



Tips for Teen Parents

Parenting is a 24-hour-a-day job, and it can feel overwhelming for any parent. Teen parents often have the added stress of trying to finish school or might feel lonely or isolated from peers who aren't caring for children. Here are some helpful tips for teen parents.

- **Join a support group:** You're not alone! Groups for young parents are a great way to meet new friends who have the same lifestyle. It's also a great way to get children involved with other children their age.
- **Finish school:** Finishing high school or getting your GED will help you get a better job or take the next step in your education. Both will build a brighter future for you and your child
- **Hone parenting skills:** Don't be afraid to ask advice from parents or mentors, or enroll in classes that can help you build on what you already know about raising a happy, healthy child.
- **Call a help line:** call the 24 hour Childhelp line at 1-800-4ACHILD.

