

**Learning Activity:**

<b>LEARNING OBJECTIVES</b>	<b>EXPANDED CONTENT OUTLINE</b>
Discuss the health risks the teen mothers may incur associated with their lifestyle and decision-making, what supports and resources are available and the challenges related to stress and time limitations associated with pregnancy, breastfeeding and parenting.	Participants from residential home for young mothers in Kingston, Jamaica participated in focus groups to discuss their lifestyle, decision-making, supports and challenges routinely faced.
Use research findings to develop interventions to enhance the health of young mothers.	In addition to the above, reflections from the participants may yield meaningful information to enhance the health of this vulnerable population with the development of interventional resources specific to their concerns.