

# KNOW BEFORE YOU GO

## Pregnant & Parenting Youth

If you are pregnant, have children and are a current or former foster youth, services exist to help you. Below are some of the resources available to pregnant and parenting teens and adults.

### Reproductive Health

See a doctor if you are thinking of having sex. If you are having sex, you should see a doctor at least once a year. Women should see a gynecologist for a routine pap smear and testing for sexually transmitted infections (STIs). Men should also see a doctor for STI testing.

- Visit [www.plannedparenthood.com](http://www.plannedparenthood.com) to find a doctor or speak to your primary care physician for referral to a gynecologist



### Birth Control

There are many types of birth control to choose from, including types that last up to ten years. Talk to a medical provider to decide the best form of birth control for you. You can get birth control from your doctor or from Planned Parenthood.

- Visit [www.bedsider.org](http://www.bedsider.org) to learn about the different types of birth control
- Visit [www.plannedparenthood.com](http://www.plannedparenthood.com) for locations and contact information

### Pregnant and Parenting Support for First Time Moms

The Nurse-Family Partnership Program is a free, voluntary program for first-time moms of any age. A nurse who works with moms and babies will visit you throughout your pregnancy and until your baby turns two. Nurse visitors can answer your questions and concerns, prepare you for childbirth, and help you deliver a healthy baby. After your baby is born, they will continue to visit you, answer your questions about parenting and help you keep your baby healthy. Your social worker can refer you or you can refer yourself.

*“Your nurse home visitor will always be there for you, from helping you have a healthy pregnancy, to coaching you on child development, to empowering you to pursue your heart’s desire.” -- NFLP*

- Visit <http://PublicHealth.lacounty.gov/mch/nfp/nfp.htm> or call 213.639.6422 or 213.639.6434

**IMPORTANT: REFERRALS TO THE NFP MUST BE SUBMITTED BY THE 24th WEEK OF PREGNANCY.**

### Financial Help

CalWORKs is a welfare program that gives monthly cash aid and services to eligible needy California families to help pay for housing, food or other necessary expenses

- Contact the Department of Social Services to find out how to enroll
- Visit <http://www.ladpss.org> or find the closest office by calling 866.613.3777

### Health and Nutrition

Women, Infants and Children (WIC) is a supplemental health and nutrition program that serves low to moderate income pregnant, breastfeeding and new mothers as well as infants and children below five years of age. WIC has local offices all over California

- Call 1.888.WIC.WORKS or visit [www.wicworks.ca.gov](http://www.wicworks.ca.gov) to download and print an application form and find the WIC office nearest you



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### Support for Pregnant and Parenting Adolescents

The Adolescent Family Life Programs (AFLP) serve youth up to age 19. Case managers work with you so your baby is healthy. They help you decide how to finish school, and they also connect you to jobs and skills training. They also provide information about birth control, preventing sexually transmitted infections, and violence prevention. They have programs for teen fathers too.

 Visit [dcfs.co.la.ca.us/Policy/FYI/2002/02](http://dcfs.co.la.ca.us/Policy/FYI/2002/02) to find an office near you

### Support for Fathers

Project Fatherhood is a program of Children's Institute Inc. that offers support for fathers. Services include individual and family counseling, group support, significant others group, therapeutic activities for children, preventing child abuse and neglect and helping fathers to make healthier decisions in relationships.

 Contact: Children's Institute Inc., 2121 West Temple Street Los Angeles, CA 90026  
Phone: 213.260.7600. Email: [PFatherhood@ChildrensInstitute.org](mailto:PFatherhood@ChildrensInstitute.org)

### Education

You have a right to stay in your current school if you are pregnant or parenting. However, there are high schools that only serve pregnant and parenting teens. An example of such a school in the Los Angeles Unified School District is McAlister High School or New Village Charter School.


 McAlister, <http://mcalisterhs-laUSD-ca.schoolloop.com> or call 213.381.2823

 New Village Charter School, [www.newvillagecharter.org](http://www.newvillagecharter.org) or call 213.385.4015

 If you are outside the LAUSD, contact your local school district for a listing of alternative schools

### Child Care

The Los Angeles County Resource and Referral (R & R) Agencies help provide parents with free or low-cost child care. If you are in foster care, you may be eligible for child care funding through DCFS. Ask your social worker to make a referral to the DCFS child care unit, or call the Alliance for Children's Rights for help. Either way, you should still get on the Resource and Referral waitlist as soon as possible after your baby is born.

 Call the R & R Hotline at 888.922.4453 to find the agency in your area and get on the waitlist for child care

### If You are in Foster Care and Have a Child

If you are in foster care and have a child, your child will not automatically be placed in the foster care system. Your child may only be removed from you if there is suspicion of abuse or neglect. Running away may be considered neglect.

Unless your baby is also in foster care, the responsibility for the care and wellbeing of your child is yours. An Infant Supplement (cash assistance) is paid to your foster care provider to assist with the baby's financial needs. The baby will have his/her own Medi-Cal coverage.

If you are in extended foster care and living in a Supervised Independent Living Placement (SILP), the Infant Supplement will be paid directly to you in addition to the foster care payment.

If you are pregnant or parenting, you have a right to have a Pregnant and Parenting Teen (PPT) Conference to identify your needs and help you find appropriate resources and services. Your social worker, a facilitator from DCFS, and a knowledgeable advocate, will be at the conference. You can invite members of your support system to participate, including the baby's other parent, family members and friends. Talk to your social worker or attorney about scheduling a PPT Conference.

For more information, visit [kids-alliance.org](http://kids-alliance.org) or [clccal.org](http://clccal.org).

