RESILIENCY PLAN FOR ADOLESCENT PREGNANCY
ADOLESCENCE | PREGNANCY

Each year about 820,000 adolescents become pregnant...

...The highest percentile rate consisting of girls under the age of 15.

As experienced educators, it is our personal & professional advocacy to educate adolescent students in order to ensure a healthy development into young adulthood.

Here’s How....
PRIOR TO CONCEPTION

PERIOD OF DEVELOPMENT
• Having a child can come with many pros and cons
  • It may bring joy, excitement, and completeness to the family
  OR
  • Parents may begin to go through depression, isolation, jealousy, stress, or monetary issues

• New parents must be sure that they are both mentally & physically stable enough to have a child
PRIOR TO CONCEPTION | THE PARENTS

• Alisha
• 16 years of age
• High-school students
• Not planning to conceive a child

• Tomás
## PRIOR TO CONCEPTION | DEVELOPMENTAL CONCEPTS

<table>
<thead>
<tr>
<th>Alisha</th>
<th>Tomás</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>African-American</strong></td>
<td><strong>Hispanic</strong></td>
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<tr>
<td>The most common hereditary birth defects:</td>
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<tr>
<td>Tetralogy of Fallot</td>
<td>Anencephaly</td>
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<tr>
<td>Lower limb reduction defects</td>
<td>Spina bifida</td>
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<tr>
<td>Trisomy 18</td>
<td>Encephalocele</td>
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<td></td>
<td>Gastroschisis</td>
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<td></td>
<td>Down syndrome</td>
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PRIOR TO CONCEPTION | PROTECTIVE HEALTH FACTORS

For Men & Women

• Incorporate mental health promotion
• Screening and referral into clinical visits and public health prevention efforts
• Discourage substance abuse
• Take health classes to seek strategies supported by clinical evidence into routine health care visits
PRIOR TO CONCEPTION | CONCERNS OF THE FATHER

- How will I support the child?
- What future do I have now?
- Where would we live?
- Is it my child?
3-8 WEEKS

THE EMBRYONIC STAGE
In order to protect the baby at this embryonic stage of development, parents need to understand:

- Heritability
- Organogenesis
- Teratogens
- Other chemical imbalances in the body such as stress
3-8 WEEKS | THE EMBRYONIC STAGE

- The embryo is most susceptible to teratogens during the “sensitive period” of organogenesis.
- Exposure of teratogens are determined by timing, duration, and amount.

<table>
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<th>Organogenesis</th>
<th>Teratogens</th>
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<td>The rapid formation and differentiation of change in structure in organs and organ systems during the embryonic stage.</td>
<td>Harmful environmental agents, drugs, or diseases from either parent that causes malformation in a developing embryo or fetus.</td>
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</table>
3-8 WEEKS | THE PARENTS EXPERIENCE

• Alisha, not expecting to be pregnant, may:
  • Drink caffeine or alcohol
  • Smoke cigarettes
  • Take medications
  • Be unaware of having any diseases
  • Be overwhelmed with stress

• Ultra sound picture of the embryonic stage:
3-8 WEEKS | TERATOGENS
DISEASES

- **Maternal Rubella:**
  - **Defects:** blindness, deafness, cardiac abnormalities, mental retardation

- **Toxoplasmosis:**
  - **Defects:** severe eye & brain damage

- **Sexually Transmitted Diseases:**
  - Can transmit HIV/AIDS to the child through the umbilical cored
3-8 WEEKS | TERATOGENS

SUBSTANCE ABUSE

- **Heavy caffeine**
  - **Defects**: Low birth weight, higher heart rates during sleep

- **Narcotic drugs** [Antidepressants, Marijuana, Cocaine, Heroin, Methadone]
  - **Defects**: miscarriage, premature delivery, fetus/infant death

- **Nicotine**
  - **Defects**: low birth weight, spontaneous abortion, orofacial clefts, neural tube defects
3-8 WEEKS | TERATOGENS

SUBSTANCE ABUSE

• **Alcohol**: Defects include:
  • Microencephaly (small head), malformations of the heart, limbs, joints, & face
  • **Fetal Alcohol Spectrum Disorder (FASD)**: poor motor skills, attention problems, below normal intellectual performance
  • **Fetal Alcohol Syndrome (FAS)**: most severe type of FASD & the leading cause of mental retardation, irritability, hyperactivity, seizures, & tremors
3-8 WEEKS | ALISHA & TOMÁS’ CASE

Alcohol Abuse:
• Lower Limb Reduction

Nicotine Abuse:
• Neural Tube Defects [Spina Bifida/Anencephaly]

Abuse of either:
• Down Syndrome
Alisha and Tomás both quit smoking when they found out Alisha was pregnant, but they both smoked up until now.

Alisha undergoes a great deal of stress due to the pregnancy.

Alisha begins to take prenatal vitamins.
3-8 WEEKS | EARLY IMPLICATIONS

- Eliminate any substance abuse
- Maintain a healthy & nutritional diet; exercise daily
- Prenatal testing and fetal monitoring at first visit for early identification/detection
- Maintain support groups & resources in order to seek necessary treatments or interventions
- Plan for a child with special needs
9 WEEKS AFTER CONCEPTION UNTIL BIRTH

THE FETAL STAGE
Fetal Stage
9 weeks-birth

• AKA “the growth and finishing stage”
• Period after the body’s structures begun to form
• Takes on a more human shape
• Organ systems become coordinated [able to hear & feel]

Ultra sound picture of the fetal stage
Alisha and Tomás are very nervous & stressed dealing with being teenagers themselves as well as school and the stigmas against teen parents.
Ways in which the parent’s stress can affect the fetus:

- Miscarriage
- Preterm Birth
- Reduced birth weight
9 WEEKS-BIRTH | IMPLICATIONS

• There are certain vitamins that the mother’s body needs before and during pregnancy (ex. Folic Acid)

• The couple may have to go through therapy in order to learn the best way to keep any disagreements from harming the child.
9 WEEKS-BIRTH | IMPLICATIONS

- Strategies how Alisha & Tomás can relieve stress:
  - Social support
  - Counseling

- How Alisha & Tomás can prepare for childbirth:
  - Prenatal appointments
  - Child birth education classes
AFTER BIRTH

PERIOD OF DEVELOPMENT
There are certain concepts that help a child mature and develop:

- **Physical development**: develops the muscles & body
- **Cognitive development**: helping develop the brain
- **Verbal Development**: develops language
- **Socioemotional development**: personality or identity
- **Splintered development**: when a child is not exceeding in one area but in another
• After the baby is born, Alisha and Tomás continue to take care of themselves to benefit their baby

• This means that they eat well, don't smoke or drink, and try to maintain stress
REFERENCES


