



**CHILD HEALTH RIGHTS - WHAT DO YOU KNOW?**

**“YOUNG PARENTS SPEAK OUT”**

lownie	I worry about my son’s health there are so many bugs going around, and so many colds and flu’s that you’re never out of the GP
Gina	I want to say to the Doctors I’m just a normal person, judge me for who I am, not for who my family are or the fact I’ve had a baby when I’m young
Josh	We’re just as capable to look after a child as what any older person is, and if we don’t understand it then there shouldn’t be any harm in having to explain it a wee bitty more
<b>CHILD HEALTH RIGHTS WHAT DO YOU KNOW – YOUNG PARENTS SPEAK OUT</b>	
	Being a young parent has it’s challenges you’re about to hear what other young parents have gone through And you’ll also learn the health rights for you and your child It’s important that you know what they are because sometimes it will be down to you to make sure you get exactly what you and your child need.
Voice Over	Being a parent carries a lot of responsibility. But when you’re a young parent, it can seem that there are added pressures.
Gina	I think people judge young mums because they are just associated with going out and partying and getting drunk and things like that. But not all young mums are like that.
lownie	I think there is a lot of judgement definitely peer pressure and criticism
Leanne	When go round the town with them because I’ve had two and I still look pretty young. I still get the odd look from the older people, but then I get the people going. Aw look at the twins how cute, how old are they but there are some that say, how old are you? Are you still with the Dad? From strangers I don’t know. But I’m like that’s none of your business.
Voice Over	Before the baby is born it’s a good idea to get as much help as you can, starting with antenatal classes
Helen Kier Health Visitor Keir Health Visitor	I would encourage any young mum to attend antenatal classes or groups in the community if they get the chance to because it is very, very helpful for them. And not to worry about being judged. I think it is a common fear and common worry but often you find that everybody’s got their own worries and concerns and an older mum will have them just the same as the young mum herself.
Voice Over	Sometimes young mums can feel they are not treated as adults, make sure when you visit a health professional it’s you they’re talking to.
Susan Robertson Midwife	I would be saying to young girls it’s great to have support, from mum and family members but it’s them that are having the baby, and it’s their pregnancy. And I would just encourage them to ask any questions that they may have so that the midwife or the health professional that’s involved with them can give them the information directly.
Leanne	My name’s Leanne Muckersie and I’m 19. I’ve got twin boys Louis and Liam Breen at 2. I have twins because it runs in the dad’s family, his uncles are twins so it will skip a generation so he got it and so I got them it was great. Yeah, it was sore, but it went alright. No I didn’t go to antenatal classes their dad wouldn’t come, so I didn’t want to go on my own,

<p>Laura</p> <p>Josh</p> <p>Terri-Ann</p>	<p>because I felt embarrassed going on my own. So I didn't go. I didn't meet my midwife only met her like 3 times and that was after I had the kids so it was a bit mental. So I couldn't really describe her because I don't know.</p> <p>When I went to antenatal classes I was quite intimidated by older women being there because I thought they would judge me but they actually were fine I ended up becoming a good friend with an older woman there. And it was like why was I worrying. I was worrying over nothing.</p> <p>The antenatal classes were really good for young parents. They show you a lot and make you understand a lot more as well and they actually bring you into it to make you feel more involved with the pregnancy.</p> <p>I didn't have a clue about labour. I didn't have a clue about how to bring up a child until I went to antenatal classes and baby bumps. They help you out a lot.</p>
<p>Voice Over</p>	<ul style="list-style-type: none"> <li>- Antenatal classes run for 5 to 6 weeks,</li> <li>- They teach you techniques for pregnancy and labour</li> <li>- And build your confidence</li> <li>- To find your nearest class ask your community midwife</li> </ul>
<p>Voice Over</p> <p>lownie</p> <p>Shauni</p> <p>Gina</p>	<p>Once you've had your baby you may have more questions or want to change your mind about decisions you've made</p> <p>I decided to breast feed the same day my son was born I didn't breast feed because of the way everybody else is about it. "Oh, you're breast feeding."</p> <p>I wanted to breast feed but as soon after she was born I was too knackered to breastfeed, so I had to give her the bottle. And then so I just gave her the bottle. But if I knew I could give her the bottle and then breastfeed then I would have done that, but no one told me about that</p> <p>I feel really envious about the girls who breastfeed. Because they are sitting there feeding their baby. They're close to their baby. Whereas Lilly could be handed to anybody and just given a bottle.</p>
<p>Voice Over</p> <p>Helen Kier Health Visitor</p> <p>lownie</p>	<p>All midwives are skilled in supporting mothers who want to breastfeed. Any breast milk is better than none and most maternity units have an infant feeding advisor who specialises in answering any extra questions about new babies' feeding.</p> <p>Your community midwife will visit you at home and then hand over to your health visitor who will continue to support you.</p> <p>When Health visitor visits the young mum. She's not only visiting just to see how the babies health is she's also visiting to see how the young mum's health is. It's really important we look at how the mum's sleeping. How her nutrition? Is she keeping well? Has she any worries fears or anxieties? Does she need some extra support? So its really important to tell your health visitor how you're feeling..</p> <p>I'm lownie Cameron and I'm 21 years old Miguel 2 and a half years old. And he is half Scottish and half Portuguese.</p> <p>My health visitor was fantastic. They are probably criticised by the older generation to be quite controlling and overpowering, and health visitors are hear to help us and not to criticise us or undermine us. They're there to make sure we're healthy and our children..</p>
<p>On screen text: Health Visitors weight and health check provide support</p>	<p>Voice Over Your health visitor will check your baby's weight and overall health. They'll come and provide support Until your child starts school</p>

until school age	
Voice Over	Your baby will go through a lot of changes and sometimes it's hard to know what's normal without a visit to the Doctor.
Josh	Hi I'm Josh Robertson I'm 18, This is Shauni she's 17, And this is our daughter Miley-Jai and she is 4 months old.
Shauni	I'm just worry about everything. And when the slightest thing is wrong with her, I'm just like, "Oh, I want to take her to the doctor's" But then my mum and all them are like no she's fine she doesn't need the doctor's. It's only a wee slight thing just give her calpol, or just do this. But I was like, "No I want to take her to the doctors." But when I go to the Doctor's they're just like all the same, and I'm like, "Oh, no, like all worried. I don't like going to the Doctor on my own, just because I feel more comfortable when an adult's there because they speak to me better. Like if my mum's there. I don't like them speaking to my mum rather than speaking to me, but it does make me feel helpless. And I'm like "But I am the mum."
Josh	Just really need to tell the doctors really that she is a normal parent, just doesn't matter about ages.
Susan	It's important that when we're giving information that we give it directly to the new mum-to-be or the new mum and that we have to make sure she understands the information that we're giving her.
Helen Kier Health Visitor	Do be persistent, because it is your right to have that correct information and it's really important that we know you're going away feeling satisfied, and you have the information you need regarding the child.
Terri-Ann	I would say to a young mum if don't understand and don't feel confident just ask to the Doctor to explain more.
Laura	My relationship with the midwife was excellent I was able to speak to her fine whatever question I wanted to ask her I was able to tell her fine and I thought me and her had a really, really good relationship.
Voice Over	<ul style="list-style-type: none"> <li>- If you're with a health care professional and you don't understand what's been said, ask again.</li> <li>- It's a good idea to write down a list of questions before you go</li> <li>- It's your right to have things explained to you in the way that suits you best</li> <li>- If you would prefer to be told information rather than take a leaflet to read, make sure you let people know.</li> </ul>
Gina and Craig	I'm Gina and this is Craig and we've got a little girl called Lilly-May who is 17 months old. I would say Lilly's just been constantly ill since she was born. We've not had much luck at all. 8 pounds 15 when she was born, and dropped down to 6 pounds 12 within the space of 2 weeks. And the doctors couldn't say why.
Voice Over	When your baby is showing signs of being ill it's important that you know what to do
Helen Kier Health Visitor	If a young parent thinks their baby is not well, go with your gut instinct. If you feel that the baby is not feeding properly, or is just a bit paler than normal, and they are just not responding the way they would normally go with that. Try and get in touch with the health professional, your health visitor would have their contact number you can contact the GP's surgery or phone NHS 24 if it is out of hours. So don't be stuck just pick up the phone and phone.
Voice Over	Contact your Health Visitor or GP if you are worried about your child's health If you can't reach them or its out of hours contact NHS 24 on 08454 242424 If your child needs immediate emergency care call 999 Make sure any other people looking after your child know these numbers

Gina & Craig	<p>When Lilly was 8 and a-half months old she had to be taken into hospital by ambulance. Because she was being sick all over the place and fitting. She spent, I think, 2 nights on the children's ward. And their answer was she had a viral infection. I didn't know it was my right to actually stay with Lilly, when she was in hospital. The way we were made to feel was that Lilly could be left in the hospital, and that we had to go they would care for her when we were gone. When we found out she was lactose intolerant we were kind of glad in a way, because we found out what had been wrong with her for so long, and we could deal with it instead of having to keep going back to the doctor's to try and find out what was wrong. And being told the same thing over and over again. Somebody I know actually when and bought Lilly an ice-cream without us knowing came back with it and went to give it to her and I was like, "She can't get it." Someone's looking after her forget she's not allowed anything milk in it the next day is torture for us she is really not well.</p>
Voice Over	<p>It's your right to stay with your child in hospital, as long as it's also in their best interest. It's also your right to be accommodated overnight when you need to be. If you can't stay you can name an alternative carer or relative. It's important to understand the treatment being given to your child, and it's your right to have this explained to you fully. As a young parent you don't have to feel alone, your health visitor can tell you about groups near you near you where you can meet other young parents</p>
Leanne  Gina	<p>I came down once really really enjoyed it because you're in from 12 till 2 you get your dinner the kids get to play. Then from 2 till 4 their in the crèche and we get to do hair and beauty and cooking. And I really enjoy it and the kids really, really like it they look forward to coming down and that as well. I would advise anybody if they can go to a group like this. Just go because it's really good. Well that's what I think anyway. It just gets them out of the house and they enjoy it its fun. Well I coming as well because I'm a bigger kid than them. I was really nervous when I started coming because I didn't really go to any place on my own it was always with my mum, but then new girls start here and I'm like, "Hiya I'm Leanne" and try and be as nice as I could to them because I know what it's like to start a new group.</p> <p>I've been coming here because it's all mums the same age and you don't get strange looks because you're young. It's not little groups of mums sitting together everybody speaks to each other and talks about what they've been doing.</p>
Voice Over  Helen Kier Health Visitor  Laura  Terri-Ann  Shauni  Gina  Leanne	<p>When you're a young parent it's important to the make the most of the health care that's available to you</p> <p>Just because you're a young mum doesn't mean you're a bad mum as a health visitor all health professionals will help support you in your role as a new mum.</p> <p>Having Anna and my social life that I used to have, I would rather have this baby than have the social life I used to have.</p> <p>I would say the hardest thing is, if at night she doesn't want to settle and if she's up and she doesn't want to go back down and if you're getting tired and you're partner is getting tired, I find that quite difficult as well.</p> <p>Being young parents is just absolutely brilliant I love everything about it</p> <p>She's so small but she's my best friend if that makes any sense? To those people who are very Judgemental, I would say don't judge a book but their cover. Yeah they might be young mums but how do you know if they're good at looking after their kid or not by just look at them. Young mums are great, fitter anyway.</p> <p>My hopes for Miley are just that she get brought up well, she goes to a good school and gets</p>

Josh	educated and hopefully comes out with a good career at the end of it.
Terri-Ann	The future of my baby I would love her to do well in school and to get a good career and get good degrees and just do really the best she can.
Iownie	All mothers are entitled to some respect because we are bringing up the new generation and therefore we need as much help as we can get so if you don't want a bunch of kids screaming and shouting, I think you should just support us.
Voice Over	Remember: It's your right to have you and your child's health care explained to you clearly. If you don't understand something, ask again.  And make sure you take advantage of the support available to you as a young mum, your health visitor can put you in touch with local groups.
	<p>YOUNG PARENTS SPEAK OUT BROUGHT TO YOU BY ACTION FOR SICK CHILDREN (SCOTLAND) <i>Helping sick children and young people meet their healthcare needs, in partnership with parents, carers and professionals</i></p> <p>WITH THANKS TO</p> <p>Helen Keir – Health Visitor Susan Robertson – Community Midwife</p> <p>Laura Beaton, Iownie Cameron, Craig Colquhoun, Shauni Kettles, Leanne Muckersie Josh Robson, Gina Turnbull, Terri-Ann Williamson</p> <p>and Andrea Adams, Steph Fellman, Ruth Gronneberg, Sarah Henderson, Sonya Hogg</p> <p>St Andrew's Project, Dundee Baby Bumps, Perth</p>
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