



# ReasonsPlus

Positive Support for  
Pregnant and Parenting Teens



ReasonsPlus is a statewide effort to provide positive support to pregnant and parenting teens. The cornerstone is a comprehensive website, [www.ReasonsPlus.com](http://www.ReasonsPlus.com), which provides a variety of resources and information specifically for pregnant and parenting teens to help reduce barriers to achieving academic success.

NM GRADS (New Mexico Graduation Reality and Dual-Role Skills) is a school-based program for pregnant and parenting teens that provides support and numerous resources for achieving graduation and independence, and reducing risk-taking behaviors.

# ReasonsPlus

Positive Support for  
Pregnant and Parenting Teens



## School Nurses Supporting Health, Well-Being, and Educational Success

Pregnant and parenting teens face many barriers in attending and succeeding in school. According to the National Association of School Nurses (NASN), "School nurses are in a prime position to support the health and well-being of pregnant and parenting teens and contribute to their lifelong success by linking them to resources and advocating for policies and practices that promote high school graduation."

School nurses provide assistance in pregnancy identification, access to community resources, parenting education, support in preventing additional pregnancies, and participation on multidisciplinary teams that plan and support accommodations for students. School nurses assist pregnant and parenting students with their health care needs during the school day and make appropriate referrals so that they can receive all the services they need. The school nurse also addresses the physical, emotional, mental, and social health needs of all students and supports their school achievement.



### CONTACT INFORMATION



Kids First, New Mexico Wins!



**NM GRADS**  
P.O. Box 1884  
Socorro, NM 87801  
575-835-1785  
[www.nmgrads.org](http://www.nmgrads.org)

**PED**  
School and Family Support Bureau  
505-827-1803  
[www.ped.state.nm.us](http://www.ped.state.nm.us)



© Copyright Reasons Plus  
This brochure was made possible through funding by the  
U.S. Department of Health and Human Services  
Support for Pregnant and Parenting Teens  
Grant – SP1AH000001-03-00





## What School Nurses Can Do



### Develop Supportive Relationships with the Pregnant and Parenting Teens by

- being someone to talk to — teens need safe places to talk without judgment;
- encouraging postpartum teens to return to school; and,
- promoting school achievement, attendance and engagement — involved teens are less likely to have a repeat pregnancy and engage in risky behaviors.

#### References:

*Pregnant and Parenting Students-The Role of School Nurses, Position Statement, (June 2011), National Association of School Nurses.*

*School Nurse/School-Based Health Center Partnership, Joint Statement (October 2001), National Association of School Nurses.*

*Role of School Nurse, Position Statement, (April 2011), National Association of School Nurses.*

## ReasonsPlus

Positive Support for Pregnant and Parenting Teens



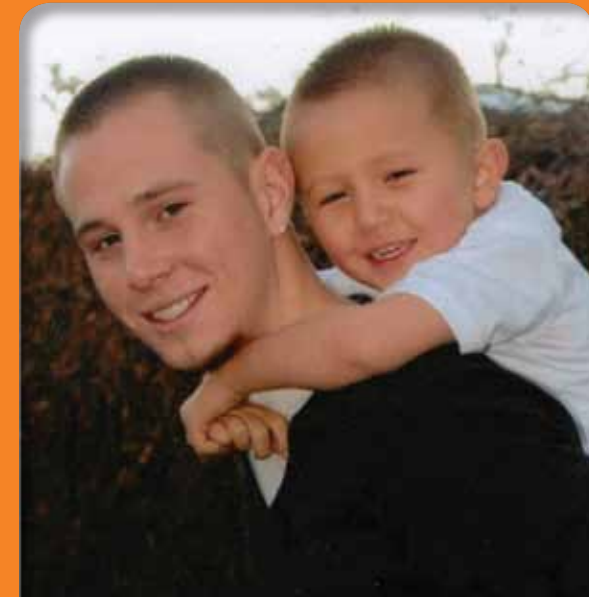
### Provide Support and Interventions to the Pregnant and Parenting Teen by

- assessing the individual needs of each pregnant student and referring for early prenatal care;
- providing nursing care, nutrition guidance and follow up during pregnancy while the student is at school;
- promoting wellness and disease prevention to improve health outcomes;
- offering guidance for decision-making and accessing school and community resources;
- providing a safe and private location for breast feeding; and,
- recommending any needed modifications that are necessary to ensure the safety and well-being of the student in the school setting.



### Collaborate with Students, Family, School Staff, School-Based Health Centers, Medical and Behavioral Health Providers to

- identify student health needs, address barriers to access and coordinate needed services;
- participate in the planning and care of pregnant and parenting students while they are at school;
- provide well-child care, immunizations or dental clinics for teen families;
- develop community partnerships to provide onsite services or specific community services such as WIC, Medicaid enrollment, and child development services;
- support the academic success of student before, during, and after pregnancy;
- participate on Student Assistance Teams, Section 504 teams and Individualized Education Program (IEP) teams as needed; and,
- provide referrals to educational programs for teen parents.



### Increase the Awareness of Available Services for Pregnant and Parenting Teens and their Children at School and in the Community, such as

- school-based teen parent programs like GRADS;
- school-based health centers
- prenatal care and family planning services;
- primary health care, mental health and substance abuse services;
- well child care and developmental screenings;
- vision and oral health services;
- case management and family support services;
- teen parent support groups and young father programs;
- quality and affordable child care;
- parenting and life skills education, including early childhood programs like home visiting; and,
- transportation, housing, and economic assistance.