

PUBLIC HEALTH SERVICES

AVAILABLE TO PREGNANT TEENS AND TEENAGE PARENTS

The nurses from the Sheboygan County Health and Human Services - Division of Public Health have determined that services for pregnant adolescents and teenage parents are a Public Health priority. 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. Data also indicates that many adolescent parents benefit from health education and guidance.

In an effort to meet our goal of serving adolescent parents, we ask that staff in Sheboygan County schools (i.e. principals, guidance counselors, teachers) refer all pregnant teenagers to the nurse serving their school. 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, birthing classes, parenting classes, WIC, Healthy Start, smoking cessation, subsidized child care, child support).
- Assist 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.)

In order to assure a healthy outcome for both the mother and her baby, a Public Health Nurse is essential to work with the woman as early in her pregnancy as possible. Public Health Nurses work with the adolescent parent prenatally and following delivery if deemed necessary.

Programs available through Public Health are listed in our brochure but include information on Prenatal Care Coordination, Maternal Child Health, Teenage Parenting Program, WIC, and Healthy Start.

- ❖ The easiest way to refer a young woman to Public Health is to call 459-4382 and ask for the "Nurse On-Call." Give the nurse on-call the basic information such as girl's name, address, phone number, date of birth, high school, and due date, if known.