


# Risk factors for young parents

Some young parents are vulnerable, can have complex backgrounds and not all are easy to reach. Young parents are more likely to face difficulties in life relating to mental health, relationships, poverty and more. When working with young parents, you may need to adapt your professional approach, signpost to other organisations and/or refer them to relevant support/health services if necessary. It's important to keep in mind the following:

- In 2019, the SIDS rate was almost four times higher among mums under 20 compared to all other age groups
- Babies born to women under 20 are 21% higher risk of having a low birth weight
- Mothers under 20 are a third less likely to start breastfeeding and half as likely to be breastfeeding at 6-8 weeks
- Mothers under 20 are three times more likely to smoke throughout pregnancy
- Teen mothers are 3 times more likely to experience postnatal depression
- Both young mums and dad are more likely to:
  - Book for care late
  - Miss antenatal appointments



Little Lullaby was created in response to the increased risk of babies born to mums under 20, dying of sudden infant death syndrome (SIDS). Knowing this, we want to stop all unexpected deaths of babies and toddlers born to young parents and to help them feel better informed about sleeping their babies safely.

Little Lullaby advocates for young parents under 25, providing an inclusive space for them to share experiences and receive emotional and practical support. We aim to challenge stereotypes, amplify young parents' voices and empower young parents to achieve their full potential.

For more information about Little Lullaby, please visit us at:

[www.littlelullaby.org.uk](http://www.littlelullaby.org.uk)

You'll find our blogs, vlogs and lots of helpful resources and support for young parents.

Find us on social media:

@littlelullabyuk



Registered Charity No: 262191

