School

Continuing school is still important and will help you prepare for raising a child. It can be difficult to stay in school. You may feel embarrassed about the pregnancy and not want people to judge you. At times, you may not feel well or have to miss classes because of the pregnancy. However, staying in school will help you achieve your goals. There are programs available to you and people who can help you stay on-track. There are resources available to help you during pregnancy, childbirth, and with any pregnancy-related medical treatments. Speak with your school counselor or case manager about any resources regarding childcare or early learning programs to help support you and your baby.

Resources

EDUCATION

- Learn more about your rights for attending school here: https://bit.ly/2RCPwtW
- Learn more about teenage parent programs here: https://bit.ly/2TOpqOd

PREPARING FOR BABY’S ARRIVAL

- Learn more about medical insurance through the Department of Children and Families here: https://bit.ly/1JOUmGf
- Learn more about choosing a pediatrician here: https://bit.ly/1KY92bt
- Learn more about what items you might need for baby’s first few months here: https://bit.ly/2EUFyK3
- Learn more about adequate childcare facilities here: https://bit.ly/2RW7aIH
- Learn more about the Acknowledgement of Paternity from here: https://bit.ly/2MjlwgT

Work

Continuing to work while pregnant or parenting can be a very rewarding experience. You will be able to continue to earn money to support you and your baby and can work on saving up money. There are challenges to working while pregnant, so it is important to know your rights regarding employment. An employer cannot fire you because you are pregnant; however, it will be important for you to notify your boss or human resources (HR) department once you become pregnant. You can speak to your case manager about how to bring up your pregnancy. You should also review your leave options with the HR department—depending on where you work, you will want to review your options for paid leave and the Family Medical Leave Act (FMLA) which can protect your job for up to 12 weeks of unpaid leave for pregnancy-related issues. There will be times that you may have to call off sick from work or leave work early for a doctor’s appointment. Be sure to follow all policies regarding leave. Finally, speak to your case manager and your HR department about adding your baby to your insurance and any forms you will need to fill out—there are time limitations that can affect you and your baby.
During early pregnancy, you may have “forgotten” you were pregnant or thought your due date was such a long way off. But each passing week brings you closer to meeting your precious little bundle. This thought might bring you a sense of excitement and worry. While meeting your baby will be a bright spot in your life, becoming a parent is overwhelming. You might feel like you losing a piece of yourself and find that you can no longer do what you want, when you want to. You might even feel like you have to put your life on hold, because your baby’s needs are going to take priority. Even though your new role will at times overtake all of your other roles, you can still achieve your goals. Goal setting will help you have a purpose outside of your parenting role and will set you up as a role model for your child.

Goals will give you focus and a sense of direction for what you consider important.

Goals allow you to measure your progress and a clear endpoint for success. Goals will reduce distractions and procrastination that slow or stop your progress toward success. Finally, goals will give you motivation to keep you excited about your progress and ultimate success.

When it comes to achieving our goals, our failures are nothing more than success in progress.

— Tanveer Naseer

Getting ready for the BIG DAY, when your baby finally comes into this world, can bring up a lot of emotions. You might feel worried, excited, or content. But there are some things you need to take care of before baby arrives. Once you have updated your medical insurance, you will need to start thinking about medical insurance for your baby. There are a couple different types of medical insurance coverage plans such as Staywell or Prestige, talking to your case manager can help you figure out which plan is going to work best for you and your baby.

Finding a doctor

Once you have insurance for your baby, you have to find a doctor (pediatrician) for your baby. You get to choose your baby’s doctor, which can be both exciting and overwhelming. How do you choose? Who is going to be the right doctor? These and other questions are likely going to come up. The pediatrician you choose should be in your baby’s health network (if you have questions, reach out to your case manager). You will want to ask about the policies of the pediatrician’s office, such as mandatory vaccination schedules, same day appointments, and after hours nurses or other things that are important to you as mom. Ask about which procedures can be done in the office and the procedures that are referred to other offices.

What do I need?

There are a lot of items you will need as you prepare for your baby. Sometimes it can feel like there is too much to choose from and how will you pay for it all? Your case manager can help you sort through which items are necessary, which items are useful, and which items you can go without. Today’s Parenthood put out a “checklist” for things you might need in the first couple of months. You can also reach out to your medical insurance provider so you can receive medical supplies such as a breast pump, pads, aspirin, or other medical supplies you may need during pregnancy or after birth for free. Finally, there are often community resources that can help you located free or low-cost items for you and your baby.

Preparing for Baby’s Arrival

Feelings

CHILDCARE

Childcare services, might be one of the most important determinations you make as a parent. Will you utilize child care as soon as possible or wait as long as possible? What type of childcare you are going to seek out? Having adequate childcare can help you achieve your goals or give you much needed rest. Being a parent can be tough work and some days you will feel very overwhelmed with all of your new responsibilities. Having a quality childcare provider, even for a few hours a week, can give you an opportunity to step out of your parent role. You may qualify for state assistance if you are in school or working, so reach out to your case manager to discuss your eligibility for these programs.

Secure home

Feeling safe and secure will help you feel secure while parenting. Your case manager should assist you in developing a plan to ensure you have safe and secure housing. There are programs available for you to help support you and your baby so that you can maintain your current housing situation.

How does dad fit in?

Having a relationship with both parents is beneficial to children. It can be difficult to maintain a good relationship with your child’s other parent. Additionally, if you are unmarried, the father’s rights will need to be established. The mother and the father can fill out an Acknowledgement of Paternity form. Fathers’ rights can also be established via the court system using genetic testing, which is more complicated and often has a cost associated with it. Even when the fathers’ rights are established, the mother is still protected under certain medical laws (Health Insurance Portability and Accountability Act; HIPAA), which means medical information about the pregnancy and unborn child are protected and can be shielded from the father.

Finding a doctor

What do I need?

Goals will give you focus and a sense of direction for what you consider important.

Having a home that is consistent and safe is important for both you and your baby.

Childcare

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