

Complete Care of Young Parents and their Children

YOUTH-FRIENDLY APPROACH



Harm Reduction



Collaborative Healthcare Home



Supportive Therapeutic Relationship



Trauma Informed



Cultural Safety



Strengths Based and Nonjudgmental

MATERNAL HEALTH

MENTAL HEALTH



Anxiety and Depression



Postpartum Depression



Self Care, Identity and Body Image



Trauma

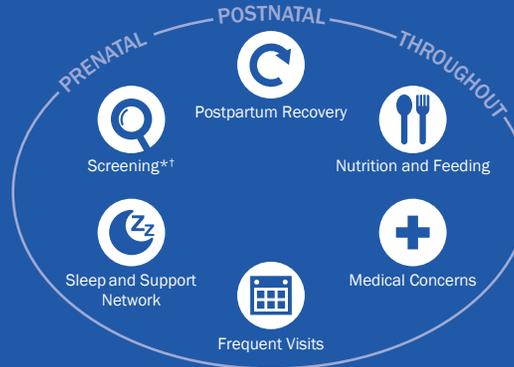


Substance Use



Safety, Self-Harm and Suicidality

PHYSICAL HEALTH



HEALTHY SEXUALITY



Options Counselling



Consent, Relationships and Violence



STIs



Contraception

INFANT AND CHILD HEALTH



Attachment and Child Mental Health



Nutrition and Growth



Safety



Sleep and Routines



Parenting and Positive Discipline



Developmental Screening and Early Intervention



Immunizations

FOUNDATIONAL SOCIAL STABILITY



Financial Stability



Housing and Transportation



Education and Employment



Food Security



Childcare



Legal Services

* Ultrasound monitoring:

- First trimester: Gestational dating
- 16 - 20 weeks: Anatomy scan to check for congenital anomalies (increased risk)
- 32 - 34 weeks: Check for IUGR (growth issues)

† Test for STIs initially, 3rd trimester and postpartum

References

Canadian Paediatric Society (CPS), Adolescent Health Committee – Practice Point. "Meeting the needs of adolescent parents and their children", 2016.
www.cps.ca/en/documents/position/adolescent-parents

Society for Gynaecologists and Obstetricians (SOGC), Canadian Paediatric and Adolescent Obstetrics Committee, "Adolescent Pregnancy Guidelines", 2015.
[www.lgc.com/article/S1701-2163\(15\)30180-8/](http://www.lgc.com/article/S1701-2163(15)30180-8/)

How to Use this Infographic

<p>Provider:</p> <ul style="list-style-type: none"> • This infographic was designed through a collaboration between adolescent parents and health care providers. It is meant to be used as a quick reference communication tool • It can be displayed in your clinic rooms or provided as a handout to adolescent families seeking care • Together with your patient, look over the graphics and co-identify priorities for the health care visit. Key resources to addresses identified priorities are listed below 	<p>Patient:</p> <ul style="list-style-type: none"> • This infographic was designed through a collaboration between adolescent parents and health care providers. It is meant to be used as a quick reference communication tool • We encourage you to bring up a digital version of this infographic on your device or to bring in a paper version to all health care visits • You can use this tool to show your health care provider your priorities for you and your child. You can also find links to information and support for different topics below
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Complete Care of Young Parents and their Children – Greater Toronto Area Resource Guide

YOUTH-FRIENDLY APPROACH

<ul style="list-style-type: none"> • Humewood House: (Including 1900 Sheppard Ave W. – 4 yrs of subsidized housing for mothers <19 years) 40 Humewood Drive 416-651-5657 ext. 240 www.humewoodhouse.com • Jessie's – The June Callwood Centre for Young Women: 205 Parliament St. 416-365-1888 www.jessiescentre.org • Massey Centre for Women: 1102 Broadview Ave. 416-425-6348 www.massey.ca 	<ul style="list-style-type: none"> • Rosalie Hall: 3020 Lawrence Ave. E. 416-438-6880 www.rosaliehall.com • Yonge Street Mission: Main phone number: 416-929-9614 (local) or 1-800-416-5111 (toll-free) www.ysm.ca • Trauma Support: www.boostforkids.org • Cultural Safety: www.aht.ca and www.cvt.org
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MATERNAL HEALTH

<p>MENTAL HEALTH</p> <ul style="list-style-type: none"> • Mental Health Services < 18 years: www.mentalhealthto.ca • Women's College post-pregnancy adjustment support: www.womenscollegehospital.ca/programs-and-services/mental-health/Mother-Matters • Young Parents No Fixed Address Directory for Substance Use: www.ypnfa.com/clinical--substance.html • Women's College trauma therapy: www.womenscollegehospital.ca/programs-and-services/mental-health/trauma-therapy-program 	<p>PHYSICAL HEALTH</p> <ul style="list-style-type: none"> • The Hospital for Sick Children: - Young Parents Program (prenatal care): www.sickkids.ca/Gynaecology/index.html - Young Families Program (mother and child care) www.sickkids.ca/AdolescentMedicine/Programs/Young_Families_Program/young-families-program.html • St. Michael's Hospital: www.stmichaelshospital.com • Community Health Centres: www.health.gov.on.ca/en/common/system/services/chc/locations.aspx • Association of Ontario Midwives: www.ontariomidwives.ca/find-midwife • Resources for fathers: www.ypnfa.com/dads.html 	<p>HEALTHY SEXUALITY</p> <ul style="list-style-type: none"> • Bay Centre for Birth Control: www.womenscollegehospital.ca/programs-and-services/bcbc/ • Toronto Public Health Sexual Health: www.toronto.ca/community-people/health-wellness-care/health-clinics/sexual-health-clinics/ • Abortion information for GTA: http://teenhealthsource.com/pregnancy/abortion-providers-gta/ • Information for patients – Sexuality and U: www.sexandu.ca
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INFANT AND CHILD HEALTH

<p>Screening and Development: www.rourkebabyrecord.ca</p>	<p>Health Information and Parenting Resources: www.aboutkidshealth.ca and www.caringforkids.cps.ca</p>	<p>City of Toronto – Children Youth and Parenting: www.toronto.ca/community-people/children-parenting</p>
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FOUNDATIONAL SOCIAL STABILITY

<p>Covenant House Toronto – Homeless Youth Agency: www.covenanthousetoronto.ca</p> <p>Financial Stability</p> <ul style="list-style-type: none"> • City of Toronto Ontario Works information: www.toronto.ca/community-people/employment-social-support/support-for-people-in-financial-need/assistance-through-ontario-works/ • City of Toronto financial and employment support: www.toronto.ca/community-people/employment-social-support/ • Canada Child Benefit: www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html <p>Housing and Transportation</p> <ul style="list-style-type: none"> • To access a shelter call 311 or Central Intake at 416-338-4766, 1-877-338-3398 GTA Central Intake 24/7 • Young Parents No Fixed Address Directory: www.ypnfa.com/housing.html • City of Toronto subsidized housing information: www.toronto.ca/community-people/employment-social-support/housing-support/subsidized-housing-housing-benefits/ 	<p>Education and Employment</p> <ul style="list-style-type: none"> • Young Parents No Fixed Address Directory: www.ypnfa.com/education-employment.html <p>Food Security</p> <ul style="list-style-type: none"> • City of Toronto food bank directory: www.torontocentralhealthline.ca/listServices.aspx?id=10572 <p>Childcare</p> <ul style="list-style-type: none"> • City of Toronto childcare subsidy information page: www.toronto.ca/community-people/employment-social-support/child-family-support/child-care-support/ <p>Legal Services</p> <ul style="list-style-type: none"> • Young Parents No Fixed Address Directory: www.ypnfa.com/legal.html • Legal Aid Ontario: 1-800-668-8258
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