

Pregnant, now what do I do?



Alexandria has many community resources that will help you as a Teen Mother succeed in bringing you and your child into a healthy and happy relationship. However, you as a young adult must seek them by calling, meeting, filling out paper work, and providing documents that help you qualify for the service ***It all comes down to YOU.***

Are you willing to be persistent and follow through to get the help you need?

Below is a check list of things to do to get you started...

SCHOOL

— The most important person to contact is your **Social Worker/Student Counselor** when you find out that you are pregnant. David Wynne and Vicki Robertson are the counselors in charge of the program for pregnant and parenting teens at TC Williams called TC Futures. Please call the Main School Line:703-824-6800 to ask for them.

— Attend the **TC Futures Meetings** (Mondays at 2:45pm). These meetings are geared for both the teen mom and dad. Please ask David Wynne for a pass to the meetings.

MEDICAL & SAFETY

— Get set up with a Medical Provider from the day you find out you are pregnant! The **Alexandria Health Dept.**(703-746-4996) or your own private provider is really the first step for a healthy pregnancy.

— **Home Bound Letters** are necessary for you to request from your doctor. The letter must be on the doctor's stationary, state your due date, and request homebound instruction. The public school system gives teen mothers 4 weeks off to stay home after the baby is born only if homebound instruction is in place.

— **Public Health Nurse:** 703-746-4943

Visits the home during pregnancy and your child's infancy to help you prepare for the first year of your baby's life.

— **Need a carseat?** Contact: Peggy Stypula~C.A.T.C.H. Coordinator at 703-746-5937
A program for a free car seat is available if you qualify and attend the class.

— **Need food?** Apply for **W.I.C.** through the Health Department: 703-746-4998
A program that provides food stamps for healthy development of you and your baby. They also provide breast feeding counseling and supplies.