



# **Conducting Effective Home Visits with Pregnant & Parenting Adolescents**

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# Working with Pregnant and Parenting Adolescents

- Discuss trends
- Developmental considerations
- Identify interventions
- Conceptualize a case through cognitive, emotional and social lens





# Expectations

- Respect other's views, opinions, and experiences
- Confidentiality
- Participation
- Share expertise
- Silence cell phones
- Group ideas

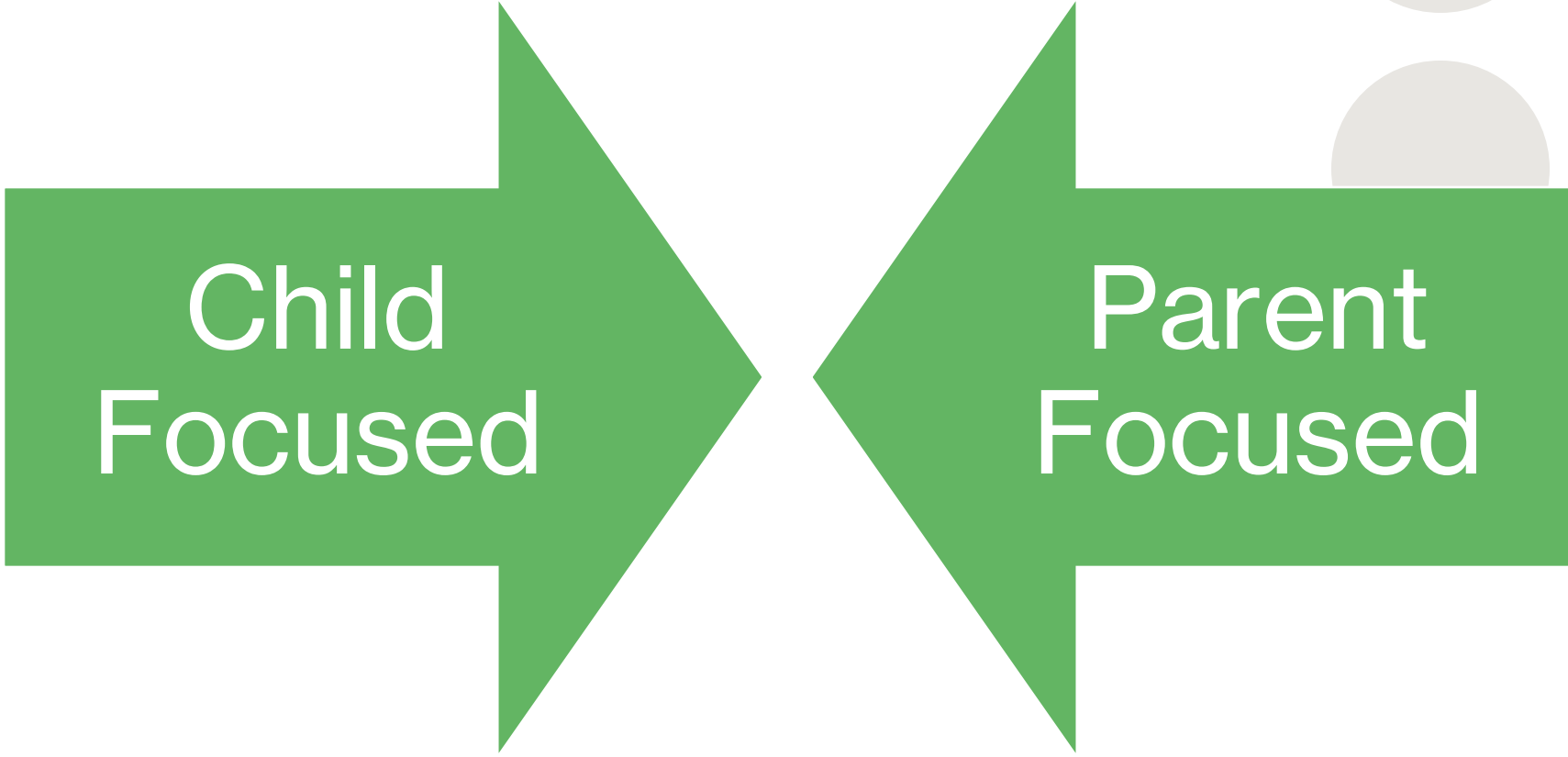
# Goals

Help	home visitor identify strengths and protective factors
Encourage	home visitor to engage with both generations
Support	Communication with each generation
Build	home visitor comfort level with intergenerational families



# Objectives:

- Develop effective generational communication
- Build generational protective factors
- Conceptualize teen pregnancy/parenting cases through cognitive, emotional, social, protective and intergenerational lens



<b>Child-focused</b>	<b>Child-focused with parent elements</b> e.g., parenting skills/family literacy	<b>WHOLE FAMILY</b>	<b>Parent-focused with child elements</b> e.g., child care, work supports, food and nutrition	<b>Parent-focused</b>
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# Question?

What are some assumptions we make about pregnant and parenting teens?



**What issues do  
pregnant and  
parenting teens face?**



# Question?

What assumptions do we make about grandparents living in the home with pregnant/parenting teens?

# What issues do grandparents face?



# Barriers to Engagement

- What are communication barriers do you encounter on intergenerational home visits?
- What are some HV objectives that different generations may have different approaches, opinions, methods, styles, etc. on?

# Build a Bridge Activity

- Break into groups
- Find 5-10 things in common
- Visually represent the things you have in common





# Build Relationships

- Establish rapport, set boundaries, listen
- Strength base, commonalities
- Share resources and information
- Clear and concise information, jargon free
- Adult learning styles, reflection
- Embrace and utilize generational differences
- Respect family culture and values



# Take Away Messages

Every generation  
faces challenges

Every generation  
has strengths and  
weaknesses

Every generation  
wants to be heard

Every generation  
deserves respect,  
consideration,  
value and support

Every generation  
can teach us new  
things

Every generation  
can learn and  
contribute

# Teen Parenting Challenges

- Resilience
- Connections
- Knowledge and skills
- Tangible supports
- Emotional support and stability



# Protective Factors

*Are characteristics, attributes, conditions, or strengths of individuals, families, communities and larger societies that act to mitigate risks and promote health and positive well-being in children and families.*



# Ask a different generation a question

- Family values:**
- Accountability
  - Humble natures
  - Commitment
  - Marriage is for life

**say to their kids?**

Persevere, take responsibility, remain faithful.



**THE SILENT GENERATION:  
1928-1945**

**Family values:**

- Tradition
- Loyalty
- Saving money
- Marriage is for life

**What would they say to their kids?**

Pursue the American Dream, work hard, and respect authority.



**BABY BOOMERS:  
1946-1964**

**Family values:**

- Money
- Social status
- Success
- High divorce rates

**What would they say to their kids?**

Live to work; focus on results and keep growing.



**GENERATION X:  
1965-1980**

**Family values:**

- Working "smarter"
- Time
- Portable careers
- Dual income families

**What would they say to their kids?**

Keep learning; ask why, work to live, and don't live to work.



**MILLENNIALS:  
1981-1997**

**Family values:**

- Individuality
- Creativity
- Meaningful work
- Merged families

**What would they say to their kids?**

You deserve to be valued as you are. Don't settle for less-than-fitting.





# 6 Protective Factors

Nurture and attachment

Parental resilience

Social connections

Knowledge of parenting and child development

Concrete support in times of need

Social and emotional competence in children



# Protective Factor #1

Nurture and Attachment

You can support stronger  
bonds and secure  
attachment formation.



# #1 Questions you may ask

What positive feelings do you have about your child?

How do you express your feelings toward your child?

What do you enjoy/admire about your child?

How do you create security and safety for your child?

How do you and your child have fun together?

What are some of your family routines? Traditions? Customs?

What activities do you and your child do together?

# Protective Factor

## #2

You can help parents to build resilience as parents and capable decision-makers.

### Parental Resilience

## #2: Questions you may ask

Where do you draw your strength?

How does this help you in parenting?

What are your dreams for yourself and family?

What kind of worries and frustrations do you deal with during the day? How do you solve them?

How are you able to meet your children's needs when you are stressed?

How does your spouse, partner, or closest friend support you? When you are under stress, what is most helpful?

What do you do to take care of yourself when you are stressed?



# Protective Factor #3

## Social Connections

You can help parents to think strategically about their social connections and how to employ them when in need and how to seek new ones.

# #3: Questions you may ask

Do you have friends/family members that help you out, once in a while?

Are you a member of any groups or organizations?

Who can you call for advice/just to talk? How often do you see them?

What kind of social support do you need?

Do you find it easy/challenging to make friends? If it is challenging, what specific things represent a barrier for you?

What helps you feel connected?





**You can share resources, developmental information, model skills and validate effective caregiving.**

# **Protective Factor #4**

**Knowledge of  
parenting & child  
development**

# #4 Questions you may ask

What does your child do best and what do you like about your child?

What do you like about parenting? What do you find challenging about parenting?

How have you learned about parenting skills?

How do you continue to learn about yourself as a parent?

Are there things that worry you about your child's development/behavior?

Have other people expressed concern about your child?

# Protective Factor

## #5

Tangible support in times of need

You can connect families to services and identify and remove barriers to accessing those services.



# #5 Questions you may ask when a family is in need

What do you need to \_\_\_\_\_ (stay in your house, keep your job, pay your heating bill, etc.)?

What have you done to handle the problem? Has this worked?

Are there community groups/local services that you have worked with in the past? What has been your experience accessing their services?

Are there specific barriers that have made it difficult for you to access services in the past?

How does dealing with these issues impact the way you parent?



# Protective Factor #6

Social & emotional  
competence of  
children

Help parents understand  
their role in their child's SE  
development and early  
relationships.

## #6 Questions you may ask

How is the emotional relationship between you and your child?

How do you express love and affection to your child?

How do you help your child express his or her emotions?

In what situations are your child's emotions hard for you to deal with?

# Conceptual Lens

- Cognitive
  - Emotional
  - Social
  - Protective
  - Intergenerational
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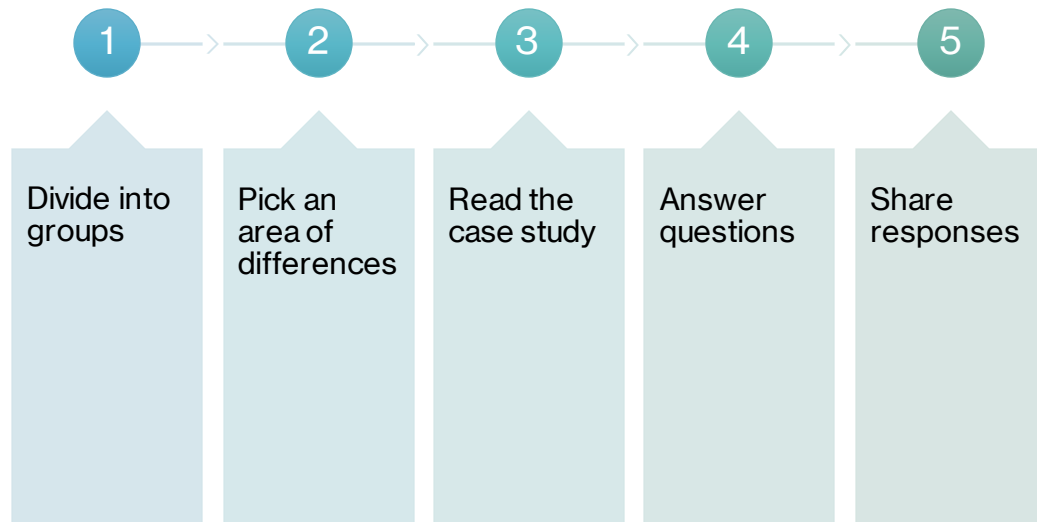


# Potential Areas of Differences

- Parenting
- Discipline
- Potty training
- Sleeping
- Eating
- Accessing community resources
- Social connections
- Concrete support (financial, food and child care)
- Communication and expression



# Case Study Activity



# Take Aways Messages

- Protective factors promote resilience and strength and can reduce abuse and neglect
- Open ended questions about protective factors can help define family values, priorities, strengths, and needs
- We can analyze generational similarities and differences in values, priorities, strengths and needs
- Utilize MI techniques, cultural competence, and reflective practices



# Recap



- Develop effective generational communication
- Build generational protective factors
- Conceptualize teen pregnancy/parenting cases through cognitive, emotional, social, protective and intergenerational lens
- Help HV identify strengths and protective factors of each generation
- Encourage HV engagement and communication with both generations
- Build HV comfort level with intergenerational families

# References

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**THANK  
YOU!!**

