



teen family support

free and voluntary services for pregnant and parenting young mothers age 21 and under living in winnebago county



Teen Family Support

Easterseals Teen Family Support assists pregnant and parenting teenagers living in Winnebago County. Teen Family Support assists in developing and improving healthy parent/child relationships which, fosters successful child development. All Teen Family Support services are free and voluntary.

What can Teen Family Support do for me?

Pregnancy can be an uncertain and often scary time for any woman, but the added stress of school, work and friends make it more challenging for teenagers. Teen Family Support provides you with long-term support as you go through pregnancy, labor and delivery, and becoming a new mom.

- > One-on-one support through Doulas and Family Support Workers
- > Support and information through Prenatal and Parenting Support Groups
- > Access to valuable community resources
- > Help with continuing education, finding quality childcare and employment

What can Teen Family Support do for my baby?

- > Family Support Workers perform developmental screenings while playing, walking and talking with your child. Family Support Workers make referrals to other needed services, if necessary.
- > Provides creative parent/child activities including arts and crafts, belly casts and journaling.
- > Staff provide Family Administered Neonatal Activities (FANA) to enhance the bonding experience between you and your new baby.
- > Fathers are welcome to participate in all activities and services.

What is a Doula?

Doulas provide teen mothers with education before, during and after the birth.

A doula is a female who is a trained and experienced labor companion from our community who provides you with prenatal information, support and labor and delivery assistance. Home visiting services are provided and the doula is available 24/7 to attend our laboring teen's births at local hospitals.

Prenatal Support Groups are offered to provide pregnant teenage mothers an opportunity to learn more about pregnancy and to meet other teenage mothers.

What is a Family Support Worker?

Family Support Workers provide the support and information you need to become a confident, self-sufficient parent.

Both Doulas and Family Support Workers discuss issues concerning a pregnant or parenting mom, including:

- > Promoting a healthy pregnancy, labor and delivery
- > Encouraging and supporting breastfeeding
- > Adjusting to becoming a parent
- > Helping your baby learn and grow
- > Understanding your child's behavior
- > Keeping you and your baby healthy



Teen Family Support

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Throughout all of life's moments – from the ordinary to the extraordinary, and everything in between – Easterseals is here. We're right beside you and your family – listening, understanding, helping in the ways you ask us to, giving support, cheering you on. Easterseals is a team of problem-solvers, skilled practitioners and people committed to sweeping away limitations and shattering stereotypes. We are steadfast partners in your journey. That's our promise to you. Give us a call or shoot us an email. We can't wait to get to know you.



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