

References

Activities for dads & kids. (n.d.). Fatherhood.Gov. Retrieved November 16, 2022, from

<https://www.fatherhood.gov/for-dads/activities-for-dads-and-kids>

This website provides pages of links to activities that fathers can do with their children. There are affordable activities for dads that don't have a lot of access to money, quick and easy activities for fathers who may not have a lot of time. There are many different options to choose from that can help you bond with your children. This is a government based website.

Alini, E. (2018, February 24). Here's how much baby's first year might cost — and how to prep for it.

Global News. <https://globalnews.ca/news/4040829/baby-first-year-costs-budget-canada/>

This news article provides a video from Lisa van de Geyn's perspective on the expenses of a baby in the first year. She explains the cost and reasons behind it.

Andrew, R. (2022, October 10). *10 Best Places To Raise A Family In The World.* New Love Voice.

<https://newlovevoice.com.ng/best-places-to-raise-a-family-in-the-world/>

This free stock image was used to enhance text on our website

Baby's head start. (n.d.). Interior Community Services. Retrieved November 16, 2022, from

<https://www.interiorcommunityservices.bc.ca/programs/child-family/babys-head-start>

This website provides program information for mothers that may have all the requirements also listed for a Baby's Head Start program. This is a free prenatal outreach programme that sees pregnant and postpartum mothers up to six months after delivery.

Career guide. (n.d.). Indeed Career Guide. Retrieved November 16, 2022, from

<https://ca.indeed.com/career-advice/pay-salary/average-canadian-salary-by-age>

Indeed Editorial Team put together an article about the average Canadian salary by age group. They discuss the average salaries and the factors as to why the salaries are different.

Committee approves plan to create more than 550 units of affordable housing. (2020, June 25). Bay

Ward Bulletin. <https://www.baywardbulletin.ca/committee-approves-plan-to-create-more-than-550-units-of-affordable-housing/>

This free stock image was used to enhance text on our website

DadTalk blog. (n.d.). *Fatherhood.Gov.* Retrieved November 16, 2022, from

<https://www.fatherhood.gov/dadtalk-blog>

The DadTalk blog publishes opinions from dads and professionals in Responsible Fatherhood from all over the nation. Its objective is to spark discussions on significant topics related to fatherhood and current fatherhood programmes.

Denisiqi Services Society - To sustain, support, and enhance family and community life. (n.d.).

<https://denisiqi.org>

Denisiqi service society is culturally based workplace. Working with the Tsilhqot'in Nation and Ulkcho't'on. Having social workers, counselors, youth workers. Helping youth and family with MCFD, and school.

Families first. (n.d.). *Interior Community Services.* Retrieved November 16, 2022, from

<https://www.interiorcommunityservices.bc.ca/programs/child-family/families-first>

This website provides information about the Families First program. Families First program is a service that provides home visits to anyone who is expecting or raising a baby under 6 months old. The programme allows parents to remain enrolled until their child is 3 years old.

Fatherhoodgov. (2022). *DADication documentary [Video].* In YouTube.

<https://www.youtube.com/watch?v=RSDgY0G3Ifk>

The brief documentary highlights the importance of dads in the lives of their children, explains the effects of fatherlessness, offers examples of fathers overcoming obstacles to be there for their children, and shows how fathers and their offspring are prospering as a consequence.

First steps. (n.d.). Interior Community Services. Retrieved November 16, 2022, from

<https://www.interiorcommunityservices.bc.ca/programs/child-family/first-steps>

First Steps is a program available to pregnant and parenting adolescents between the ages of 15-23 that need to complete high school and graduate. This program is located in Kamloops BC and provides service to teen and young mothers, pregnant teens and young women and women with a child in the care of the ministry of children and family development.

Goalcast. (2020). What I learned from being A teen parent [Video]. In YouTube.

<https://www.youtube.com/watch?v=r-04DwEEpwk>

This is an inspirational speech from Dang Nguyen who explains how his and his girlfriends lives were forever changed after their teen pregnancy. He also explains that sometimes we receive the greatest blessings and signs of hope at times when things seem the most hopeless.

Homepage. (n.d.). Fatherhood.Gov. Retrieved October 26, 2022, from <https://www.fatherhood.gov/>

The National Responsible Fatherhood Clearinghouse is a funded national resource for fathers, professionals, programs/Federal grantees, states, and the general public who are serving or interested in helping strong fathers and families. It is run by the Office of Family Assistance (OFA). OFA provides many articles and links that could be resourceful for specifically adolescent fathers.

Indigenous housing providers. (n.d.). BC Housing. Retrieved November 16, 2022, from

<https://www.bchousing.org/housing-assistance/rental-housing/indigenous-housing-providers>

Households and individuals with Indigenous Dwellings Providers ancestry, including Status and Non-Status Indians, Métis, and Inuit, may live in the following off-reserve Indigenous Housing Providers housing. This website provides available links and phone numbers to all the available societies.

Interior Community Services. (n.d.). Retrieved October 26, 2022, from

<https://www.interiorcommunityservices.bc.ca/>

Interior Community Services is a non-profit organization that provides people of all ages with resources and support. ICS provides integrated family support, individual life skill development as well as a safe and nurturing home environment to help the community live to their full potential. This website is a helpful resource for not only pregnant mothers but parenting families and individuals as well. Links are shared on the website for people to access and read more information.

Kraynova, A. (n.d.). *ID 125557094*. Dreamstime.com. Retrieved November 5, 2022, from

<https://www.dreamstime.com/group-portrait-three-white-caucasian-latin-hispanic-children-boy-girls-sitting-together-sharing-eating-apple-food-image125557094>

This free stock image was used to enhance the articles and text on our website

Ontario, D., & Ontario, J. (2020, January 8). *Kamloops Powwow*. www.trails-to-empowerment.ca.

<https://www.trails-to-empowerment.org/kamloopa-pow-wow/>

This photo was taken at the Kamloopa Powwow held at the arbor on the land of the Te'Kumlups te Secwepemc nation in Kamloops BC. This image was used in our homepage land acknowledgment

page, T. H. S. profile. (2015, June 21). *Support for young parents*. Teen Health Source.

<https://teenhealthsource.com/pregnancy/support-young-parents/>

This website provides many phone numbers to support groups and centres that young parents can contact. As well as many different articles to common topics that teens and young adults come across. This website is sponsored by planned parenthood and is based in Toronto.

page, T. H. S. profile. (2015, June 21). *Support for young parents*. Teen Health Source.

<https://teenhealthsource.com/pregnancy/support-young-parents/>

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Six reasons children need to play outside. (2020, October 27). Harvard Health.

<https://www.health.harvard.edu/blog/6-reasons-children-need-to-play-outside-2018052213880>

The stock image used in this article is an image we used for our website. There was no available photographer or publisher of the photo.

Reproductive health services and resources. (n.d.). HHS Office of Population Affairs. Retrieved

October 26, 2022, from <https://opa.hhs.gov/adolescent-health/reproductive-health-and-teen-pregnancy/reproductive-health-services-and-resources>

Another government official website that provides information about reproductive health and resources. There are links for centres that do STI testing and birth control options. Lastly, there are also education services for both parents and their children. Since this is a government-based website it is trusted for credible sources.

Reproductive health services and resources. (n.d.). HHS Office of Population Affairs. Retrieved

October 26, 2022, from <https://opa.hhs.gov/adolescent-health/reproductive-health-and-teen-pregnancy/reproductive-health-services-and-resources>

Another government official website provides information about reproductive health and resources. There are links for centers that do STI testing and birth control options. Lastly, there are also education services for both parents and their children. Due to the fact that this is a government-based website, it is trusted for credible sources.

Resources for adolescent parents (R.A.P). (2020, October 20). New Directions.

<https://newdirections.mb.ca/resources-for-adolescent-parents/>

New Directions is a program for pregnant and parenting mothers that dropped out of high school. This program provides grades 9 through 12 for young women to complete their high school diploma. There is a number and email available on the website to contact and apply.

SBS2Australia. (2022, February 15). *Parenteen: The Life of Teenage Parenthood* | *SBS the feed*.

YouTube. Retrieved November 16, 2022, from

<https://www.youtube.com/watch?v=7GwclQrLmc>

This video examines the lives of teen parents and the support system they have created as they transition from adolescence to parenting. They speak to how important your support system is to have when being a teen parent and all the incredible people it takes to raise a child. These parents speak to the point of “it takes a village to raise a child”, meaning that when you have outside support and other adults makes a large difference when raising a child. Especially as a teen parent.

soulpancake. (2018, July 25). *That moment you become a teen father*. YouTube. Retrieved November 16, 2022, from <https://www.youtube.com/watch?v=9ISMfdpSyWU>

The last thing Andrew had imagined for himself was to become a father while still a high school student. But he was aware that his love and time were the most valuable gifts he could give his

daughter. He is thankful for Planned Parenthood today because he is aware of the value such a resource could have for his daughter and other young women. Andrew speaks to many difficulties he has faced, as well as the love and time he has spent raising his daughter.

StackPath. (n.d.). Retrieved November 4, 2022, from <https://www.childrenandfamily.org/programs/>

This free stock image was used to enhance the articles and text on our website

Subsidized housing. (n.d.). BC Housing. Retrieved November 16, 2022, from

<https://www.bchousing.org/housing-assistance/rental-housing/subsidized-housing>

Subsidized housing is long-term housing for people who permanently reside in British Columbia. Rent is computed using a rent-geared-to-income formula (30% of the total gross income of the household, subject to a minimum rent based on the number of occupants).

Supporting Young Parents and Families | Nanaimo Youth Services Association. (2021, May 17).

<https://nysa.bc.ca>. <https://nysa.bc.ca/2021/05/17/supporting-young-parents-and-families/>

This free stock image of a young mother and her baby was used to tie information from articles to the webpage and provide visual material for the reader.

TEDxTalks. (2017, July 13). *Turning parent-teen stress into parent-teen success | Neil D Brown* |

TEDxsalinas. YouTube. Retrieved November 16, 2022, from

<https://www.youtube.com/watch?v=VzflpW91yMg>

This video by Neil Brown, who is a family therapist talks about how children go from becoming young adults who are responsible for and accountable to themselves during adolescence in a change from being children who are answerable and obey to their parents rules and procedures. He says that when parents and teens become embroiled in a "control fight," development on this path may come to a screeching halt and family turmoil may start. The family therapist talks

about the changes of the body and mind, as well as the challenges and difficulties that families within this transition may face. The teens themselves face these challenges, as well as the parents and other family members involved. Neil Brown gives some insight and tips to help these individuals through this transition from childhood to adolescent, and then on to adulthood.

Teen Parents Learn. (2021, July 15). Catholic Social Services of the Miami Valley.

<https://cssmv.org/services/parenting/teen-parents-learn/>

This photo is of a teen father and his son, we used this imagery to tie the ideas in articles and postings to the website.

Teen Pregnancy afbeeldingen, beelden en stockfoto's - iStock. (n.d.).

<https://www.istockphoto.com/photos/teen-pregnancy>

The realities of being a teen parent. Terra Centre. (n.d.). Retrieved November 16, 2022, from

<https://terracentre.ca/teen-pregnancy-help/stories/the-realities-of-being-a-teen-parent/>

Throughout this video parents speak to their personal stories and lived experience of being a teen parent. These parents speak to the challenges and difficulties they have faced while raising a child as a young parent. Each parent has their own lived experience that may be relatable or new for other teen parents and their experiences. These parents speak to how they overcome their challenges and difficulties, as well as they stigma and stereotypes they have faced while being a teen parent.

Thompson, G. (2016, June 6). *Meeting the needs of adolescent parents and their children.* Canadian Paediatric Society.

Gillian Thompson who is a part of the Canadian Pediatric Society talks about how she believes that the best way to determine the mother's and child's health needs is to use a nonjudgmental

attitude, proper screening instruments, and open-ended questioning that include both acute and preventative health issues.

Understanding baby behaviour and awareness. (2020, October 30). Raising Children Network.

[https://raisingchildren.net.au/babies/behaviour/understanding-behaviour/baby-behaviour-](https://raisingchildren.net.au/babies/behaviour/understanding-behaviour/baby-behaviour-awareness)

[awareness](https://raisingchildren.net.au/babies/behaviour/understanding-behaviour/baby-behaviour-awareness) This free stock image was used to enhance text on our website

You might not have to pay for child care on your own. (n.d.). Province of British Columbia. Retrieved November 16, 2022, from <https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care-funding/child-care-benefit>

The Affordable Child Care Benefit provides eligible families with a monthly payment to assist with the expense of child care. How much assistance families receive depends on variables like income, family size, and type of care. This website has the ability to apply for the Affordable Child Care Benefit and to estimate your funding.

Young parent program. (n.d.). Province of British Columbia. Retrieved October 26, 2022, from

<https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care-funding/young-parent-program>

The Young Parent Program is a government-based program available to young parents who are struggling. There is a list provided that shows the requirements needed to participate in the young parent program, if you have all the requirements there is a phone number listed to call and apply.

Young Parents Play Toys With Baby Picture And HD Photos | Free Download On Lovepik. (n.d.).

LovePik. Retrieved November 4, 2022, from <https://lovepik.com/image-501532897/young-parents-play-toys-with-baby.html>

This free stock image of a young family playing with toys with their baby was used to link information from the article and a visual on the webpage

YouTube. (2020, June 14). *What I learned from being a teen parent | inspirational speech | Goalcast.*

YouTube. Retrieved November 16, 2022, from <https://www.youtube.com/watch?v=r-04DwEEpwk>

Within this video it speaks to a couple's experience and what they learned from being a teen parent. This couple speaks to their own lived experience of being teen parents and the negative, as well as positive things they have faced while on this journey. There are many things that have been difficult but also many things that have been rewarding and amazing to watch, as their child grows into their own person. When it comes to being a teen and parenting it can be difficult and challenging at times but also an astonishing experience.