

SFHMCN24

Provide advice and information to enable parents to promote the health and well-being of their newborn babies



Overview

This standard is about providing advice and information to parents to enable them to promote the health and well-being of their newborn baby/ies, adopting a suitable lifestyle to optimise the health and well-being of the baby/ies, themselves and the whole family. The term 'parents' refers to mothers, fathers/father figures and others who care for newborn babies. Where relevant, other people such as non-resident fathers, siblings, grandparents, other relatives or friends significant to the care of the newborn baby/ies should be involved in the discussions. You need to relate to each person as someone with their own particular needs for information and advice and develop a full understanding of their requirements and how these can best be met.

This standard depends on your being able to communicate information effectively, and being responsive to any queries. It covers the provision of general information and advice about promoting and protecting the health and well-being of newborn babies. It applies to those who provide such information to individuals, couples, families and/or groups (e.g. parent craft classes).

This standard does not cover the development or implementation of individualised care plans for women and babies in the postnatal period.

SFHMCN24

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Performance criteria

You must be able to:

- P1 clearly explain:
 - P1.1 who you are and your role in providing advice and information
 - P1.2 the name and nature of the organisation you represent
 - P1.3 your organisation's policy on confidentiality and record keeping
- P2 communicate with parents in a supportive and approachable manner consistent with their:
 - P2.1 level of understanding
 - P2.2 culture and background
 - P2.3 preferred ways of communicating
 - P2.4 needs
- P3 discuss the lifestyle of the parents with them and how their lifestyle could be adapted to enable them to promote their own and their baby's/ies' health and well-being
- P4 enable the parents to express their requirements for advice and information
- P5 establish how much the parents know about promoting and protecting the health and well-being of their newborn baby/ies and any misconceptions they may have
- P6 enable the parents to identify their requirements to assist them in promoting and protecting the health and well-being needs of their baby/ies
- P7 explain the benefits that adapting their lifestyle may have on their own and their baby's/ies' health and well-being
- P8 demonstrate respect for people as individuals when interacting with them and acknowledge their cultural and religious needs and their rights to make their own decisions in the context of their own lives
- P9 refer the parents to alternative or additional sources of advice and information as appropriate to their needs
- P10 recognise and respond to situations and enquiries where your competence and authority to provide advice and information is exceeded, by:
 - P10.1 seeking appropriate advice and guidance from the relevant person or agency
 - P10.2 referring people to alternative sources of advice and information
- P11 respond appropriately to any concerns the parents may have about promoting and protecting the health and well-being of their baby/ies
- P12 encourage the parents to set achievable targets for optimising the health and well-being of themselves and their baby/ies
- P13 help the parents make realistic plans for promoting and protecting the health and well-being of their newborn baby/ies, including specific actions they will take, agreed support they will receive, intermediate

SFHMCN24

Provide advice and information to enable parents to promote the health and well-being of their newborn babies

targets and review points to measure progress

P14 agree a date to review progress and requirements

P15 maintain the confidentiality of information received from individuals and share information only with those who have the right and need to know

SFHMCN24

Provide advice and information to enable parents to promote the health and well-being of their newborn babies

Knowledge and understanding

You need to know and understand:

- K1 the current European and national legislation, national and professional guidelines and codes of conduct, and local policies which affect your work practice in relation to providing advice and information to parents/carers to enable them to promote the health and well-being of newborn babies
- K2 your responsibilities under the current European, national and local legislation and policies on your actions within your work environment
- K3 the reasons why you may not be able to deal with an enquiry, e.g. because you do not have access to the relevant information, the enquiry is not within your role or competence to deal with, and the appropriate action to take in response to these
- K4 your own values, beliefs and attitudes, and how they could impact on your work
- K5 your own role and responsibilities and from whom assistance and advice should be sought if you are unable to deal with an enquiry
- K6 the ethics concerning consent and confidentiality, and the tensions which may exist between an individual's rights and the organisation's responsibility to individuals
- K7 the rights of parents to make decisions for themselves and their babies and to take risks in the context of their own lives
- K8 the principles of informed consent and how these apply to the work being undertaken
- K9 how to deal with issues of confidentiality and who has the right of access to information that has been recorded
- K10 the importance of focusing on people as individuals
- K11 the importance of respecting the diversity and values of mothers and fathers in relation to the health and well-being of their babies
- K12 the effects of environments and contexts on communication
- K13 the ways in which communication can be modified and altered for different needs, contexts and beliefs
- K14 the main issues, debates and policies relating to promoting the health and well-being of parents and their babies
- K15 the guidance that is available for your own practice, and the sources of the guidance
- K16 evidence based practice, and its role in improving services
- K17 the main trends and changes relating to the care of newborn babies
- K18 the differing needs of babies at different stages of their lives
- K19 the development of babies and infants, including physiological, psychological and social development
- K20 the impact of parenting capacity (mothers and fathers) on the health and well-being of babies

SFHMCN24

Provide advice and information to enable parents to promote the health and well-being of their newborn babies

- K21 the impact of family and environment on the health and well-being of babies
- K22 how the needs of newborn babies may affect those who care for them
- K23 the contributing factors that increase the risk of significant harm to newborn babies
- K24 the actions to take in response to concerns about the health and well-being of babies
- K25 the health benefits (to the mother and the baby/ies) of breastfeeding and how to promote these
- K26 the benefits of involving the father/father figure in the care of babies and how to promote this
- K27 why the ability to listen effectively is important
- K28 how to recognise the sort of information and advice that individuals may be trying to request when they may not have the terminology, confidence or skill to give an accurate specification
- K29 the information parents need in order to be able to make informed choices about the care of their newborn baby/ies
- K30 the importance of providing information in a range of media and languages which reflects the needs of service users in the local population
- K31 how you would provide information and advice in ways which are appropriate for different people, including male-friendly information for fathers/partners
- K32 how adapting lifestyle can enable parents to promote their own health and well-being and that of their baby/ies
- K33 the difficulties parents may have in maintaining lifestyle changes and how to work with them to identify and overcome these
- K34 the impact that empowering parents to effectively manage the care of their baby/ies has upon the parents, their baby/ies and their families, and health services
- K35 the importance of being aware of your own competence in providing advice and information and recognising when a request may exceed that competence
- K36 local and national services, agencies, support groups and websites for parents who want further advice and information, and how to access these
- K37 how to help parents develop realistic and achievable plans for promoting and protecting the health and well-being of their baby/ies
- K38 the importance of monitoring and reviewing progress in promoting and protecting the health and well-being of the baby/ies and how to do so effectively
- K39 how an individual's cultural or religious beliefs could affect their ability to adapt their lifestyle and/or childcare practices in certain ways and how to respond to this

SFHMCN24

Provide advice and information to enable parents to promote the health and well-being of their newborn babies

- K40 the range of services available locally and nationally for people who need information and support in making and maintaining changes in their lifestyle, and how to access these services
- K41 the range of services, agencies and community resources available locally for mothers and fathers with babies, and how to access these
- K42 the importance of effective record keeping in accordance with professional guidelines and local policy, and the procedures relating to this

SFHMCN24

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Additional Information

External Links

This standard links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

Dimension: HWB4 Enablement to address health and wellbeing needs

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