

Together with you through pregnancy, birth and the early years

Young Parenting Programme



You matter most



North Yorkshire
County Council



Having a baby is an exciting time but comes with many challenges. The Young Parenting programme helps young families through pregnancy, birth and the early years.

The programme will include the following topics:

- Having a healthy pregnancy
- Giving birth
- Caring for your baby
- Planning for the future
- Understanding changes in your relationship
- Increasing your confidence in parenting
- Accessing local groups and support

Your Health Visitor will visit you at home during your pregnancy and after your baby is born. A support worker from the Healthy Child Team or the local Prevention Team will also be visiting you. They will both provide support and guidance.

The Young Parenting Specialist Health Visitors are:

Alison Langdale

T: 07767 353780

alison.langdale@nhs.net

Selby, Hambleton
and Richmond

Jo Rollerson

T: 07919 493200

jo.rollerson@nhs.net

Harrogate, Rural,
Craven, Catterick
Garrison and Colburn

Lynn Thubron

T: 07885 971995

lynn.thubron@nhs.net

Scarborough,
Whitby and Ryedale

For more information or to ask any questions please contact the relevant Health Visitor for your area.