Complete Care of Young Parents and their Children

**YOUTH-FRIENDLY APPROACH**

- Harm Reduction
- Collaborative Healthcare Home
- Supportive Therapeutic Relationship
- Trauma Informed
- Cultural Safety
- Strengths Based and Nonjudgmental

**MATERIAL HEALTH**

**MENTAL HEALTH**
- Anxiety and Depression
- Postpartum Depression
- Self Care, Identity and Body Image
- Trauma
- Substance Use
- Safety, Self-Harm and Suicidality

**PHYSICAL HEALTH**
- Screening
- Postnatal
- Postpartum Recovery
- Nutrition and Feeding
- Medical Concerns
- Sleep and Support Network
- Frequent Visits

**HEALTHY SEXUALITY**
- Options Counselling
- Consent, Relationships and Violence
- STIs
- Contraception

**INFANT AND CHILD HEALTH**

- Attachment and Child Mental Health
- Nutrition and Growth
- Safety
- Sleep and Routines
- Parenting and Positive Discipline
- Developmental Screening and Early Intervention
- Immunizations

**FOUNDATIONAL SOCIAL STABILITY**

- Financial Stability
- Housing and Transportation
- Education and Employment
- Food Security
- Childcare
- Legal Services

**REFERENCES**


* Ultrasound monitoring:
  - First trimester: Gestational dating
  - 16 - 20 weeks: Anatomy scan to check for congenital anomalies (increased risk)
  - 22 - 34 weeks: Check for IUGR growth issues

† Test for STIs initially, 3rd trimester and postpartum

www.jogc.com/article/S1701-2163(15)30180-8/
**How to Use this Infographic**

### Provider:
- This infographic was designed through a collaboration between adolescent parents and health care providers. It is meant to be used as a quick reference communication tool.
- It can be displayed in your clinic rooms or provided as a handout to adolescent families seeking care.
- Together with your patient, look over the graphics and co-identify priorities for the health care visit.

### Patient:
- This infographic was designed through a collaboration between adolescent parents and health care providers. It is meant to be used as a quick reference communication tool.
- We encourage you to bring up a digital version of this infographic on your device or to bring in a paper version to all health care visits.
- You can use this tool to show your health care provider your priorities for you and your child. You can also find links to information and support for different topics below.

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### Complete Care of Young Parents and their Children – Greater Toronto Area Resource Guide

#### YOUTH-FRIENDLY APPROACH

- **Humewood House:**
  - (Including 1900 Sheppard Ave W. – 4 yrs of subsidized housing for mothers <19 years)
  - 40 Humewood Drive  416-651-5657 ext. 240  [www.humewoodhouse.com](http://www.humewoodhouse.com)
- **Jessie’s – The June Callwood Centre for Young Women:**
  - 205 Parliament St.  416-365-1888  [www.jessiescentre.org](http://www.jessiescentre.org)
- **Massey Centre for Women:**
  - 1102 Broadway Ave.  416-425-6348  [www.massey.ca](http://www.massey.ca)
- **Rosalie Hall:**
  - 3020 Lawrence Ave. E.  416-438-6880  [www.rosaliehall.com](http://www.rosaliehall.com)
- **Yonge Street Mission:**
  - Main phone number: 416-929-9614 (local) or 1-800-416-5111 (toll-free)  [www.ysm.ca](http://www.ysm.ca)
- **Trauma Support:**  [www.boostforkids.org](http://www.boostforkids.org)
- **Cultural Safety:**  [www.aht.ca](http://www.aht.ca) and  [www.cvt.org](http://www.cvt.org)

#### MENTAL HEALTH

- **Mental Health Services < 18 years:**  [www.mentalhealthto.ca](http://www.mentalhealthto.ca)
- **Women’s College post-pregnancy adjustment support:**  [www.womenscollegehospital.ca/programs-and-services/mental-health/Mother-Matters](http://www.womenscollegehospital.ca/programs-and-services/mental-health/Mother-Matters)
- **Young Parents No Fixed Address Directory for Substance Use:**  [www.ypnfa.com/clinical--substance.html](http://www.ypnfa.com/clinical--substance.html)
- **Women’s College trauma therapy:**  [www.womenscollegehospital.ca/programs-and-services/mental-health/trauma-therapy-program](http://www.womenscollegehospital.ca/programs-and-services/mental-health/trauma-therapy-program)

#### PHYSICAL HEALTH

- **The Hospital for Sick Children:**
  - Young Families Program (mother and child care):  [www.sickkids.ca/AdolescentMedicine/Programs/Young Famiies Program/young-families-program.html](http://www.sickkids.ca/AdolescentMedicine/Programs/Young Famiies Program/young-families-program.html)
- **St. Michael’s Hospital:**  [www.stmichaelshospital.com](http://www.stmichaelshospital.com)
- **Community Health Centres:**
  - [www.ontariomidwives.ca/find-midwife](http://www.ontariomidwives.ca/find-midwife)
- **Resources for fathers:**  [www.ypnfa.com/dads.html](http://www.ypnfa.com/dads.html)

#### MATERNAL HEALTH

- **Mental Health Services:**  [www.mentalhealthto.ca](http://www.mentalhealthto.ca)
- **Women’s College post-pregnancy adjustment support:**  [www.womenscollegehospital.ca/programs-and-services/mental-health/Mother-Matters](http://www.womenscollegehospital.ca/programs-and-services/mental-health/Mother-Matters)
- **Young Parents No Fixed Address Directory for Substance Use:**  [www.ypnfa.com/clinical--substance.html](http://www.ypnfa.com/clinical--substance.html)
- **Women’s College trauma therapy:**  [www.womenscollegehospital.ca/programs-and-services/mental-health/trauma-therapy-program](http://www.womenscollegehospital.ca/programs-and-services/mental-health/trauma-therapy-program)

#### HEALTHY SEXUALITY

- **Bay Centre for Birth Control:**  [www.womenscollegehospital.ca/programs-and-services/bcbc](http://www.womenscollegehospital.ca/programs-and-services/bcbc)
- **Abortion information for GTA:**  [http://teenhealthsource.com/pregnancy/abortion-providers-gta/](http://teenhealthsource.com/pregnancy/abortion-providers-gta/)
- **Information for patients – Sexuality and U:**  [www.sexandu.ca](http://www.sexandu.ca)

#### INFANT AND CHILD HEALTH

- **Screening and Development:**  [www.rourkebabyrecord.ca](http://www.rourkebabyrecord.ca)
- **Health Information and Parenting Resources:**  [www.aboutkidshealth.ca](http://www.aboutkidshealth.ca) and  [www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)
- **City of Toronto – Children Youth and Parenting:**  [www.toronto.ca/community-people/children-parenting](http://www.toronto.ca/community-people/children-parenting)

#### FOUNDATIONAL SOCIAL STABILITY

- **Covenant House Toronto – Homeless Youth Agency:**  [www.covenanthousestoronto.ca](http://www.covenanthousestoronto.ca)
- **Financial Stability:**
  - [www.toronto.ca/community-people/employment-social-support](http://www.toronto.ca/community-people/employment-social-support)
- **Canada Child Benefit:**
- **Housing and Transportation**
  - To access a shelter call 311 or Central Intake at 416-338-4766, 1-877-338-3398 GTA Central Intake 24/7
  - [www.ypnfa.com/housing.html](http://www.ypnfa.com/housing.html)
  - [www.ypnfa.com/education--employment.html](http://www.ypnfa.com/education--employment.html)
- **Legal Aid Ontario:**
  - 1-800-668-8258
  - [www.ypnfa.com/legal.html](http://www.ypnfa.com/legal.html)