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C4P News

Focus on Teen Parenting

Center for Parenting Update

Student Intern: For the spring semester, the C4P welcomes our undergraduate student intern Eliza Smiddy. As a component of her internship, she will have several opportunities to job shadow parent educators. Please email the C4P if you are interested in having Eliza spend a day with you. We are glad to have her join our team!

Save the Date: The Center for Parenting will host regional parent education conferences on March 3 in Murfreesboro, TN and March 4 in Jackson, TN. Look for more information on this exciting opportunity!

Featured Family Program

The Florence Crittenton Agency, Inc. (FCA) has been the sponsor of the Child and Parenting Skills Program (CAPS) since 1988. Originally started to impact child abuse and neglect among teen parents and young adults, the service moved into the school system in the early 1990's. The focus now is on education, support, and advocacy for first time teen parents who are struggling to learn skills and develop tools that will equip them to become better parents. The CAPS program meets weekly in the school where the adolescent attends. We present an evidence based curriculum of relevant and interesting information. Student interaction and support is a great part of the success of this program. The CAPS program is operational in six Knox County high schools, as well as high schools in Anderson, Campbell, Claiborne, Cocke, Jefferson, Hamblen, Monroe and Sevier Counties. Each year the program serves about 250 pregnant and parenting teens – male and female. A comment that we heard today from a new group we formed puts the whole program in perspective: "I feel like a 40 year old man with all these responsibilities and it is so good to have someone and somewhere to share how we feel and what we need."

Submitted by: Diane Bremseth

Keeping You Current

- It's a new year and a new opportunity is available! Post your new parenting classes in the C4P class calendar available at <http://center4parenting.org/calendar.asp>
- The 2-1-1 Day Community Resource Expo will be held Thursday, February 11, 2010 at the Cook Convention Center, South Hall in Memphis, TN from 9:00 AM – 4:00 PM. For more information, email LINC/2-1-1's Barbara Young at youngba@memphislibrary.org or call Ron Reid at (901) 415-2716.

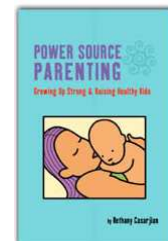
Featured Books

A Mentor Manual: For Adults Who Work With Pregnant and Parenting

Teens by Frederick H. Kanfer, Ph.D. is a guide intended for adults working with pregnant teens. It provides techniques and strategies for helping a teen mother develop skills needed to achieve parenting and life goals. Available through online book sellers

Power Source Parenting: Growing Up Strong and Raising

Healthy Kids by Bethany Casarjian, Ph.D. is a practical, accessible, and innovative book and curriculum written for at-risk teen and young adult parents and the professionals who support them. For more information or to request your free educator copy visit http://www.lionheart.org/youth/about_power_source_parenting



C4P Trivia Question

What percentage of teenage mothers have a second child within two years of their first child?

- A. 5%
- B. 12%
- C. 25%
- D. 33%

The first person to send the correct answer to center4parenting@utk.edu will receive a \$5 Starbucks gift

Featured Resource

InJoy Birth & Parenting Education offers a variety of videos focused on educating teen parents. Some popular topics include life skills for teen parents, healthy steps for teen parents, and a better breastfeeding guide for teens. More information on this resource can be found at http://injoyvideos.com/result.php?catid=12&sub_catid=6&prodtype=&page=TEEN%20PREGNANCY%20&%20HEALTH

Check out a curriculum from the Dibble Institute for teens called Baby Smarts at <http://www.dibblefund.org/>

Tell Us What You Think

What do you want to see in future C4Pnews emails?

Please send your response to:
center4parenting@utk.edu

Also email us if you have a personal success story, organization, program, or book that you would like to have featured in an upcoming Center for Parenting newsletter. We would love to hear from you!

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