

## Support Services for Young Mums and Dads



### Highlights

There are many things to consider when you're a teenage parent. Stable and secure housing is essential for you and your baby. Continuing your education can be challenging, but it's possible if you know what support is available.

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**If you're a teenager who is a parent, you might be thinking about:**

Having somewhere to live  
Supporting your baby

Finishing your education

## **Continuing Your Education**

While continuing education can be challenging, it's possible if you explore available options.

Schools should provide support to help pregnant teenagers and young parents complete their studies. Your school may be able to adapt:

The way they teach you  
The way they assess you  
Any uniform or dress codes  
The hours you need to attend

These changes can help ensure you continue your education while pregnant and after having your baby.

Some schools offer childcare centers or support programs for pregnant and parenting young people.

Talk to someone you trust, such as a teacher, school counselor, or healthcare professional, for guidance.

## **Alternative Learning Pathways**

If you prefer not to attend a traditional school, other options include:

Home schooling - where a parent conducts learning activities, sets assessments, and monitors progress.  
Distance education - studying from home, usually via online courses.  
Alternative education centers - some provide on-campus childcare or spaces where you can study and care for your baby.  
Vocational education and training - programs that offer education and skill training in various fields.

Completing your education has long-term benefits, including better job opportunities and financial stability. It also helps you connect with others and feel less isolated.

## **Finding a Safe Place to Live**

Stable and secure housing is essential for you and your baby.

If possible, consider staying with your parents or family members. This can help you manage the daily challenges of raising a child while allowing you to focus on work or studies.

If you are at risk of homelessness or need financial assistance, there may be rent assistance programs that can help cover housing costs.

## **Starting Your Job Search**

Job-hunting websites and employment services can help you find work.

Look for jobs that offer flexible hours to balance work and parenting responsibilities.

## **Managing Your Finance**

Understanding your main expenses can help you manage your budget effectively. Common expenses include:

Food

Housing

Bills

Clothing

Healthcare

Transport

Childcare

Various services and programs are available to help with budgeting and money management. Financial literacy resources can provide practical advice on managing your finances.

## **Government Financial Support**

One of the biggest concerns for young parents is having enough money to support themselves and their child.

Your financial situation will depend on factors like family and partner support or personal income.

It's important to check if you are eligible for any government financial assistance.

Parenting support payments may include:

Newborn payments - financial assistance for new parents meeting certain eligibility requirements. Parental leave payments - for working parents who take leave to care for their child. Childcare subsidies - to help cover childcare costs. Family support payments - to assist with raising children. Parenting payments - main income support payments for parents raising children.

It's recommended to apply for support before the birth of your baby, as some payments may take time to process.

Other financial assistance may be available depending on your situation, such as:

Youth allowance - for students, apprentices, or job seekers. Healthcare concessions - to reduce medical costs. Energy bill support - additional payments to help cover energy expenses. Emergency financial assistance - for extreme situations. Telephone and internet allowances - assistance with communication costs.

Some services can help manage bills and payments, such as direct deduction programs for rent and utilities.

## **Tools And Assistance**

Parenting can feel overwhelming, but you don't have to go through it alone. Support networks offer resources on parenting, education, and financial assistance.

There are also helplines and online support services available.