



“YOUNG PARENTS SPEAK OUT” DVD

SESSION 2

TARGET AUDIENCE – Healthcare Professionals / Voluntary Sector Workers / Education Providers

AIM

The aim of this training / workshop session is to provide a framework for developing an alternative perspective into the issues affecting young parents, given directly by the young parents themselves. The DVD “Young Parents Speak Out” gives young parents a voice and helps them communicate their views to a wider audience.

AIM

The aim of this session is to provide young parents with information relevant to their circumstances by the use of peer education in the form of a DVD whereby young parents impart some basic advice relating to healthcare rights. The young parents also voice their opinions on a number of other issues such as breast-feeding which may influence future decisions made by the participating audience.

OBJECTIVES

At the end of the workshop participants will:

- Describe and summarise the key issues relating to how healthcare professionals approach working with a young parent
- analyse the need of some young parents to be represented by “responsible adults” in healthcare settings and what can be done to help young parents express their views
- discuss the what professionals can do to make learning resources easy to understand, and appropriate
- distinguish how the needs of young parents may differ from those of older parents in relation to how they access healthcare information and services

and describe how this changes the way in which such information should be provided

- describe the most common misconceptions relating to young parents and discuss why they may exist
- list what can be done by professionals working with young parents to help them over-come prejudices

ACTIVITIES & RESOURCES

Participants will be issued with a copy of the booklet “Help in Tayside for You and Your Baby” produced by Action for Sick Children (Scotland). Young parents from Tayside and NHS Tayside staff will also be given a copy of the DVD and a copy of the transcript.

The Facilitator will introduce the DVD and explain the rationale.

The Facilitator will remind participants of the main points of the EACH Charter and will give an over-view of the UNCRC.

Activity

Watch the 17 minute DVD

Facilitators Notes

Participants may discuss the following:

- Gina and Craig – their daughter suffered considerable ill-health as a tiny baby. The audience will discuss the problems encountered and who the situation might have been managed better
- Shaunni and Josh – Shaunni states that she “is treated better when an adult is there” (“there” being at the Doctors surgery). Reflect on the terminology used that she is a parent but does not seem to consider herself to be an adult. Participants should also analyse why she should feel the need to have someone with her and what issues this raises about access to services and healthcare provision. This is also an opportunity to discuss how a health professional may inadvertently collude with the young person and their parent in passing responsibility to the older person.
- Leanne, the mother of twins, stated that she was annoyed by people who judge her as a young mum and who seem to think they have the right to ask her personal questions. Discuss how she can be helped to handle this problem

- Leanne is also keen to welcome new mums into the project she attends, as she feels it is important to have company. Consider the fact that many young parents report feeling isolated following the birth of their baby. It has been suggested that this is partly because the mum has had so much attention during her pregnancy but that is deflected on to the baby once it arrives, and the young mum can feel somewhat neglected. Reflect the factors which may be a contributing factor and what else may cause parents to become isolated and how they should be addressed by healthcare and other professionals.
- The teen mums had mixed views on breast-feeding. Gina said that she “felt envious” of girls who breast-feed. Participants should discuss how young mothers can be helped to breast-feed.
- Participants should be encouraged to consider facilities provision for breast-feeding mums in their own locality and how they might be improved. Participants may compare and contrast the attitudes in Britain with those of other cultures abroad. Note that most maternity Units in Scotland are committed to the UNICEF Baby Friendly Initiative, and so the practicalities of applying the Ten Steps to Successful Breast Feeding should be adapted to the specific needs of young people (www.babyfriendly.org.uk refers).
- Some mums in the DVD expressed the view that they have only had limited contact with their Health Visitor. Participants should evaluate how access to Health Visitors and other healthcare professionals can be improved.

The above may be discussed in small groups and fed back to the rest of the group.

An alternative is to carry out a table-cloth exercise. The viability of this exercise depends upon the size of the audience and lay-out of the room.