

Coping Skills For Young Parents

Parenting can be a challenge, but even more so when you are young. There are important things you must learn fast as a new mother or father.

Here are some ways to help you cope as you raise your children:

Tip 1: Get Proper Prenatal Care

Expectant mothers who make routine prenatal care a priority are at lower risk of complications. Proper nutrition, prenatal vitamins and exercise increase your chances of a healthy baby.

Tip 2: Take Parenting Classes

Learn strategies for handling children at various stages by attending parenting classes, which are often offered free at hospitals, agencies and online.

Tip 3: Seek Help

Join a support group for teen parents or young parents. Doing so allows you to discuss what's on your mind in a safe place, learn new ways to parent and share information about community resources. This group can be part of the valuable network you turn to for advice and assistance.

Tip 4: Take care of yourself

Studies show younger parents with small children tend to exercise less and eat more fast food. "Quick fix" meals usually mean more calories. Change how you think about healthy eating and exercise. Exercise can be a family walk after dinner.

Tip 5: Lead by example

Remember your child is learning right from wrong by watching you. Teach your child to overcome obstacles. If you dropped out of school, consider finishing.



Stay open to learning how best to meet the challenges ahead of you.



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1-800-552-7096 Virginia Child Abuse Hotline (language line available)

800-Children (800-244-5373) Parent Helpline