

March 20, 2020

Teen Parenting Service Network's recommended guidance for pregnant youth in care

During this unprecedented time, TPSN is issuing general guidance, including guidance from DCFS, around supporting youth who are pregnant and those who will deliver soon. We are recommending that you support youth by doing the following:

- Advise/help youth contact their prenatal provider to inquire regarding in-person prenatal visits; should they keep their regular appointments as scheduled or move to a virtual visiting system.
- For youth in their third trimester, advise/help youth contact their primary provider/OB regarding any changes to their delivery plan and where they are set to deliver.
- For phone and virtual visiting, please ask youth if they have their infant start-up equipment including their safe sleep items. If a youth does not have safe sleep equipment, please either create a plan to provide it through your agency, or contact Nancy.thompson@ucanchicago.org. Secondary contact Karen.smith@ucanchicago.org. Both Nancy and Karen are also in DCFS Outlook.
- TPSN's administrative offices are currently closed to the public; however, we are still in operation remotely and we do have a limited supply of pack and plays, diapers and baby wipes at our south Chicago location for those of you that are local to that area. We are also able to ship items that are in stock across the state as we normally do through Wrap Plans. Given our current situation, we will accept emails to either Nancy or Karen above for infant start-up kits and other baby essentials that you may need and cannot obtain through your organization or local community resources.
- The CDC's information regarding pregnancy and breastfeeding and how COVID-19 may impact these areas can be found [here](#).

The best protection at present is handwashing and social distancing. Below are some other helpful links to help you stay informed:

General Resources Related to COVID-19

- Visit [Coronavirus.illinois.gov](https://www.coronavirus.illinois.gov) with resources for Illinois residents
- The Illinois Department of Public Health has a statewide COVID-19 hotline and website to answer any questions from the public or to report a suspected case: call 1-800-889-3931 or visit [IDPH.illinois.gov](https://www.idph.illinois.gov).
- The Illinois Department of Public Health has a page devoted to [pregnancy and breastfeeding](#) in light of the COVID-19 outbreak.
- The Centers for Disease Control and Prevention (CDC) [website contains national information](#).

Please continue to follow your organization's emergency preparedness plan. This communication is meant to give guidance around how to best support pregnant and parenting youth who may be in your care.

If you have any questions or need guidance around how to best support pregnant and parenting youth in care at this time, please do not hesitate to reach out via email (stephanie.franklin@Ucanchicago.org or stephanie.franklin@illinois.gov) or contacting Nancy or Karen above.

Thank you.

Stephanie Franklin
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UCAN Teen Parenting Service Network