



Good Beginnings for TEEN PARENTS

Good Beginnings for Teen Parents is an educational program designed to equip pregnant and parenting teens with the skills they need to succeed. This 6-10 week series concentrates on setting goals, self-care for a healthy pregnancy, infant care, positive discipline, and good decision making. The goal of Good Beginnings for Teen Parents is to help teen moms grow and develop through what may be a difficult and scary time in their lives.

Good Beginnings for Teen Parents *makes a difference in the lives of children and their teen parents. In 2007-2008:*

- *92% of pregnant participants gave birth to a full-term, healthy birth-weight baby.*
- *96% learned effective positive discipline techniques.*
- *100% of participants completed the school year.*
- *99% did not have a repeat pregnancy.*

Did you know...

- ❖ *In the year of 2004, there were 548 births to mothers age 10-19 years old in Guilford County (State Center for Health Statistics, 2004).*
- ❖ *In both North Carolina and Guilford County, moms under the age of 20 had the highest late/no prenatal care rate (March of Dimes, 2003).*
- ❖ *Only about 1/3 of teen moms will graduate high school after giving birth (Planned Parenthood Federation of America, Inc., 2002).*
- ❖ *In the US, each year there are approximately 110 reported incidents of abuse and neglect per 1000 families headed by young teen mothers (The National Campaign to Prevent Teen Pregnancy, 2004).*
- ❖ *The younger the teen mom, the more unrealistic her views about parenting tend to be (Resengard & Phipps, 2006).*
- ❖ *The younger the girl who is pregnant, the more likely it is that she has been abused, is depressed, has lower self-esteem, uses drugs, and has a less stable home environment (Sarri & Phillips, 2004).*

References

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