Navigating life as a teen mom

A practical starting plan for pregnancy, school and support

Your health comes first

Arrange antenatal care at a public clinic as early as you can. Ask when to return, what warning signs require urgent care, and where to get support for emotional wellbeing.

Ask the clinic about MomConnect. Registration needs a facility code and estimated delivery date; the service sends free stage-based messages.

Keep education in the plan

Speak with a trusted teacher or school leader about continuing learning, appointments and a return-to-school plan. Ask that your privacy and dignity are respected.

Name a trusted adult and plan who can help with transport, childcare and appointments. Keep copies of school and clinic information.

After your baby arrives

Attend postnatal and infant care visits. Tell a health worker if sadness, worry or feeling overwhelmed persists; help is available.

Ask SASSA about Child Support Grant eligibility and a social worker about local support. If abuse or coercion is involved, contact Childline 116 or the GBV Command Centre 0800 428 428.

Make your next step

- When is my next clinic visit?

- Who can support me with childcare?

- What is my school contact and return plan?

Trusted sources and further reading

Department of Basic Education learner pregnancy policy

MomConnect registration

Child Support Grant

General information only. Ask a qualified local service for advice about your situation. For immediate danger in South Africa, call 112 from a cellphone, 10177 for an ambulance or 10111 for police. Sources checked 29 September 2026.