

# Understanding Occupational Success for Teen Mothers: A Qualitative Study

## Background

- Teen mothers often have difficulty accessing resources such as prenatal care, childcare, family planning services, and parenting education
- Teen mothers must balance existing teenage and student occupations with novel parenting occupations including child safety, child development, and behavior management

## Methods

### Phenomenological Approach

#### Semi-Structured Interviews

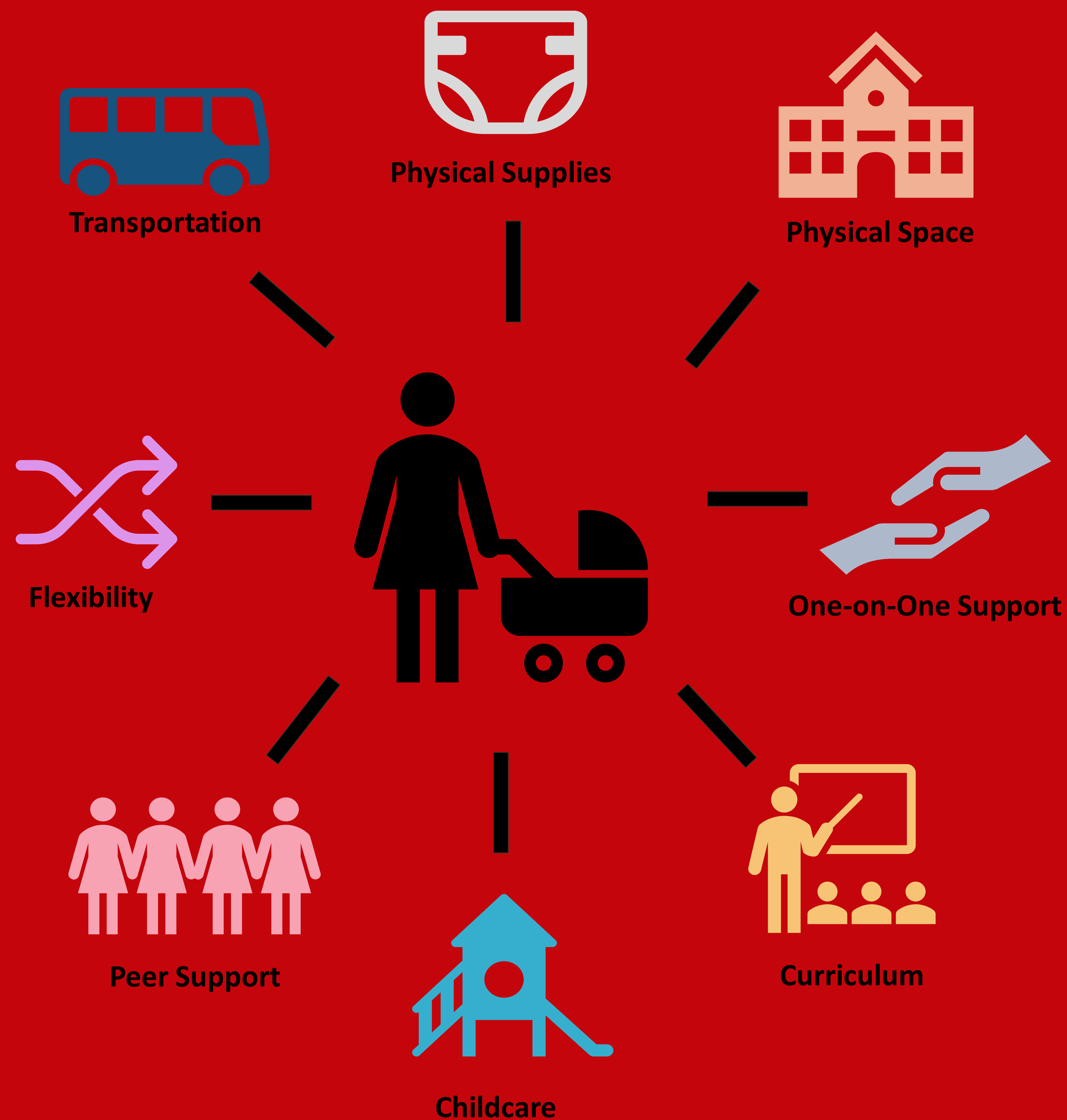
Students and alumni (n=18)

#### Transcription

#### Thematic Analysis

#### Member Checking



# Program culture and environmental supports in school-based parenting programs lead to greater efficacy in parenting roles and occupations for teen mothers.



## Implications for Occupational Therapy

- School-based parenting programs can **improve parenting occupational performance**
- School-based parenting programs are an **emerging area of practice** for OTPs
- **OTPs can holistically support teen mothers** navigate new parenting occupations and their responsibilities as students
- **Understanding the dual roles and lived-experiences of teen mothers is essential** for OTPs to support outcomes of students these programs

## Future of Occupational Science

-  This research furthers the evidence for OTPs' involvement in school-based parenting programs
-  Occupational scientists have a critical role in researching innovative occupation-based interventions to support teen mothers in their dual roles

Clara Mack, OTS  
Sophia Banez, OTS  
Lan Vo, OTS  
Marie Hynek, OTS  
Libby Hladik, MS, OTR  
Karla K. Ausderau, PhD, OTR, FAOTA