

....food for thought...

A child is a person who is going to carry on what you have started. He is going to sit where you are sitting and when you are gone, attend to those things which you think are important. You may adopt all the policies you please, but how they are carried out depends on him. He will assume control of your cities, your states, and your nation. He is to move in and take over your churches, your schools, your universities, and your corporations. All your books are going to be judged, praised or condemned by him. The fate of humanity is in his hands.

--Abraham Lincoln

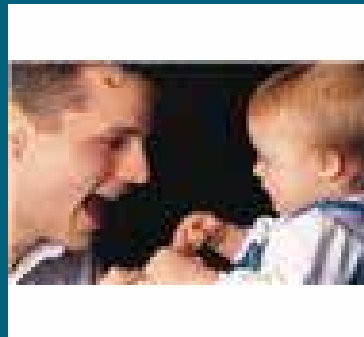
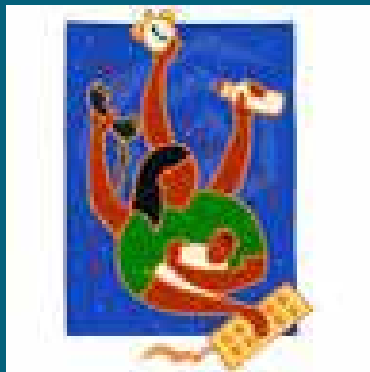




Teen Parents Now!



A Parenting Class for Pregnant
and Parenting Teens



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*When it comes to
becoming a parent, we
don't know what we don't
know....*

There is a lot to learn along the way

Every baby is unique

Each family is different



Sex happens

Babies come
when babies
come....



Birth control isn't 100% effective



Sex can and does result in a baby

In the words of teens...



Not me! I can't be pregnant...I couldn't be! What about basketball season? Wait, the cheerleading uniform doesn't fit anymore!

Prom? Graduation? College? Job? I need to go to college, get a job, buy a car, a new phone, cool shoes, get my nails done...

Big Belly...S-t-r-e-t-c-h marks? EWW! Not me...

OMG! This is great! NOW there'll be someone who loves ME! I'm going to be a great mom/dad! Way better than the ones I got...

....there's so much to think
about...the brain is on overload!

...school...

....maybe no one will

notice...

...adoption....

...keep...

...abortion...

...friends...

...parents...

...family...

...bf/gf...

BABY!!



...once the cat's out of the bag,
everybody's telling me what they
think...

His parents blame me!

Her parents blame me!

She loves me.

She hates me.

He hates me.

He loves me.

My friends think it's so cool.

My friends ignore me.

You can't go to school NOW.

You have to go to school and get it done!



...the baby will be
here soon...and a
new family will be
born...



When we add it up....

stress

+

Isolation

+

**lack of adequate
parenting information
& social support**

=

Young parents At-Risk

What can a pregnant or parenting teen do to become the best parent they can be?



Take
a
parenting
class!



Why teach parenting skills to pregnant & parenting teens?

- Parenting is the *most important & challenging job* there is.
- Parents are their children's first & most important teachers.
- *Children have better outcomes* when they are nurtured by loving, skilled parents.
- Knowledge can *prevent and/or reduce the risk of child abuse and neglect.*



When ?

Early!!

- when attitudes of self and parenting patterns are being established

Before troubles begin!!

- It is much easier to prevent negative patterns from becoming established than it is to change them after the fact.



How?

Use a parent education curriculum that is designed to address:

- the **stress**
- the **isolation**
- and the **lack of adequate parenting information & social support**

that many young parents experience.

Teen Parents Now! Class

- Utilizes “Make Parenting A Pleasure” curriculum & materials.
- “Make Parenting a Pleasure” was created in 1986 by “Birth To Three” to promote positive attitudes about parenting.
- “Make Parenting a Pleasure’s” target audience is families “at-risk.”

What are the goals of “Teen Parents Now!” class?

- Learn practical stress management & communication skills
- Gain greater understanding of baby/child
- Learn effective parenting skills and positive approaches to discipline
- Build a support network



Core Themes

Parenting is the most important & challenging job there is.

Parents are the foundation of the family.

Parents have to take care of themselves in order to take care of their children.

Parenting is a learned process.

We teach our children through words & by example.

Every child and parent is unique

It is important to build on strengths

Parents need a support network.



How does it work?

- Information is presented within a supportive environment
- 2.5 hrs/session with time for:
 - Parents to share highs/lows
 - begin to build a social support system among themselves
- The class is a place where:
 - parents learn about parenting & child development
 - Feel validated & not alone with the challenges of being a parent

Class Content

- Learning how to take care of ourselves
- Managing **stress** & **anger**
- Communication skills
- Develop realistic expectations of our children
- Positive discipline
- Dealing with challenging behaviors



Teaching Strategies

- Brief presentations by facilitator
- Video vignettes
- Practice activities in both large and small groups
- Discussion topics
- Interactive dialog
- Home activities



Goal of Teen Parents Now?

Happy,
Healthy, Functional
Families!



Teen Parents Now!

A Parenting Class for Pregnant and Parenting Teens

Offered through Parenting with Providence

- Twice each year (Fall & Spring Semesters)
- 13 weekly sessions
- \$25/family (scholarships available)
- High School Credit Available

To enroll

Call Parenting with Providence 212-8474

