

Supporting young parents

Here are 10 tips to consider when working with young parents:

1

Reduce isolation by identifying a support network.

6

Make timely and appropriate referrals. It is difficult to meet the emotional needs of young children when there is personal uncertainty.

2

Normalise the need to ask for assistance.

7

Encourage the young parent to be open to the advice of family members and accept help when offered.

3

Give praise, the phrase "you are a good mum/dad" goes a long way.

8

Acknowledge that all parents need a break; help identify ways to take time out.

4

When things are not going so well acknowledge that most parents try their best. Make the young parent their own expert, ask, 'what do you think might work next time?'

9

Reinforce that the things children need most e.g. cuddles, reassurance and play do not need to cost money.

5

Help the young parent articulate what they need from other services and find somewhere that they feel they are not being judged.

10

Reassure the young parent that there are pathways back into education when they are ready.

(Adapted from Young Parents Parent easy guide 39 Parenting SA Government of South Australia, 2010)