

**The P.A.R.E.N.T. Approach:  
How to Teach Young  
Moms and Dads the Art  
and Skills of Parenting**  
by Jeanne Warren Lindsay  
649.1 Lind



This useful guide covers strategies and techniques that cover all aspects of child rearing; healthy pregnancy and delivery, proper nutrition and care, dual parent involvement. Learning activities are included.

# OH, BABY!

PARENTING AWARENESS & LIFE SKILLS

**FOR TEENS**

FICTION



**After** by Amy Efaw  
YA Efaw

In complete denial that she is pregnant, straight-A student and star athlete Devon Davenport leaves her baby in the trash to die, and after the baby is discovered, Devon is accused of attempted murder.

**Dancing Naked**  
by Shelley Hrdlitschka  
YA Hrdl

**YALSA Quick Picks 2003  
Nominated for ALA Best Books  
CCBC Our Choice Award**



Kia is sixteen, pregnant from a brief encounter with an irresponsible boy. She describes her experiences through the trimesters of her pregnancy; related both in narrative form and through emails. Unable to choose abortion, Kia eventually decides to give her child up for adoption.



**The First Part Last**  
by Angela Johnson  
YA John / YA CD John

**Coretta Scott King Award  
Michael L. Printz Award**

Bobby's carefree teenage life changes forever when he becomes a father and must care for his adored baby daughter.

**Hanging on to Max**  
by Margaret Bechard  
YA Bech

**Black-Eyed Susan Book Award  
Young Reader's Choice Award**



After Max is born, Brittany decides she's not ready to be a parent, so 17 year old Sam works hard to care for the infant. He joins an alternative school, postpones football and his dreams of college. However, he has no real support; Brit has left town. His only friend is Claire, whose parents are supportive of her decision to keep her baby, Emily.

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**The Unplanned  
Pregnancy Book for Teens  
and College Students**  
by Dorrie Williams-Wheeler  
YA 618.24 Will

This resource offers information and education regarding an unplanned pregnancy. Young women from all walks of life share their stories. A listing of resources is provided and information regarding pregnancy, abortion, adoption and programs that are available to assist a woman facing this situation.

**What to Expect:  
When You're Expecting**  
by Heidi Murkoff  
618.24 Murk



This is the best-selling pregnancy book of all time and has been updated for its 4th revision. There is a week by week pregnancy development section in each of the monthly chapters and discussion on various concerns. Also included is information for the father-to-be.

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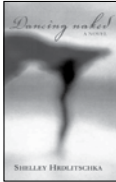


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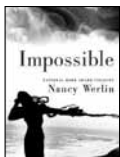
Researched and compiled by M. Westlund 3/2010



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**Impossible**  
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YA Werl / CD YA Werl /  
Playaway YA Werl

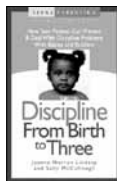


**YALSA best books for YA 2009**  
**School Library Journal Best**  
**Books 2008**

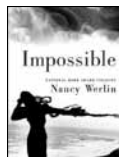
This gentle story details young teen Lucy's rape and subsequent pregnancy, with an amazingly supportive cast of a faithful boyfriend and loving parents. A fairy tale set in the present, with flashes of realism and romance.

## NON-FICTION

**Discipline from Birth to Three: How Teen Parents can Prevent and Deal with Discipline Problems with Babies and Toddlers 2004**  
by Jeanne Warren Lindsay & Sally McCullough  
YA 649.64 Lind



How teen parents can prevent and deal with discipline problems with babies and toddlers.



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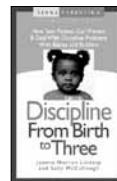


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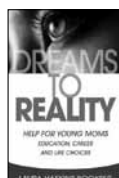


How teen parents can prevent and deal with discipline problems with babies and toddlers.

**Mahalia**  
by Joanne Horniman  
YA Horn



When his girlfriend leaves him and their five-month-old baby, seventeen-year-old Matt struggles to make a life for himself and Mahalia, the daughter he adores. Full of emotion and insight, Mahalia is the story of one teenage boy's struggle to be a better (single) father than he knows how; a memorable love story of a young father and his daughter.



**Dreams to Reality: Help For Young Moms: Education, Career, and Life Choices**  
by Laura Haskins-Bookser  
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The author draws on her own experiences as a teenage mother to offer tips on setting and accomplishing goals, providing information on relationships, finances, college, paternity issues, job training, and travel.

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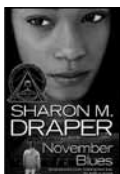


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**November Blues**  
by Sharon M. Draper  
YA Drap / CD YA Drap



**Coretta Scott King Honor Book**  
**Black Eyed Susan Book Award**

A teenaged boy's death in a hazing accident has lasting effects on his pregnant girlfriend and his guilt-ridden cousin, who gives up a promising music career to play football during his senior year in high school.

**Pregnancy Information for Teens: Health Tips about Teen Pregnancy and Teen Parenting**  
by Sandra Augustyn Lawton  
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Provides basic consumer information for teens about maintaining health during pregnancy, preparing for childbirth, and caring for a newborn.



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**School Library Journal Best**  
**Books 2007**  
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A guide for teen fathers who want to develop their parenting skills, with an emphasis on dealing with children from birth to three years old.

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### HELPFUL ONLINE RESOURCES

**Fathers.com**  
The National Center for Fathering info on how to be a great dad.

**OCHD.org/PDF/CountyResources/GOLRD.pdf**  
Resource guide book just for Teens.

**TeenHealthandWellness.com**  
One-stop self-help place for Teens. Click > sexuality and sexual health > teen parenting.

**NJParentlink.nj.gov**  
The Early Childhood, Parenting and Professional Resource Center info on NJ state services and resources.

**StayTeen.org**  
Create & submit your own videos & articles!

**WhatToExpect.com**  
Info & advice about pregnancy & parenting.

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