Pregnancy & Parenting
Teen Resource Guide
Introduction

This booklet is a select list of materials, organizations, and online resources intended to provide information and assistance to teenage parents and their families.

For more information on pregnancy and parenting, including but not limited to teen pregnancy or being a teenaged parent, you can search the computer catalog under the following subject headings. Please ask a librarian if you would like more information or if you need further assistance.

Abortion                     Pregnancy - Unwanted
Adoption                     Pregnancy, Unwanted - Law and legislation North Carolina
Birth Control                Postnatal care
Childbirth                   Reproductive rights
Child development            Sexual behavior
Child rearing                Sex instruction for teenagers
Foster children              Sexually transmitted diseases
Foster home care             Teenage fathers
Foster parents               Teenage mothers
Human reproduction           Teenage parents
Hygiene, sexual              Teenage pregnancy – Law and legislation North Carolina
Infants                      Teenage pregnancy – Parenting
Infant - Newborn             Teenage pregnancy – prevention
Labor - Obstetric            Teenagers – Sexual Behavior
Motherhood                   
Parenting                    
Pregnancy                     

Resources compiled by

Cumberland County Public Library & Information Center

Some audiovisual materials in this guide were purchased with funds allocated from a Wal-Mart community grant.
Select Parenting, Pregnancy, and Childbirth resources on DVD


Select Parenting, Pregnancy, and Childbirth resources in print


Cumberland County Resources

Cumberland County Health Department - Services
http://www.co.cumberland.nc.us/health/services.aspx
1235 Ramsey Street
Fayetteville, NC 28301

Child Service Coordination Program (CSC) (433-3800)
Child Service Coordination is a voluntary home visitation program that provides free services to children ages birth to 5 years of age. Children are eligible based on development, growth, health or social concerns. A Child Service Coordinator is a special nurse or social worker trained to teach parenting and provide services such as developmental screens and stimulation activities. The goal is to ensure that all children get a safe and healthy start in life.
Maternity Care Coordination Program (MCC) (433-3800)
Maternity Care Coordination is a voluntary program that assists pregnant women in getting prenatal care and community resources to meet their needs. All pregnant women in Cumberland County are eligible regardless of income. Maternity Care Coordinators are highly skilled nurses and social workers. Services are free and include prenatal education, blood pressure checks, referrals to services such as housing, WIC, Medicaid, prenatal classes, etc. Women enrolled in the program receive a Postpartum-Newborn Home Visit to ensure that both mom and baby are doing well.

Nutrition Department: Women, Infants, and Children (WIC) (433-3730)
The Nutrition Division provides the federally funded Woman, Infants, and Children Program (WIC). WIC program services are provided at five sites in Cumberland County: Ft. Bragg Welcome Center, Hope Mills at Millview Place on Hope Mills Road, Spring Lake Family Resource Center, and Cape Fear Valley Medical Center. The WIC program provides nutrition education and healthy foods to pregnant, postpartum, and breastfeeding women, infants, and children up to age five. Participants must meet residency, income and medical/nutritional risk eligibility requirements.

WIC staff members also make referrals to community agencies and medical providers. Breastfeeding education is provided to each expecting mother on the program. The Nutrition Division also has registered dieticians (RD) on staff who provide nutrition counseling to clients referred from the health department maternity and child health clinics. The division also participates in some community events and at times may provide other community education services.

Cumberland County Health Department
Maternity, Family Planning, Child Health Clinics (birth control, STD screening and other reproductive health services)
You can schedule an appointment by calling 433-3654 Monday thru Friday from 8:00am-5:00pm; located on the 2nd Floor of the E. Newton Smith Public Health Center: 1235 Ramsey Street Fayetteville, NC 28301.
**Women’s Preventive Health Services (433-3600)**
The Family Planning Clinic provides services to all women who desire to postpone or space their pregnancy. The program provides pre-pregnancy counseling, education, physical examination, birth control counseling, and supplies. All services are strictly confidential. Pregnancy testing is available Monday through Thursday from 8:00 a.m. – 9:00 a.m. Appointments are required for all other services except pregnancy testing. Fees for service are based on family size and income.

The Maternity Clinic offers complete prenatal care and delivery services. Care is provided by Cape Fear Valley Medical Center, Duke OB-GYN doctors, and licensed professional nurses. Care is provided for low-risk and high-risk pregnancies. Resource referrals are made based on the patient’s educational and social needs. Fees for service are based on family size and income.

**Cumberland County Department of Social Services**  
[www.ccdssnc.com/](http://www.ccdssnc.com/)  
Website provides information concerning economic independence and assistance: the Work First program, Medicaid, Food and Nutrition Services (the federal Food Security Program), NC Health Choice for Children, and subsidized childcare.

**MAIN NUMBER** (Switchboard) 910-323-1540  
**Public Assistance Information** 910-677-2999

1225 Ramsey Street  
Fayetteville, NC 28301

**Agencies and Organizations**

**Planned Parenthood:** [www.plannedparenthood.org](http://www.plannedparenthood.org)  
Planned Parenthood is the nation’s leading sexual and reproductive health care provider and advocate. They work “to improve women’s health and safety, prevent unintended pregnancies, and advance the right and ability of individuals and families to make informed and responsible choices.”
Fayetteville Health Center (Operated by Planned Parenthood of Central NC)
4551 Yadkin Rd
Fayetteville, NC 28303
Phone: 866-942-7762
Call for hours of operation or to make an appointment.

Adolescent Pregnancy Prevention Campaign of North Carolina: [www.appcnc.org](http://www.appcnc.org)
The mission of the Adolescent Pregnancy Prevention Campaign of North Carolina (APPCNC) is to support North Carolina communities in preventing adolescent pregnancy through advocacy, collaboration and education.

Advocates for Youth [www.advocatesforyouth.org](http://www.advocatesforyouth.org)
Advocates for Youth’s mission is “creating programs and advocating for policies that help young people make informed and responsible decisions about their reproductive and sexual health.” Programs such as the Teen Pregnancy Prevention Initiative and the Youth Activist Network help get young people involved in the process. The website provides access to factsheets on adolescents and abortion, abstinence-only programs, and pregnancy among teens, among other resources.

Girl-Mom.com [www.girlmom.com](http://www.girlmom.com)
Support, community, and education— with no shaming or blaming— for young mamas. Founded by a young mother, Girl-Mom is a resource site for young moms.

Healthy Teen Network [www.healthyteennetwork.org](http://www.healthyteennetwork.org)
National nonprofit organization devoted to making a difference in the lives of teens and young families, focusing particularly on issues related to adolescent health and well-being with an emphasis on teen pregnancy prevention, teen pregnancy, and teen parenting.

Medline Plus National Institute of Health
Teenage Pregnancy and general health factsheets
The National Campaign to Prevent Teen and Unplanned Pregnancy  www.thenationalcampaign.org
The National Campaign seeks to improve the well-being of children, youth, families, and the nation by preventing unplanned and teen pregnancy. Also provides access to an online community at www.stayteen.org.

NC Family Health Resource Line
www.nchealthystart.org/public/index.htm
Information, tips and links for anyone who: Might become pregnant, is pregnant now, is thinking about or is breastfeeding, just had a baby, is caring for an infant, wants to know more about free or low-cost children’s health insurance in North Carolina. The mission of the North Carolina Healthy Start Foundation is to reduce infant mortality (death) and morbidity (illness) and to improve the health of young children in North Carolina.

TeensHealth  kidshealth.org/teen/sexual_health
A safe, private place for teens who need honest, accurate information and advice about health, emotions, and life. Accessible 24 hours a day to get the doctor-approved information needed to make educated decisions.

Resources @ the Library

Story times: call the location nearest you for current schedules

MotheRead/FatheRead*: http://www.cumberland.lib.nc.us/childrens/kids-motheread.htm
Want to learn how to be a reading role model for your children? Sign up for MotherRead/FatherRead*, a free program for parents and caregivers of children from birth to 5 years old. This six-session program teaches how to share literature while improving parenting skills and promoting school readiness. For more information call: (910) 323-8840
North Carolina’s Safe Surrender Law
www.safesurrender.net/index.html
North Carolina’s Safe Surrender Law allows an overwhelmed parent to surrender a newborn to a responsible adult and walk away. It is legal to find a responsible adult and hand them the baby. (Do not leave the baby someplace hoping someone will find it!) The person may be a health care provider, law enforcement officer, social services worker, or emergency medical personnel, or it may be anyone who appears to be responsible. The baby will then be placed in a loving home.

An infant up to 7 days old may be surrendered to any responsible adult.

Safe surrender is anonymous and legal.
Advice for pregnant and new mothers is available at 1-800-FOR-BABY (1-800-367-2229). In an emergency, call 911.