

Living with **babies**

SECOND EDITION



Parenting

Support from **others**

Tackling tiredness

Playing and **learning**

Is my baby **'normal'**?

Coping with advice

Parenting

Living with babies

This magazine is for parents of babies. It provides information about ways to get the most out of being a parent.

Acknowledgment

This publication was researched and written by Family and Children's Services clinical psychologists Claire Halsey and Les Harrison, both of whom are experienced parents.

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Government of Western Australia



Issues for teenage parents

Being a teenage parent is a brave and challenging course for many young people.

Keeping a balance between being a parent and going ahead with normal teenage activities can be difficult.

It is normal to want to get out and about with friends. Joining in with your friends will also lessen the sensation of being 'tied down', which many parents feel.

You may be able to balance caring for your baby and taking time out by relying on relatives to look after your baby while you go out. Using child day care centres and family day care schemes could also give you some free time during weekdays.

Always make sure you let carers know where you will be and for how long you will be away from your baby in case of emergency.

Another problem teenage parents may face is intolerance from some people in the community—teenage parents have told of strangers approaching them in public with criticisms. They also describe feelings of anger and sadness when the media presents a negative picture of teen parents.

Building your confidence and questioning those who hold negative attitudes are your best defenses against unjust criticism. Take stock of all your qualities as a parent and know you are the expert on your child. Seeking advice and support from family, friends and through parenting courses can also build up your sense of worth.

Services for teenage or young parents include:

- **Trinity Learning Centre for Adolescent Mothers**
Telephone (08) 9481 1077
- **Young Mums' Support Group (Heathridge)**
Telephone (08) 9401 7021
- **Lone Fathers' Family Support**
Telephone (08) 9421 1114

Useful books

Teen Guide to Single Parenting by Herma Silverstein, London: Franklin Watts, 1989

Do I Have a Daddy: A Story About a Single Parent Child by Jeanne Lindsay, Buena Park, CA: Morning Glory Press, 1991

