



TIP SHEET: Honoring the Resiliency and Innate Strengths of Young Parents



- Teenage parents face similar ups and downs to older parents, be mindful of assumptions.
- Parenting as a teenager can have special challenges, including handling people’s judgmental attitudes and finishing education.
- With the right planning and support, teenage parents can overcome challenges and help their children thrive.
- The teenage years are a critical time for developing self and identity, and with the added role of parent, the young person may need extra support in navigating the multiple roles and changes.
- Young parents may be up against social stigmas, disapproval, and judgments. They need to have a safe space to process these feelings.
- According to research, many young parents have reported that most of their negative experiences come from ‘social exclusion’. When young parents can connect with other young parents, it has been found to help improve both their and their children’s well-being.
- Support for young parents through feelings of isolation can improve their mental and emotional resources, and leave them more able to attune to their baby.
- Structure hours and programs around the needs of parents who are balancing work, education, and family.
- Create an advocates’ circle for young parents where they can share lived experiences, inform, and shape policy ideas and practices



For more information visit:

- [Parenting as a teenager](#)
- [Supporting young parents and carers](#)

RESOURCES

1. **Catholic Charities of New Mexico** - Offers a variety of services to promote self-sufficiency, strengthen families, fight poverty, and build community
2. **Child Welfare Information Gateway: U.S. Department of Health & Human Services** - Provides access to print and electronic publications, websites, databases, and online learning tools for improving child welfare practice, including resources that can be shared with families
3. **Dream Tree Project** - Housing and support services for youth
4. **Future Focused Education** - Offering work-based learning paid internships for young people, and policy reform opportunities
5. **New Mexico ECECD Child Care Assistance** - The Child Care Assistance Program subsidizes the cost of child care for families at or below 400% of the federal poverty level that are working, in school, or searching for employment
6. **New Mexico GRADS** - State-wide, in-school program for teenage parents (childcare, career readiness, youth leadership, fatherhood programs)
7. **The Annie E. Casey Foundation** - Resources to help young people thrive

