

# Expectant Teen Mothers & Mothers and Babies Home

Youth For Tomorrow, Inc. is proud to announce the opening of its new residential program for pregnant teens and young mothers and their babies. The program will serve young mothers ages 13 to 21. At the time of admission, the child must be under the age of two. Mothers and their babies may remain in the program until the child reaches age 4. This program is an addition to our current residential program which provides regular residential and Independent Living Programs in a campus setting. We recently received our latest three year license from the Virginia Department of Social Services and the Virginia Department of Education.

Our Expectant Teen Mothers & Mothers and Babies Home is designed to help expectant teen moms and mothers prepare for motherhood. They reside in a separate home on campus. The home, staffed by experienced Houseparents, with support from other staff, is dedicated to their special needs and services. Expectant teen mothers and mothers will benefit from receiving counseling from our in-house therapists and education from our state certified and VAISEF accredited campus school. The expectant teen mother's health will be overseen by our staff nurse in partnership with community based medical and psychiatric professionals. Upon delivery, the mothers will receive on-going medical care and their babies will receive regularly pediatric care by a pediatrician. The Expectant Teen Mothers & Mothers and Babies Home offers numerous services and activities aimed at equipping expectant teen mothers and mothers with the skills and knowledge required to successfully prepare and care for their unborn infant and child. They will be taught how to care for themselves and their infant's physical, mental, emotional and spiritual needs.

## **Services Provided to Expectant Teen Mothers**

- 24 hour supervision
- Individual, group, and family counseling
- Comprehensive medical oversight to meet routine medical, OB/GYN, dental and psychiatric needs
- Classes on self-care, understanding labor and delivery, nutrition and the risks of alcohol, drug and tobacco use
  - Classes on understanding the responsibilities of motherhood.
- Classes on child safety and development and developing nurturing parenting skills
  - Transportation
  - Life skills training
  - Recreation and cultural activities
  - Case management services
- Infant and Child CPR and First Aid Certification

## **Services Provided to Teen Mothers and Their Babies**

- 24 hour supervision
- Individual, group, and family counseling
- Medical, dental and psychiatric care