



# Teen Mom's Education, Activities and Children's Health (TEACH)

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## Purpose/Background

### Purpose

The purpose of the "Teen Mom's Education, Activities, and Children's Health" (TEACH) MUSE project was to develop a program to provide parenting education for teen mothers with a focus on nutrition, physical activity, and wellness promotion. This program will be developed in collaboration with the Center for Integrative Wellness at The College of New Jersey.

### Background

Teen birth rates have declined over the past several decades; however, the impact of teen pregnancy remains a public health concern. Urban areas and minority populations are at an increased risk of teen pregnancy and parenthood. Teen parents experience an increased risk for decreased level of education, inadequate family and community support, troubled relationships, and depression. Teen parents are more likely to live in poverty as a result of lower educational levels. They also lack preparation for the challenges of parenting, and their children are at risk for developmental delays and poor educational performance.



## Methods

### Methods

- The MUSE project involved two TCNJ nursing students collaborating with faculty to develop a curriculum plan for the TEACH program.
- The first part of the program involved a literature review examining health disparities, challenges, and successful teen parenting program interventions to combat poor outcomes for teen parents and their children. A literature grid was developed based on chosen articles, and the manuscript is being developed for submission.
- The second part involved developing content for weekly parenting classes for teen parent participants.

### Search Process

Keywords Searched:

- Teen mom
- Adolescent mother
- Teen parent program
- Child rearing education
- Positive parenting

Databases Searched:

- CINAHL
- PubMed
- EBSCOhost
- Contemporary Women's Issues

Themes of articles:

- Teen mom education
- Contraceptive education
- Normal growth and development
  - Support system
- Postpartum depression

## TEACH Program PLAN

### TEACH THEMES

Healthy Beginnings

- Growth and development
- Relationships
- Support Systems

Nutrition/ Healthy Food Choices

- Ages and Stages
- Portion sizes
- Healthy snacking

Physical Activity

- Tummy time
- Safe play
- Family Involvement

Positive Parenting

- Growth and Development
- Discipline by the Ages

## Benefits to Students

- Participate in the literature review process with faculty mentoring.
- Increased knowledge of health disparities and the impact on overall health of at-risk populations.
- Participation in the program development process.
- Understand the need for community-wide collaboration.
- Increased knowledge of growth and development, developmental milestones, and developmentally appropriate play activities.
- Enhanced resume through undergraduate research experience.
- Built upon previous knowledge of academic research and citing scholarly sources.
- Explored various journals related to maternal/pediatric nursing.
- Learned the importance of organization throughout the systematic research process.

