

## A Parenting Intervention to Improve Positive Life Skills in Teen

February 12, 2019

We are familiar with the risk factors that can put the infant of a teenage mother at risk, including adverse social determinants of health or simply lacking parenting skills.

Lewis First, MD, MS, Editor in Chief, Pediatrics

**Content License:** FreeView

**Article type:** [Pediatrics Blog](#)



We are familiar with the risk factors that can put the infant of a teenage mother at risk, including adverse social determinants of health or simply lacking parenting skills. Finding a way to teach teen mothers how to be better parents and at the same time feel better about themselves is easier said than done—but fortunately Cox et al. ([10.1542/peds.2018-2303](#)) took on that challenge in a new study being released this month. The authors randomized teen mothers in a teen-tot clinic to receive routine care or be enrolled in 5 interactive parenting and life skill modules offered by a nurse or social worker in the first 15 months of an infant's life. The adolescent mothers were then surveyed on their self-esteem, parenting attitudes, signs of depression, life skills and whether they had a repeat pregnancy at 12, 24, and 36 months after enrollment. The results are quite promising in that mothers in the intervention group demonstrated significantly higher self-esteem, a better relationship with their baby, and were less likely to have a repeat pregnancy than the control population. Not every outcome measure showed an improvement, but there was enough positive change to warrant reading this study and considering whether this is a program that you might want to implement in your practice. It is not often that such a brief office-based intervention makes such meaningful improvements in mother and child outcomes. Check it out and learn more.

- [Teen Pregnancy Risk Factors Among Young Women of Diverse Sexual Orientations](#)
- [Contraceptive Initiation Among Women in the United States: Timing, Methods Used, and Pregnancy Outcomes](#)
- [Marijuana Use During Pregnancy and Breastfeeding: Implications for Neonatal and Childhood Outcomes](#)
- [Facebook](#)
- [Instagram](#)

