



“YOUNG PARENTS SPEAK OUT” DVD

SESSION 3

TARGET AUDIENCE

Young Parents and Young People

AIM

The aim of this session is to provide young parents and young people (suggested age range 13+) 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 and communicating with healthcare professionals 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 being a young parent
- analyse the need of some young parents to be represented by “responsible adults” in healthcare settings
- discuss the need for learning resources to be understood 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
- describe the most common misconceptions relating to young parents and discuss why they may exist
- list what can be done by young parents to 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 Facilitators notes Session 3 DVD.doc July 2010

Fiona Bartley-Jones - Action for Sick Children (Scotland)

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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:

- 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 the perceptions about healthcare provision.
- 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 why she feels she is being judged and whether this judgement is fair.
- 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 extent to which this may be a contributing factor and what else may cause parents to become isolated.
- The teen mums had mixed views on breast-feeding. Gina said that she “felt envious” of girls who breast-feed. Participants should express their views on this.
- Participants should be encouraged to consider facilities provision for breast-feeding mums in their own locality. For example, some shops and cafes provide private rooms, usually near the toilets where mums may breast-feed in private. Participants may compare and contrast the attitudes in Britain with those of other cultures abroad.
- Participants may also reflect on their own assumptions about how young mothers are likely to choose how to feed their baby, the additional challenge of choosing to breast feed if their own mother did not do this and if their peer experience of infant feeding is very limited
- Discuss in small groups how being a parent means putting the needs of the child before your own and understanding what parental responsibility means in real life terms.

- List the ways that being a young parent may alter your life – discuss how they may differ (a) as a young father and (b) as a young mother. Participants should identify any advantages as well as disadvantages then make a decision about what is best.

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.