8615**

Email: [Lisa.banton@leeds.gov.uk](mailto:Lisa.banton@leeds.gov.uk)

### Family Nurse Partnership

For more information contact:

Email: [lucinda.love@nhsleeds.nhs.uk](mailto:lucinda.love@nhsleeds.nhs.uk)

### Health visiting service

For information, go to:

<http://www.leedspct.nhs.uk/yourhealth/?pagepath=Your%20Health/Health%20Visiting>

### GPs

For information about how to find a young person's nearest GP, go to:

<http://www.nhs.uk/servicedirectories/pages/servicesearch.aspx>

### Child and adolescent mental health services (CAMHS)

Referrals can be made directly by a GP.

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## Useful links

### Directory of housing support services in Leeds

<http://www.leeds.gov.uk/page.aspx?pageidentifier=c949be2b-dbf4-4d5f-9722-0f718468b6af>

### The Family Hub

Services available to young parents and parents-to-be:

[www.thefamilyhubleeds.org](http://www.thefamilyhubleeds.org)

### Leeds Pathways

Leeds Pathways provides advice and guidance around a full range of issues affecting young people including employment, education, training, and benefits information:

[www.leedspathways.org.uk](http://www.leedspathways.org.uk)

### Leeds sexual health

A comprehensive list of sexual health services across Leeds:

[www.leedssexualhealth.com](http://www.leedssexualhealth.com)

### Safer Leeds

The Safer Leeds website contains information on domestic violence support organisations:

<http://www.leedsinitiative.org/safer/page.aspx?id=2492>

## Where to find Documents

For guidance about when to carry out a

**Common Assessment Framework (CAF)**, go to:

[http://www.leedsinitiative.org/children/page.aspx?id=4302&ekmensele=cdb9b7c3\\_62\\_380\\_4302\\_4](http://www.leedsinitiative.org/children/page.aspx?id=4302&ekmensele=cdb9b7c3_62_380_4302_4)

### Connexions care pathway

For guidelines for Connexions specialist PAs around working with teenage mothers and fathers go to:

[http://www.leeds.gov.uk/health\\_and\\_social\\_care/Youth\\_support/The\\_Integrated\\_Youth\\_Support\\_Service.aspx](http://www.leeds.gov.uk/health_and_social_care/Youth_support/The_Integrated_Youth_Support_Service.aspx)

### Leeds Safeguarding Children Board's child protection procedures

These procedures should be followed. They contain an section (5.1.4) on Allegations of harm arising from under age sexual activity, go to:

<http://www.leedsiscb.org.uk>

### The teenage pregnancy antenatal care pathway

Will be available soon.

### The termination pathway

Will be available soon.

### West Yorkshire Consortium Procedures Manual

[www.proceduresonline.com/westyorkscb](http://www.proceduresonline.com/westyorkscb)