

TIPS FOR PARENTS

As a parent, you will find from time to time that your child care needs will change, whether temporarily or permanently. By knowing how to take care of your needs during this time, you will be able to give your child better care.

TEENAGE PARENTS

Because teenage parents are still growing up themselves, the parenting job for them is particularly difficult. If you are a teen parent, there are ways to make your job a little easier.

1. **Learn about your responsibilities and how to care for your child.** There are many agencies that offer parenting classes and even special classes for teenage parents. By learning how to be a good parent, both you and your baby will benefit.
2. **Learn about the services available to help you and your baby.** There are many services available for teen parents. Take time to seek out these services. Some services to explore include family planning clinics, local and county health departments, social service agencies and special programs for teenage parents.
3. **Set aside time for recreation, even if it means finding a babysitter.** The demands of child care, housekeeping and a job and/or schoolwork can cause you to feel uptight and frustrated.
4. **Keep in touch with parents, family and friends.** They can be invaluable source of help while allowing you to spend time with those you are close to.
5. **Ask for help with child care, parenting skills and decision making.** Other parents whom you admire are often good sources of support and information. Don't try to do everything on your own.
6. **Take time to learn about family planning.** Talk to your school nurse, guidance counselor, family physician or a local clinic.