

Young Moms

My mom didn't believe me. She didn't want to face that it was actually true.
—Amy Schnieder

It's hard to be a young mom. People look down on you, and society, as a whole, disapproves. It can be difficult to finish school with a decent education. There are many programs that help mom though. When I had Chase I had no idea what I was doing. Attending programs and talking to other moms helped me to cope.

There are many programs out there for young parents. We have “Baby and Me Yoga” and gymnastics. These are good because many people, especially young moms, are worried about post-pregnancy weight. For those who need extra help coping, there are prenatal classes and home health nurses. Also, Best-Start and the Ontario Early Years Centre have excellent resources that you can take home. Pembroke's library has story-telling for parents and their children. The children listen to stories and then make crafts. Pembroke also has father-baby programs. Another great program is the Young Parent Support Program (YPSP). This one helps get young parents their education and develop their parenting skills as young adults.

A major concern of people is education. Some believe that, if you have a child at a young age, you'll never finish school. Young Parent Support Program helps to dispel this myth. YPSP has a school where parents bring their children. As the children play upstairs, under childcare supervision, the parents do schooling downstairs. The great thing is that, unlike regular school, everyone works on different subjects and there aren't too many distractions. Because of the great support of YPSP, young moms are getting their education, as opposed to dropping out.



Saje Delany and son, Chase

When young moms have babies many consider it “babies having babies.” Angela Shelton (Schneider, 2006) says, “I wish babies were not having babies. It makes me so sad and frustrated.” Other people believe that we are too young, too promiscuous, and too untrained. It’s true a lot of us don’t know what to do, but for a first child no one knows what to do exactly. Older people look down on young moms because they believe most of us are substance abusers. Younger people do have a higher abortion and adoption rate. What others don’t look at is the fact that as our children get older so do we. We all mature as we grow.

Although many people look down on young moms, no one really sees us. They believe that since we’re young, we’re wrong. Many of us have made bad choices, but some programs help us to make good ones. The Young Parent Support Program is one of these, helping us to get our education. Just like everyone else, young and old, a baby changes everything. So, although we had a child at a young age, we can do the same as everyone else, only better.

References

Schneider, Amy. April 18, 2006. Online: www.anglashelton.com.



Ama Indeevari Liyanage, "Fountain of Love"