



SBHCs + GRADS = Better Health

Healthcare Support for Parenting Teens

NMASBHC and NM-GRADS Prenatal and Infant Health Topics for Collaboration

The following are prenatal and infant health education topics about which SBHC staff are likely to have expertise or resources that GRADS teachers and their students may wish to access.

Prenatal Health

Even when expectant parents have healthcare providers outside of the SBHC, there is value in covering the following concerns in GRADS classes and/or with GRADS students with the support of SBHC healthcare providers:

- How to find a prenatal healthcare provider and when and why to see him/her.
- Community resources for prenatal classes (recommended for male and female expectant parents). Include those which may be available through health plans—Medicaid and otherwise.
- Facts about prenatal vitamins, supplements and medication during pregnancy.
- Utilizing the resources of a health insurance plan for prenatal care and infant supplies.
- Diet and nutrition during pregnancy, including how to make the most of school cafeteria options.
- Prenatal exercise: how to maintain health in a safe way, including participation in school sports and P.E.
- Behavioral health care options at the SBHC or elsewhere to deal with concerns about becoming a parent, managing a relationship with a child's other parent, managing relationships with other family members, and dealing with post-partum health.
- Maternal immunizations and vaccines to support infant health.
- Managing challenging pregnancy symptoms; how to use the resources of both your SBHC and outside healthcare provider for best health and school participation.

Expectant Fatherhood

In addition to the topics described above, there are issues to address specifically with expectant fathers, whether they are in the GRADS class or seeking SBHC care; expectant fathers may be interested in support regarding the following healthcare topics:

- How to achieve and/or maintain the best possible overall health (e.g. getting your immunizations) to contribute to your baby's health and overall fathering success.
- Identifying the behavioral health care resources at the SBHC or elsewhere that can help with concerns of new fathers.
- Getting advice from GRADS teachers and healthcare providers on how to support a child's mother, whether you still have a relationship with her or not.

For more information on this and other NMASBHC Best Practice and Tip Sheets related to healthcare for expectant and parenting teens, please visit NMASBHC's website at www.nmasbhc.org or contact NMASBHC at (505) 404-8059. Please note that the contents of these tip sheets are general and not a replacement for information from the sponsoring agencies or healthcare providers.

NMASBHC and NM-GRADS

Prenatal and Infant Health Topics for Collaboration

The following are prenatal and infant health education topics about which SBHC staff are likely to have expertise or resources that GRADS teachers and their students may wish to access.

Infant and Post-Natal Health

Even when expectant parents have pediatricians that see their infants, there may be value in covering the following topics in GRADS classes with the support of SBHC healthcare providers:

- How to find a pediatric healthcare provider and when you'll need to access that care.
- What immunizations to make certain your child receives.
- Breastfeeding and other infant nutrition needs and options.
- When to take your child to see a doctor, to urgent care, or to the emergency room.
- Making your home safe for your child (e.g. baby-proofing, eliminating smoking in the home, etc.).
- Making sure your child has good oral health, including when to see a dentist for the first time.
- How to recognize postpartum depression/anxiety and what to do if it is a concern.
- Your baby's growth and development: what to expect and discuss with your doctor.
- Accessing behavioral health care to cope with the challenges of becoming a new parent.
- Baby's safest sleep options, including SIDS prevention.
- Safe transportation and child passenger safety options and resources.
- Common childhood ailments: what to watch for and discuss with your doctor.

Summary

The information needs of an expectant or parenting teen can be immense. The hours available to cover helpful topics during GRADS classes may be a challenge. Even when there is time, the familiarity and expertise of GRADS staff with certain topics may be limited. Rather than expecting GRADS staff to develop healthcare expertise, it makes sense to collaborate with the SBHC healthcare providers who may already be on campus. The support that SBHC providers can offer may include doing classroom presentations, suggesting helpful websites to pass on to students, or making appointments with specific students. The topics described in this tip sheet are a first step in exploring possible collaboration.



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