Teenage Moms
A curriculum for pregnant and parenting teens

Teenage Moms is a nutrition program for pregnant & parenting teens. Participants learn about healthy lifestyle choices during pregnancy, choosing foods to match the development of the baby, making wise choices at the grocery store, and storing food safely.

1. **Introduction** – Overview of program, community resources, preparation basics, handwashing.


3. **Healthy Weight Gain for Pregnancy and Beyond** – Importance of weight gain during pregnancy, ideas to prevent excessive weight gain, nutrient dense foods.

4. **Special Nutrient Needs** – Awareness of special nutrient needs during pregnancy, importance of vitamins, minerals, and protein, foods sources of these nutrients and prenatal vitamins. *(Show-Me Standard: IIB: 6a)*

5. **If It’s Not One Thing, It’s Another** – Physical discomforts during pregnancy and strategies for coping with them, overview of body changes, menu planning.

6. **For Health’s Sake Don’t** – Health risks associated with substance abuse, home safety tips for harmful substances. *(Show-Me Standard: IIC: 4a, 5a, 6a)*

7. **Fast Foods and Healthy Snacks** – Choosing foods for meals and snacks that are high in nutrients and low in fat and sugar, choosing healthy foods at restaurants. *(Show-Me Standard: IIB: 2a, 3a)*

8. **Decisions for Feeding Your Baby** – Importance of breastfeeding, tips for breastfeeding and bottle-feeding, choosing foods to meet the developmental needs of the baby.

9. **Feeding Toddlers** – nutrient needs of toddlers, helping toddlers learn to eat a variety of foods, guides for parent involvement in children’s eating habits.

10. **Getting the Most for Your Money** – Choosing healthy food for less money, reading food labels, and using unit pricing. *(Show-Me Standard: IIC: 3a, 8a)*

11. **Keeping foods Safe to Eat** – Keeping foods the proper temperature, handwashing, safe food techniques while shopping, storing, and preparing food. *(Show-Me Standard: IIB: 4a)*

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