

Go to's for

NAVIGATING YOUR TEEN'S PREGNANCY

Manage Feelings

You may have mixed feelings about your teen's pregnancy. Your feelings also may change over time, as the birth becomes closer. Do acknowledge all your feelings and talk to someone you trust if you need to, but pause and recognise that at times you may need to just focus more on supporting your teen and their range of emotions and needs.

stay connected

Remind yourself that having open conversations with your teen about their feelings can be good for your ongoing relationship. They may experience or be anxious about potential judgement from other people, so they need to know they can come to you for regular unconditional support. Make time to do activities together you both enjoy.

Ask curious and supportive questions during the pregnancy journey:

- What can we do together to help you right now?
- Where else can we get some advice and support?
- Who do you feel most able to talk to about your feelings at the moment?
- When do you prefer I check in with you – each day or each week?
- Is there anyone in school you can talk to? Do you want me to go with you to speak to anyone at school?

Take it all Step by Step:

Step 1 – See the GP to get health checks* and discuss all options.

*if your child is significantly overweight or has a history of eating disorders you may wish to ask your GP to refer to a registered dietitian.

Step 2 – Allow them privacy to talk to healthcare professionals. Talk about how involved they want the baby's partner to be and how involved they want you to be.

Step 3 – Build confidence in areas such as cooking, budgeting, domestic chores.

Ask about The Family Nurse Partnership service:
<https://www.fnp.nhs.uk/>

We are here for confidential and emotional support while you navigate your teen's pregnancy. Our Helpline is open Monday to Thursday 9am to 9pm, Friday 9am to 5pm and Saturday 9am to 1pm.