



Strong Families Today and Tomorrow

Strong Families for Today and Tomorrow (SFTT) serves pregnant and parenting teens in Lake County, Illinois, just north of Chicago. SFTT targets communities where there is a high teen birth rate. Pregnant teens,



teen moms, young fathers, and extended family members are served through a wide range of program services and activities. Both English-speaking and Spanish-speaking families participate and many staff members are bilingual. The program is sponsored by the Lake County Health Department/Community Health Center Family Life Education.

community Health Center Family Life Education.

Program components include:

- Support and educational sessions designed to promote healthy pregnancies, deliveries, and newborn care;
- Parenting support and education;
- Home visiting;
- Labor and delivery coaching, if requested;
- Case management and service coordination;
- Grandparent and caregiver support, advocacy, and education;
- Academic advocacy, referral, and support for educational success and career advancement;
- Community organization, including assuring appropriate referrals and resource allocation for participants;
- Interventions designed to build relationship skills and co-parenting success;

- Serve immunizations
- Support successful pregnancies

SFTT provides programs within the community college and outreach department.

- Quarterly Mommy movement
- Baby sign
- Infant CP members;
- Education academic
- Relationship
- Monthly group support
- Mental health support, and

SFTT also has various services to establish



abilities of parents and nurture competitive relationships with



SFTT Program
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family members. Social workers, nurses, and other staff



home visitors, and support staff use their unique skills, with caring and support, to make personalized and positive change in the lives of individuals and families they serve.

Through the program's efforts to support families, participants are given opportunities to assess and offer feedback about their SFTT experience. Program components include the following:

PROGRAM COMPONENTS

Parenting Skills...

"The program made me learn new things about my son and how to understand my child. It made me be a better mom."

"The program teaches me how to interact with my child. They teach me what to do when they are misbehaving and how to take care of them when they are sick. It helps me know how to take care of or discipline my child on their age."

"The program helps me know how to interact with my baby. It teaches me things to do to help my baby's development."

"The program teaches me things that I did not know about parenting. It is a program that helps us with our children."

"The program helps me to see other moms' experiences. It shows us how we can get together and support each other. I enjoy how the social workers give me advice and support us."

"The program is that you learn about good and bad relationships, also about our children's safety and discipline."