

Referral to a Young Parents Support Service



In Canterbury young parents 19 years and under can be referred to a FREE Young Parents Support Service. These services support the young parents during the antenatal period and after the baby is born. Please complete this form and email to LinKIDS (linKIDS@cdhb.health.nz) who will refer to the appropriate service.

Referrer Details

Name

Phone Email

Organisation Designation

Young Parents Details		NHI
Family/Whānau name		First names(s)
Date of birth <small>Day/Month/Year</small>		Ethnicity
Address	Street	
	Town/city	Postcode
Cell phone		Alternative no.
Email		
GP (if not the referrer)		Smoking Yes No
Expected due date		
Other children	Yes No	Age/s
Midwife/LMC	Yes No	Name
Enrolled in PPE	Yes No	Provider

Background Information		
Mental Health	Alcohol and other Drugs	Family Violence
Relationships	Housing, Benefits, Transport	Other
Social Supports	Education	

Support Level Required
Social Support
Intensive education, support and advice to mothers during pregnancy and after baby
Continued Support

The parent is aware of this referral form	Yes	No
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Waipuna – St John of God

Young Parents Development service offers individual and group support to help young mums and dads make thoughtful choices in their parenting. They provide support for individual young parents 19 years and under in a number of areas like parenting, relationships, tenancy issues, budgeting, health and pregnancy issues, job search support, problem solving and goal setting. They also offer a number of other programmes such as:

- Watch, Wait and Wonder bonding and attachment programme.
- HOPE social housing project supports young parents to access affordable housing for vulnerable young families while delivering wrap-around services focused on social, employment, education and training.
- Young Parents Development Service also offers groups for young parents 25 years and under, these groups included Plunket Pregnancy and Parenting Education, Infant Massage, Managing Emotions, Young Parents Breastfeeding group and Mellow Parenting Group.
- Transport and food is provided at all our groups. We also have childcare available onsite - Little Owls is our early education centre at Waipuna. Young parents are also able to engage with our youth mental health services like counselling for young people in the areas of mental health, alcohol and drug issues, and eating awareness.

Te Tai O Marokura

Providing confidential support, advice, education & care from conception to all mums in Kaikoura. One to one care individually tailored to the needs of every mum/whānau to prepare for the arrival of baby & ongoing support in the new journey of parenthood.

Te Ora Hou

The Te Ora Hou Whānau Ora Navigator works with teen parents aged 19 years and under and their children to support them with their physical and emotional wellbeing. This is done together by creating a whānau PATH plan that identifies goals that the teen parent and children want to achieve. The Whānau Ora Navigator is also able to support with funding to achieve some goals and can also link them with other supports when necessary. It is the Whānau Ora Navigators role to ensure that all teen parents and their children live in warm healthy homes, are connected to whānau supports where able, and are making healthy decisions for themselves and their children.

Early Start Project

Taking part in Early Start is voluntary and free. Early Start is a support service for families who are expecting a new baby or who are already caring for a new baby. Families living in Canterbury, and who meet the criteria are eligible for this long term home-visiting service. We are able to work alongside families until the baby goes to school.

We can offer families support with:

- Family well-being
- Physical, social and emotional well-being of infants and children
- Healthy child development
- Child safety and well being
- Parenting education
- Encouraging participation in early childhood education services
- Smokefree home environment/smoke cessation
- Maternal/paternal depression/mental health support
- Advocacy, home skills, relationship issues
- Family violence and addiction supports
- Support through crisis.

Please visit www.earlystart.co.nz for more information.

Te Runanga o Nga Maata Waka

Mother and their Pepi Services offers support for mothers and their pepi and targets mothers who have no or little support network of their own (such as partner, family, etc). This service has a particular emphasis on younger Maori women who are hapu or whose pepi are aged between zero and two years old and their whānau.

Emphasis is also placed on how to create safe and caring environments for pepi and best ways to look after both pepi AND mums themselves. And helping mothers make healthy decisions for themselves and their children.

We offer telephone support, home visits and educational sessions for both small groups and individuals. We can link you with information and resources within the community and because our service is personalised, we will talk with you and identify ways that best support you and pepi.

Whānau are also able to be connected to other services on site such as whānau ora, whānau resilience, driving courses and budgeting. These can offer support in areas such as whānau well-being, family violence, driving, money management, employment.