

Congrats on Becoming a Student Parent!

1 in 5

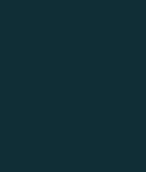
college students across the US are parents and more than

50%

of student parents have a child under six¹

Being a student parent brings unique opportunities and challenges, but you aren't alone. Many resources exist both at BYU and within the community to help student parents—mothers or fathers, single or married. Some of these resources are listed below.*

Academic



Parenting impacts sleep, free-time, and emotions, making maintaining a full academic load more difficult. For mothers, pregnancy also impacts where one can sit comfortably and for how long. Title IX can help mothers receive academic adjustments related to pregnancy.

Academic advising and time management resources are also offered at BYU and may help in the adjustment.

As you learn, so can your child! Head Start Preschool is free, and BYU preschool and kindergarten, though limited in availability, are subsidized resources for young children to begin their academic journey. The campus community also has free museums that children may enjoy.

Emotional

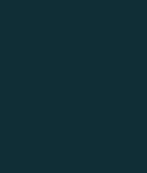
Being a parent is a joyful experience; it can also be emotionally tiring. Postpartum depression affects

14% of mothers² & 10% of fathers³

BYU offers free individual and couples counseling through Counseling and Psychological Services (CAPS) and Wellness Wise connects students to mental health events.

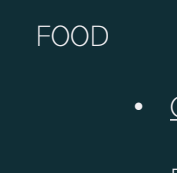
Many free resources also exist in the community:

- BYU Comprehensive Clinic
- Serenity Recovery and Wellness
- Postpartum Support International
- The University of Utah Hospital provides free, online, post-partum counseling sessions.
- UVU Community Mental Health Clinic
- Welcome Baby



While not able to provide accommodations for pregnancy or parenting alone, if these have sparked an ongoing condition, such as post-partum depression, the University Accessibility Center can help with academic accommodations.

Financial

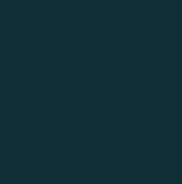


Becoming a parent can make a tight budget even tighter. BYU offers students financial advisors and free financial resources. Single-parent scholarships are also available.

Campus and community resources exist for food, housing, and medical needs. Ecclesiastical leaders are an additional resource for meeting these needs.

FOOD

- Community Action
- Dean of Students
- Food and Care Coalition
- BYU Wellness Cookbook & Meals on a Budget
- SNAP (Food Stamps)
- Utah Women, Infants, and Children (WIC)



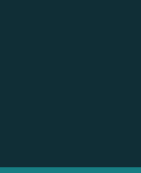
HOUSING

- BYU Family Housing
- Home Energy Assistance Target (HEAT)
- Housing Authority of Utah County
- Housing and Urban Development (HUD)
- Provo housing authority



MEDICAL

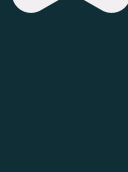
- Baby your Baby
- Community Health Connect
- Intermountain Dixon Health Center
- Mountainland's Community Health Center
- Utah CHIP and Medicaid
- Utah County Health Department
- Utah Vaccines for Children (VFC)
- WomensHealth.gov



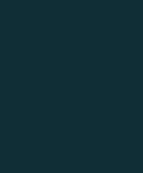
Parenting

Having a child can spark questions about how to raise your child. Many free parenting classes are offered in the community.

- Family Haven
- Healthy Relationships Utah
- Kids on the Move
- Parent Education Resource Center
- Utah County Health Department
- UVU Stronger Families Project
- Welcome Baby



Physical



Regular exercise has a variety of benefits. For new parents it can increase energy, improve sleep, alleviate stress, and decrease the likelihood of postpartum depression.⁴ BYU offers free resources for both students and their dependents (spouse and children). The community also offers many resources.

- Provo Pre and Postnatal Fit Classes
- BYU Recreational Facilities and Classes
- Wellness Consultation (WSR)
- Yoga (WSR)

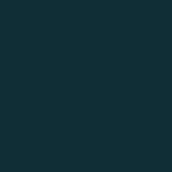
Social

Connecting with other student parents and the campus community is a great way to relieve stress.

- BYU Student Moms FB page
- Campus Life Activities
- Student Mom Club



Spiritual



While not comprehensive, several relevant spiritual resources are included below:

- The Family a Proclamation to the World
- Women and Education
- Specific topics can be searched on churchofjesuschrist.org

Miscellaneous

BYU and the larger community care about you and your family. For additional community resources, visit 211Utah.org.

- BYU Changing Stations Map
- BYU Mothers Room Map
- Crisis Childcare



As you learn at BYU, you invest in your child.



Children of college grads are three times more likely to graduate than their peers

3X

Children of college graduates have **Improved** **Health**⁵ **Education**⁶ **Life Expectancy**⁷

You can do this! Your school, your community, and even your child are cheering you on.

*For informational purposes only. BYU cannot guarantee services will apply to individual students.