

## What is the TLC program?

The TLC program is a long-term program for first-time mothers who receive little prenatal care or who lack essential skills for effective parenting. The program coordination and training is provided by professional staff and supervised volunteers who are members working together to help make a difference.

These trained volunteers are responsible for providing support to young mothers from the fifth month of their pregnancy to the first six months of the infant's life. Throughout this time period, these dedicated parent-aides interact one-on-one with the teen mothers by serving as parenting role-models and providing support and information on infant care, nutrition, and effective parenting skills in the comfort of their home and/or at the Family Center.

## Why design a TLC program?

It is the belief of The Exchange Club Family Center that most parents desire to be good parents, and children have the right to grow up in a safe, nurturing environment. Research has proven that children who come from healthy families lead more successful and productive lives.

Thus, it is vitally important for new parents to build a solid ground for a safe, healthy, and strong family. Our ultimate goal in the TLC program is to provide young mothers with the necessary tools to start this building process. Our community needs healthy and strong individuals to improve the quality of life for future generations.

We believe in people. We believe in giving opportunities. We believe in helping teen mothers learn how to love a child...**their child.**

### Funding for TLC provided by:

- United Way of Oxford-Lafayette County
- Mississippi Department of Human Services Grants
- Local Exchange Clubs
- Individual Support and Donations

### EXCHANGE CLUB FAMILY CENTER FOR THE PREVENTION OF CHILD ABUSE

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# "To Love A Child"



"To Love A Child" helps teen mothers develop life-long goals and provides the vital assistance necessary to help them become successful, loving, responsible parents.

# It's never too early...To Love A Child

## What services are offered?

- Trained, in-home volunteers to assist the mother's in parenting and life skills.
- An on-going support group for teen mothers to provide the opportunity to discuss and share experiences with other teen mothers.
- Classes on prenatal care, child-bearing, child development stages, proper nutrition, safety for babies and children, and life skills, such as managing finances, finding housing, arranging appropriate child care, applying for a job, etc.
- Assistance in connecting with other community resources.
- Limited infant equipment, clothing, and supplies.



## Is there a support network?

Being a teen mother can be a very emotional experience. However, involving yourself around other teen mothers who share the same experience can make a difference in how you raise your children. The Center offers a support group that can help instill courage and self-esteem, help to understand a child's thinking, and help to teach teen parents to solve problems together.

## Who is eligible?

This program is designed to help young mothers between the ages of 12- 17 years old who are pregnant for the first time, and who, because of the lack of knowledge lack essential skills for effective parenting.

## How do I apply for the TLC program?

Referrals are accepted from all sources, including from the mothers-to-be themselves. Once a referral is received, an initial needs assessment is completed, and the client is accepted into the program, they are matched with a volunteer as soon as possible.

Classes are scheduled on a rotating basis and are held every Tuesday from 3:30 p.m. to 5:00 p.m. Healthy snacks are provided. For more information, please call 662-234-4255. We can also be reached by fax at 662-234-4495 or by mail at P.O. Box 1841, Oxford, MS 38655.

