

# Empowering The Teenage Parent

"Helping them breakthrough guilt, embarrassment, shame, and self-doubt to beat the odds"

The background of the image is a teal-colored liquid with ripples. In the center, a realistic globe of the Earth is partially submerged, with water splashing around its base. A white rectangular border frames the central text.

# The World They Live In



# Modern Role Models

- Reality TV
- Social Media
- Music





# Fear

- Be The Resource
- Encourage Communication
- Build Trust
- Positive Reinforcement





# Hard Conversation

- Create A Safe Zone Free From Judgement
- Be A Trusted Source of Support
- Gain A Solid Understanding of Family Influence
- Help Them Discover Solutions Through Conversation

# Self- Care Tactics

1

Reinforce Positive Friendships/  
Relationships - Lonely vs.  
Companionship

2

Positive Affirmations- Have them  
come up with 10 to start. Also have  
them write a letter to themselves  
at various stages of the program to  
track their progress.

3

Taking A Power Hour

# Journaling 101

Encourage  
Them To  
Dream





# Finding Their Parental Way

- Encourage Them To Continue The Process
- Be Patient With Them
- Be The Source & The Example
- Always Do Your Research

DECEMBER 31 TO JANUARY 06

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
7:00 AM			7:00 AM
8:00 AM			8:00 AM
9:00 AM			9:00 AM
10:00 AM			10:00 AM
11:00 AM			11:00 AM
12:00 PM			12:00 PM
1:00 PM			1:00 PM
2:00 PM			2:00 PM
3:00 PM			3:00 PM
4:00 PM			4:00 PM
5:00 PM			5:00 PM
6:00 PM			6:00 PM
7:00 PM			7:00 PM
8:00 PM			8:00 PM
9:00 PM			9:00 PM

WEEKLY WINS

# TIME MANAGEMENT

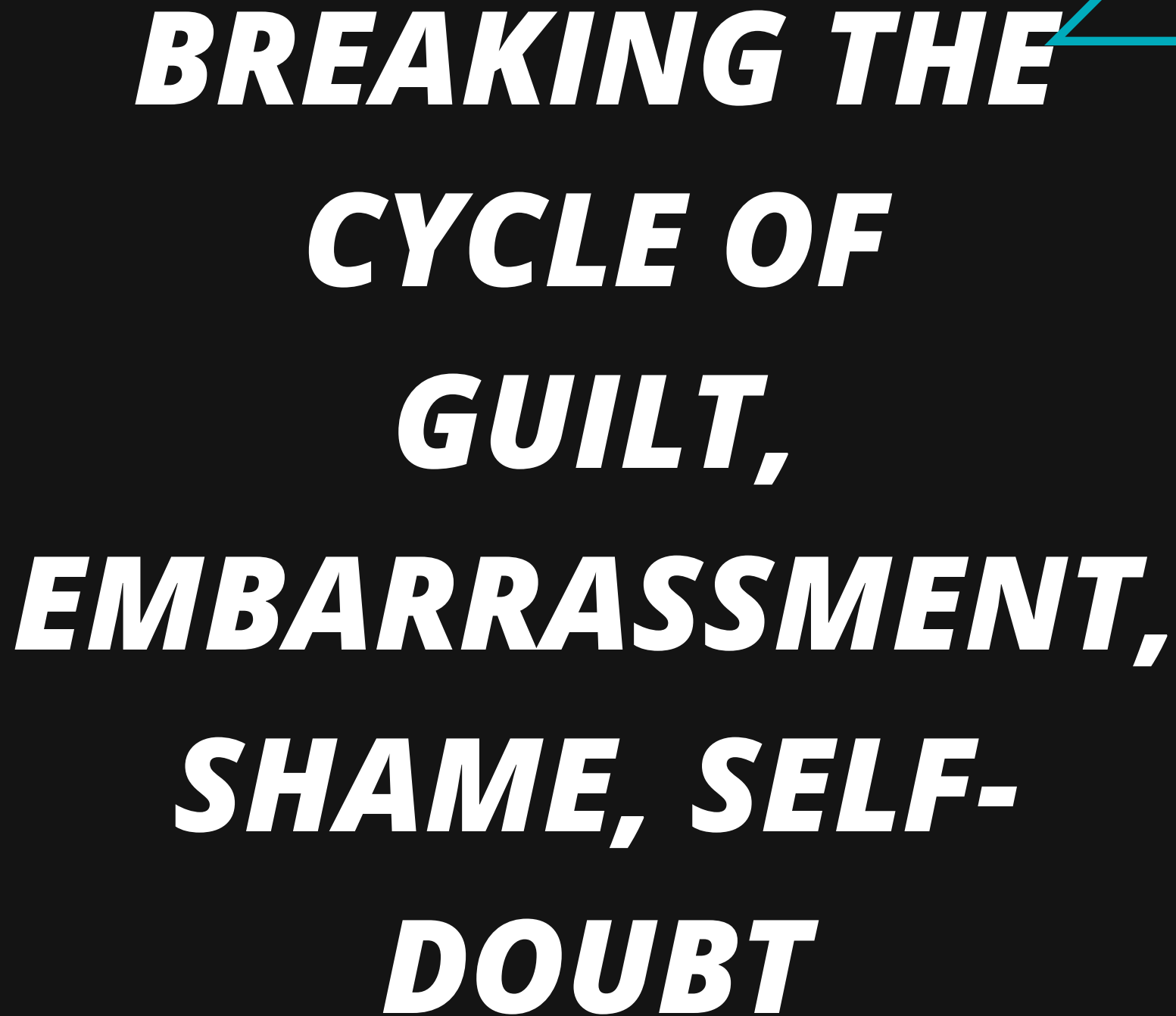
- Developing Better Life Habits
- Becoming More Efficient
- Limiting Distractions
- Eradication Excuses



# ***MANAGING EMOTIONS***

What are some of the emotions you see when dealing with teenage parents?





***BREAKING THE  
CYCLE OF  
GUILT,  
EMBARRASSMENT,  
SHAME, SELF-  
DOUBT***



***THANK YOU!***