

Pregnant & Parenting Teens: It Takes a Village

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Workshop Objectives

At the conclusion of this presentation, participants will be able to:

- ▶ Explore personal and organizational biases toward pregnant and parenting teens.
- ▶ Identify barriers and challenges specific to teens.
- ▶ Describe best practices for serving pregnant and parenting adolescents.
- ▶ Recognize resources and supports needed.
- ▶ Discuss ways to empower teens that enhance the parent-child bond.

Our Services

- ▶ Case Management
- ▶ Nurse Educator
- ▶ Healthy Pregnancy Classes
- ▶ Childbirth Education Classes
- ▶ Proactive Teen Parenting Classes
- ▶ Support Groups
- ▶ Breastfeeding Education and Support
- ▶ Home Visitation
- ▶ Healthy Relationship Education
- ▶ Free Pregnancy Testing
- ▶ Jensen's Corner (Gently used or new baby items)
- ▶ Community Referrals
- ▶ Special Events

Teen Outreach
Pregnancy Services





Mission

Teen Outreach Pregnancy Services mission is to educate and empower the youth and young families in our community so they can make informed, healthy decisions.

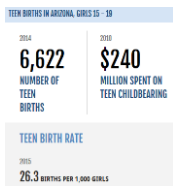
Outcomes of Teen Pregnancy

Without TOPS

- ▶ 50% of teen moms breastfeed
- ▶ 22.4% have a C-Section
- ▶ 13.3% premature

With TOPS

- ▶ 91% of teen moms breastfeed
- ▶ 16% have a C-Section
- ▶ 10% premature



<http://www.internationalbreastfeedingjournal.com/content/6/1/14>
http://www.cdc.gov/nchs/data/mmr/mmr62/mmr62_01.pdf
http://www.childtrends.org/wp-content/uploads/2012/11/116_fig4.jpg
<https://theobscure-america.org/data/state/arizona>



Biases and Judgements
 What are yours?

Brainstorm Activity

What did the teens say...

CHALLENGES

Age - need parents' \$ for baby sitting, car, etc. - not getting together for info. bills, things

Eating - people eat your food don't like what's available agree with mommy

stable housing

relationship changes bathroom breaks while preggo!

Judgement about "color" differences

Discomforts of Pregnancy

Drivers license - test + need a car to take the driving test!!

- Not getting a job
- Bills
- School
- Transportation
 - Repairs
 - Insurance
 - Gas
- Sleeping
- Not being eligible for services

CHALLENGES

Saving Money

Doing everything by yourself

Eating right

Exercise

Finishing School

Not 24/7 for baby sitting

Money - tight vehicle

Sleeping job

Headaches in baby bump - try and consult with OB/GYN books suggest

legally being able to apply for things like support

Financially stressed

Living situations

getting a car with a percentage ahead credit

Transportation

not being able to eat certain foods

1. (Not leaving school)

• Being good at life

• Learning

2. (Learning well)

• Being smart

• Study smart

• Don't get in the way/ getting

• Be your own person

Support Instead of Shame

#noteenshame



I still feel that as soon as I say I'm a parent (and people know my age) people see me differently. Their tone of voice changes so much, sometimes their interaction with me changes completely. Or when I talk about what my end goals are or my next steps some people give me a blank stare like I'm reaching too high. This has happened so much to me over the past years, and it makes every success big and small that much sweeter. I hate seeing comments on young parents posts made by older women who believe they're perfect because they waited. But I think it's not about how you start your journey it's how you end it.

I think one of my struggles is when I walk into a store and check out, the cashier or the people around me are judging me because of my young of being a parent.

Everyone thought I was too young to care for my baby or that I wouldn't succeed in breastfeeding.



"Everyone thought he would leave me"

<http://www.candiesfoundation.org/>

10 Things You Should Never Say to a Teen Mom

1. You're just a kid
2. Children shouldn't be having children
3. You are a bad influence on other teens
4. People like you drain our economy
5. So... you can audition for Teen Mom now
6. Your life is over
7. Do you know who the dad is?
8. You should have kept your legs closed
9. You made your bed, now lay in it
10. You don't deserve respect

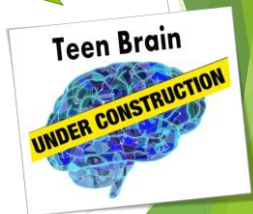
by @NatalieWanna on ThePushback.org
#NOTEENSHAME

What do we know about Adolescents?



Lessons learned

- ▶ Not all in crisis
 - ▶ Not all pregnancies are unplanned
- ▶ Need individualized intervention
- ▶ Effects of trauma (ACES)
- ▶ Adolescent Brain differences
- ▶ Imaginary Audience
 - ▶ Teens can feel "judged"
- ▶ Conflicting roles
- ▶ Cultural awareness



Promising Practices

- ▶ Build relationships
- ▶ Use of engaging/creative activities
- ▶ Positive/trained staff
- ▶ Motivational Interviewing in needs assessments
- ▶ Flexibility and Adaptability
- ▶ Safe Environment
- ▶ Use of current and past participants
- ▶ Incentives




US Dept of Health and Human Services, Office of Adolescent Health. What works for pregnant and parenting teens. Expert panel working group 2012 http://www.oah.hhs.gov/ra/h/csh/resources-and-publications/info/resources/pdf/panel_report_08_2012.pdf

TOPS Best Practices

-  Concrete learning related to real world
-  Consistent class times with reminders/support
-  Multisensory learning: 1 focus at a time
-  Safe environment/comfort level of teen
-  Group and individual sessions
-  Clear and unhurried facilitation
-  Use of incentives

More Best Practices

-  Use "engage" to help teens make connections
-  Use "focus" to help teens zero in on topic
-  Use "closure" to help teens apply knowledge
-  Various teaching modalities (writing, reading, drawing, video, discussion, sharing)
-  Revisit/repetition of information
-  Ongoing one-on-one support



What does the research say?

- When focusing on pregnant/parenting teens, programs need to:
 - Maintain close and sustained relationships with clients;
 - Begin during the first pregnancy and continue until the child is two years old;
 - Use personnel trained on sensitive topics (family planning, domestic violence, etc);
 - Provide group and individualized attention (ongoing Nurse Home Visiting); and
 - Encourage teen mothers to return to school to complete their education.

(Klerman, 2004)

What else does the research say?

- Discuss the detrimental effects of additional births prior to age 20 and closely spaced births.
- Provide education plus intense, ongoing, specific support in the selection and consistent use of contraceptives.
- Encourage long-acting reversible contraceptives (LARC) along with consistent condom use.
- Provide childcare for those in school or in employment training.
- Evidence suggests that a minimum of 10 hours of education is needed to improve behaviors (Kirby, 2007)

(Klerman, 2004)

Resources and Support for Adolescents

- ▶ WIC: 1-800-252-5942
 - ▶ 24-hour breastfeeding hotline: 1-800-833-4642
- ▶ Birth to Five Helpline: 1-877-705-KIDS
- ▶ Teen Lifeline: 602-248-TEEN
- ▶ Goodwill Career Services: <https://www.goodwillaz.org/employment-services/>
- ▶ Teen Outreach Pregnancy Services: www.teenoutreachaz.org
- ▶ Nurse-Family Partnership: www.nursefamilypartnership.org
- ▶ Find Help Phoenix: www.findhelpphoenix.org
- ▶ Child and Family Resources: <http://www.childfamilyresources.org>
- ▶ Healthyteennetwork.org

What's in your community?

Tips for Professionals

- ▶ Know your community and network!
 - ▶ Don't be afraid to not be the expert. Seek help!
- ▶ Warm-handoff with resources (offer assistance and follow-up)
- ▶ Make sure resources and information are current
- ▶ Meet teens where they're at
- ▶ Help your clients prioritize their needs
 - ▶ "SMART" goals
- ▶ Recognize they're the experts in their lives
- ▶ Get feedback from the youth
 - ▶ Establish a Teen Advisory Board
- ▶ Be authentic
- ▶ Be flexible
- ▶ Continue learning!



Increasing the Parent-Child Bond

Educate



Role model the behavior



5 Ways
TO BE AN ALLY TO YOUNG PARENTS

1. Conduct an internal reflection of your views on teen pregnancy and young parenthood and challenge any negative perceptions
2. Be an active voice against harmful campaigns, strategies and media
3. Ensure your messaging excludes stereotypes, shame, and narrowly framed data sources
4. Invite young parents to the table and give them meaningful and genuine roles to help shape your work
5. Respect young mothers and young fathers and believe in their ability to make the best informed choices for themselves and their families

#NOTEENSHAME



Last but not least....

Remember to celebrate success and share your positive experiences!





Thank you!!!



**KEEP
CALM
&
Call TOPS**