

# PUBLIC HEALTH SERVICES

## AVAILABLE TO PREGNANT TEENS AND TEENAGE PARENTS

National data clearly indicates that adolescent mothers and their infants benefit from preventative prenatal and postpartum services. Health promotional activities are found to decrease infant health problems such as low birth weight and birth defects which often lead to lifelong handicapping conditions. Providing these services as early as possible in a pregnancy, preferably early in the first trimester, has been found to improve birth outcomes.

Sheboygan County Division of Public Health Nurses are available to visit pregnant teens in an effort to promote the health of the teen and her infant. School personnel (i.e. principals, guidance counselors, school nurses, and teachers) are encouraged to recommend to pregnant teenagers and/or their families that they request public health follow-up at the earliest possible stage of the student's pregnancy.

Public Health Nurses are able to meet with students at a location, such as home, school or at the Division of Public Health, that best meets the student's needs. Services to be offered by the Public Health Nurse include:

- Provision of health information related to healthy pregnancy, postpartum needs, and infant health
- Assistance in identifying and utilizing community resources which may enhance pregnancy outcomes and infant health (i.e. prenatal classes, birth classes, parenting classes, WIC, Medical Assistance, etc.)
- Assisting the faculty members in adjusting the student's educational plan as needed (assessment of need for adaptive Phy. Ed., assessment of need to adjust dietary intake during the school day, etc.)

The Public Health Nurse is also available to work with the adolescent parent and their newborn after delivery to promote positive parenting.

For more information or to request public Health services, individuals are encouraged to contact the Sheboygan County Division of Public Health by phone at 920-459-4382 or by email at [publichealth@co.sheboygan.wi.us](mailto:publichealth@co.sheboygan.wi.us) .