

trouble.

"What is she going to think of that little baby after it's kept her up once an hour, every night, for a week or two? Babies are incredibly demanding, and that can often conflict with the typical self-centredness of teenagers, who still think the world revolves around them."

Each week, Goodall meets with groups of pregnant teens who have decided to keep and raise their children.

Juice and muffins are essential during the hour-long talks; teens snack while they discuss the perils — and joys — of becoming adolescent parents.

For some girls, the food serves as their breakfast or lunch.

"Nutrition in pregnant teenagers is often less than ideal," says Goodall. "I can't stress enough how important it is for them to eat. Many of them are worried about gaining too much weight, and just not thrilled about their changing figure in a time when body image is extremely important."

New arrivals to the group are often quiet and diffident, unsure about themselves and their changing bodies.

But Goodall enjoys drawing them out.

"I'm always careful to have them emphasize what's positive in their lives. It's a tough decision to stay in school while they're pregnant. It's my job to help them grow and deliver the best baby they possibly can."

GOODALL, Carol

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Intelligencer photo by Jennifer Be

Carol Goodall's job as a public health nurse means home visits to new teenage mothers. Here, she checks the progress of baby Jasmine, three months, while mom Sarah looks on.