

1: Teen and Pregnant Program

*Your Pregnancy & Newborn Journey: A Guide for Pregnant Teens (Teen Pregnancy and Parenting series) [Jeanne Warren Lindsay, Jean Brunelli PHN] on www.enganchecubano.com *FREE* shipping on qualifying offers. Discusses nutritional, medical, and social aspects of teenage pregnancy and teenage parenthood.*

You are not alone; there are around 1 million pregnant teens in the USA every year. As a pregnant teen, you might be wondering how to break the news to your boyfriend and your parents, what you will choose for your pregnancy, how this will affect you finishing school, what your friends will say about you, or about how you will be able to provide for your baby. The good news is that as a pregnant teen, there are resources, services, and support just for you. The first step is to begin care for your pregnancy and to seek help. Our toll-free teen pregnancy hotline, 1-800-458-5232, is here just for you. Our pregnancy educators are standing by to help you figure out your chances of pregnancy, refer you to a free and confidential pregnancy testing center, or offer you a safe place to talk about your pregnancy options. This article will guide you through different aspects of what it is like being a pregnant teen: Am I really pregnant? The only way to do this accurately is to take a pregnancy test. You can purchase a urine test at your local pharmacy or retail store, or go to a local testing center for a free one. Blood tests must be done at a clinic or by your doctor. Visit our Pregnancy Symptoms or Pregnancy Tests pages for more information. As a potentially pregnant teen, you can find a free testing center by either calling us at 1-800-458-5232 or typing in your zip code below: Find a FREE Pregnancy Testing Center in your area After you have a positive pregnancy test, your next step is to make sure the pregnancy is viable possible to carry to term and not an ectopic pregnancy or a probable miscarriage. You can do this with an ultrasound. Many of the free testing centers also offer free limited nondiagnostic ultrasounds, or your doctor can perform a full one. If the pregnancy is viable, then you have some decisions to make see below. Sharing the News as a Pregnant Teen Once you confirm the pregnancy, telling others that you are pregnant is probably going to be very difficult. However, it is important to do so because it is by telling people you can find support and get access to care. It may start by making a confidential toll-free call to our helpline. You may also find it helpful to speak with a confidential educator at a pregnancy center or through your school nurse or counseling office. As hard as it may be, you will need to plan on sharing the news with at least one of your parents. As a pregnant teen, you are probably still living at home or still financially dependent on your parent s , they will likely be the one s helping and supporting you in whatever decision you make for your pregnancy. Talking to your parents Most pregnant teens are scared to share the news with their family. We have a few suggestions on breaking the news to your parent s: Realize that this was probably not their plan for their teenage daughter; try not to be defensive about how you ended up in this situation. Your parent s are undoubtedly going to ask you who the father is, and they are going to want to know if he plans to help you care for a child. Most parents will consider a teen pregnancy irresponsible; so, show them that you are taking responsibility for your actions by coming up with a plan. This shows them that you are thinking ahead and behaving responsibly. Your parents may have an idea about what choice they think you should make for your pregnancy. Remember that ultimately, it is up to you. They have been through at least one pregnancy before you and undoubtedly have some helpful information and wise insights to share with you. Try not to set your expectations too high or too low. Some parents will be angry at first, but loosen up when it gets time for them to meet their grandson or granddaughter. If you wait until then to tell them and get care, that can be dangerous for you and the baby. As a first time pregnant teen, this will be the first time you have this talk with your parents. More than likely, this is their first time to talk about teen pregnancy as well. Talking to your boyfriend As a newly confirmed pregnant teen, you might also be wondering how to talk to your boyfriend. If you take one on your own, here are some suggestions on how to tell him. As a pregnant teen, this is probably your first pregnancy. Remember, this is most likely his first time as well. The baby does have half his DNA too! Try to break the news as calmly as possible in person and not over a phone call or text if you are long distance, then a video call might be a better option. Many guys will face some denial about the situation initially. This way he can see immediate proof. You can either take this time to explain what you are thinking or feeling about the situation,

or you can give him some time to think in silence. Try not to hold this against him, as he might not have noticed anything different. Try to keep calm throughout the whole conversation. Try not to be defensive either, as that never helps a conversation go better. What choice for the pregnancy are you leaning toward? Have you told your parents? When did conception likely occur? Vagueness can lead to misunderstandings and then arguments, so avoid that if possible. Talking and decisions about the future of your relationship or the possibility of parenting together may not happen in this initial conversation. You both may be too full of emotion and shock to be able to make educated, long-term decisions in the moment. If the situation escalates and you fear for your safety or for his safety, excuse yourself and take some time to calm down or to let him settle his emotions. You are more than likely a pregnant teen for the first time and the same goes for him as well. Ideally, you both would have already made a decision about the pregnancy and about your relationship how it will continue or if it will not. Pregnancy Decisions as a Pregnant Teen It is quite possible that you are questioning what to do with this pregnancy. Will you carry the baby to term, consider adoption, or look at termination through an abortion procedure? The first thing to remember is that it is your pregnancy – no one should pressure you into anything. The options are there whether anyone tells you about them or not. It is important to know all the resources available to you – without being aware of these, you may falsely think that there is no help for someone in your position. Parenting can be very challenging, but also extremely rewarding. There are many successful teen moms whose children grow up happily and normally. Here are a few topics on parenting that you may find helpful: Will your boyfriend help you raise the child, or will you have to pursue child support? Will you be able to stay with your parents or have to get your own place? Adoption There is also the option for adoption. Many teenagers feel that they cannot give a child the life they desire for them, and that is where adoption comes in. There are a lot of couples that are in a more stable time in life that are not able to parent children for one reason or another who desperately want a child. You could help make that a reality for these hopeful parents! Plus, the adoption agency or adopting family will typically cover the medical costs of your pregnancy. You have the option to keep in contact with the adoptive family, or to go through the adoption anonymously. Here are some other topics you might find useful:

2: Pregnant Teen - American Pregnancy Association

Get this from a library! Teens parenting--your pregnancy and newborn journey: how to take care of yourself and your newborn if you're a pregnant teen. [Jeanne Warren Lindsay; Jean Brunelli] -- Discusses nutritional, medical, and social aspects of teenage pregnancy and teenage parenthood.

3: Jeanne Warren Lindsay: List of Books by Author Jeanne Warren Lindsay

Teen Pregnancy and Parenting: Your Pregnancy and Newborn Journey: A Guide for Pregnant Teens by Jeanne Warren Lindsay and Jean Brunelli (, Paperback) 2 product ratings average based on 2 product ratings.

4: Jeanne Warren Lindsay: List of Books by Author Jeanne Warren Lindsay

Teens Parenting-Your Pregnancy and Newborn Journey: How to Take Care of Yourself and Your Newborn If You're a Pregnant Teen (Teens Parenting Series) Hardcover - September 1,

5: Your Pregnancy & Newborn Journey: A Guide for Pregnant Teens by Jeanne Warren Lindsay

Your Pregnancy and Newborn Journey: A Guide for Pregnant Teens by Jeanne Warren Lindsay, Jean Brunelli Sharing experiences and insights that will help other teens face the realities of impending parenthood, pregnant and parenting teens offer young expectant mothers advice for carrying and delivering a healthy baby.

6: Jeanne Warren Lindsay (Author of Do I Have a Daddy?)

TEENS PARENTING-YOUR PREGNANCY AND NEWBORN JOURNEY pdf

Your Pregnancy and Newborn Journey: A Guide for Pregnant Teens (Teen Pregnancy and Parenting series) by Lindsay, Jeanne Warren, Brunelli PHN, Jean and a great selection of similar Used, New and Collectible Books available now at www.enganchecubano.com

7: Jeanne Warren Lindsay: List of Books by Author Jeanne Warren Lindsay

Teen Pregnancy and Parenting: Your Pregnancy and Newborn Journey: A Guide for Pregnant Teens by Jeanne Warren Lindsay and Jean Brunelli (, Paperback, Revised) Be the first to write a review About this product.

8: Jean Brunelli (Author of Your Pregnancy & Newborn Journey)

Your Pregnancy & Newborn Journey: A Guide for Pregnant Teens (Teen Pregnancy and Parenting series) Pregnancy: First Time Moms- Getting Pregnant, Childbirth, and Newborn (first time mom.

9: Teen and Pregnant Program

13 YEARS OLD AND PREGNANT WITH TWINS-TELLING MY DAD IM PREGNANT Teen Pregnancy Story & Video Journal.

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