

City University of New York (CUNY)

CUNY Academic Works

Dissertations, Theses, and Capstone Projects

CUNY Graduate Center

2-2021

When Is a Sandwich Too Much? A Critical Look at Teenage Parenthood and Its Impact on the Lives of Their Parents

Shirley P. Grant

The Graduate Center, City University of New York

[How does access to this work benefit you? Let us know!](#)

More information about this work at: https://academicworks.cuny.edu/gc_etds/4182

Discover additional works at: <https://academicworks.cuny.edu>

This work is made publicly available by the City University of New York (CUNY).

Contact: AcademicWorks@cuny.edu

WHEN IS A SANDWICH TOO MUCH?
A CRITICAL LOOK AT TEENAGE PARENTHOOD AND ITS IMPACT ON THE LIVES
OF THEIR PARENTS

by

SHIRLEY P. GRANT

A master's thesis submitted to the Graduate Faculty in Liberal Studies in partial fulfillment of
the requirements for the degree of Master of Arts, The City University of New York

2021

© 2021

SHIRLEY P. GRANT

All Rights Reserved

When is a Sandwich Too Much?

A Critical Look at Teenage Parenthood and its Impact on the Lives of their Parents

by

Shirley P. Grant

This manuscript has been read and accepted for the Graduate Faculty in Liberal Studies in satisfaction of the thesis requirement for the degree of Master of Arts.

Date

Roger Hart

Thesis Advisor

Date

Elizabeth Macaulay-Lewis

Executive Officer

THE CITY UNIVERSITY OF NEW YORK

ABSTRACT

When is a Sandwich Too Much?

A Critical Look at Teenage Parenthood and its Impact on the Lives of their Parents

by

Shirley P. Grant

Advisor: Roger Hart

The transition into early parenthood also implies a shift to early grandparenthood for the parents of teenage parents. The stigmas and stereotypes associated with teenage pregnancy and parenthood are also experienced by their parents for the decisions their children have made. Furthermore, some of these grandparents are caregivers to aging parents while also parenting their younger children. These people, recently called, “the club sandwiched” generation, appear to be experiencing physical, social, economic, and psychological impacts because of their responsibilities of caring for three generations but have not yet received much attention in academic literature. Teenage pregnancy can affect any family. It crosses over racial, cultural, and socio-economic barriers. However, how families address and deal with the circumstances varies by class, race, and socio-economic status. Family dynamics differ and while similarities may occur between families of the same race, culture, and socio-economic class, every onset of teenage pregnancy is unique and affects each family differently. This thesis will attempt to enrich existing theory and research by critically examining the issue through an investigation of popular literature, websites, guidance materials, and the author’s own experience over seven years throughout her transition as the parent of a teenage parent while also caring for her elementary school-aged son, assisting her now-adult daughter with her two children and raising a high school-aged son.

Keywords: *teenage pregnancy, grandmothers, sandwich generation, club sandwich generation*

ACKNOWLEDGMENTS

First and foremost, I would like to thank God, my creator and sustainer for wisdom, knowledge and understanding. Without the guiding presence of the Holy Spirit completion of this work would not be possible. I am extremely grateful for my thesis advisor, Prof. Roger Hart, for his invaluable advice, continuous support, and patience during my thesis study. I appreciate you! I would like to thank Ms. Kathy Koutsis for all of her assistance throughout the years. You are a priceless resource to the department. I appreciate Dr. Elizabeth Macaulay-Lewis immensely for granting me permission to return to the program to complete my studies. I thank Professors Susan Semel and Karen Lyness for writing recommendations for my admittance into the program. The knowledge I gleaned from them as a non-matriculated student enhanced my desire to apply for admission. I would also like to thank all of the magnificent and immensely knowledgeable faculty that instilled, inspired, and encouraged me in my academic pursuit. I thank Ms. Anne Johnson for her encouragement and listening ear, as I assisted her in the Financial Aid Office. I would like to thank my village, too many of you to name but you know who you are, thank you for your love, laughter, understanding, patience and encouragement. You lift me up when I need you most and I love you to pieces. To my Bestie for over 30 years, Devon Martin, who knew that meeting in middle school would have led to a life-long friendship. You are my rock, I love you big sis. Last but definitely not least, my son, Isaiah, my daughter, Kori, and granddaughters Kamryn and Kyliegh, the muses behind my research, you guys are the air I breathe. Thank you for the countless hugs, inspiration, love, and joy you bring to my life!

TABLE OF CONTENTS	Page
Introduction and Personal Motivations for Research.....	1
Background into the Author’s Reflections on the Initial and Continuing Impacts of the Birth of Her Granddaughter.....	4
Teenage Pregnancy and Parenthood.....	13
The Sandwich and Club Sandwich Generations.....	21
Impact of Early Grandparenthood on Parents Facing Multiple Caregiving Responsibilities...	23
Family Matters: Conditions That May Influence the Transition Into Teen Pregnancy and Early Grandparenthood.....	31
Summary and Conclusions.....	45
Implications for Further Research.....	48
Recommendations for Education and Social Support.....	49
References.....	52

CHAPTER 1: INTRODUCTION AND PERSONAL MOTIVATIONS FOR THE RESEARCH

The research included in this body of work focuses on the statistical data surrounding teenage pregnancy and parenthood, the stigmas and stereotypes both teen parents and their parents face, and the impact of early grandparenthood on parents facing multiple caregiving responsibilities. Theory and research are viewed through the scope of the author's seven-year journey of parenting a teenage parent into adulthood while raising a younger child.

Seven years ago, the world as I knew it collapsed! It felt as if someone pulled the rug from underneath my footing and the ground became the only place to catch my fall. A domino effect of events shattered my world and life as I knew it no longer existed. It began with my mother's terminal diagnosis of gastric cancer, followed by my father's passing on Christmas Eve and less than three months later my mother's. Tension at work pushed me to my breaking point which ultimately led to my decision to resign following my return from family medical leave after caring for my loved ones and later myself due to the tremendous responsibility in preparing both homegoing services. And, as if that wasn't enough for this single mother of two, a few months later my sixteen-year-old daughter called me into her room to talk, unbeknownst to me, this particular conversation would drastically alter our lives even further.

A parent is never prepared, no matter the age of their teenage daughter, to hear her utter the words, "Mom...I'm Pregnant!" The same would be true for the parent of a teenage son who spurts out the words, "Mom..._____ is Pregnant!" Who you are and where you fall in line racially, socially or economically, has little bearing on the initial shock to your system following those few life-changing words. There isn't anything a parent can do in advance to prepare themselves for a

conversation such as that.

The words that escaped my mouth following my daughter's opening statement shocked her. All I said was, "Whatever you decide, I'll support you!" While I knew that life would be different from that moment on, I knew that my faith and trust in God would not waiver. However, what I had not fully anticipated was the severity of the impacts on my social, economic, psychological, and physical well-being that were certain to follow.

It is my transition into the "club sandwich" generation that ignited my desire to learn more about it. My life underwent a host of changes when my daughter chose to become a mother. Her decision pushed me into early grandparenthood and into this generation that I was not prepared for emotionally, mentally, financially, or physically. The goals and dreams I envisioned for myself had to be shifted if I wanted to provide my daughter with the opportunity to complete high school and attend college. If I was going to do this, I needed to get equipped for this unexpected journey. This yearning to support myself and my family through the newly complex multilayered life, while offering guidance, information, and resources to others in similar situations, became my driving force into the complexities those in the sandwich generation face.

This thesis seeks to enrich the existing literature by looking at how the nuances of early grandparenthood further impact caregivers with multiple caregiving responsibilities in the "club sandwich" generation. The additional challenges parents face as they find themselves parenting a teenage parent, assisting with a grandchild, raising other children, and possibly caring for their aging parents presents a recipe for multiple stress. While the situation may seem overwhelming and daunting, I hope that this review of the experiences of others in the same situation will, at least indirectly, reach other grandparents as they manage, and cope with stress, and provide hope along

the journey to those impacted. Even though there is also, sometimes, an involvement of the adolescent father's family in offering support to the teenage mother, given the brevity of this thesis, I am unable to address this.

The Design of the Research

This research began seven years ago. Countless hours were spent researching information via articles and websites on teenage pregnancy and parenthood, specifically targeting information relating to parenting teenage parents, impacts of early grandparenthood, and the 'sandwich' and 'club sandwich' generations. The information was then compared and contrasted with the author's lived experience of being thrust into early grandparenthood and the club sandwich generation as she sought to answer the following specific research questions:

1. What are some of the specific challenges presented during the transitional phase into early grandparenthood?
2. How can parents of teenage parents deal with the challenges and problems created by their multiple roles?
3. Does the impact of early grandparenthood influence the life of a parent after the teen parent becomes an adult?

CHAPTER 2: BACKGROUND INTO THE AUTHOR'S REFLECTIONS ON THE INITIAL AND CONTINUING IMPACTS OF THE BIRTH OF HER GRANDDAUGHTER

When my daughter shared her pregnancy news with me there were several thoughts, questions, and concerns circling in my mind. How should I respond? Who should I tell? How will they respond? How will she finish school or attend college? How will we pay for childcare? Will the dad be involved? Where will we put a baby? Is there anything I could have done to prevent this? Below are answers to my initial questions and concerns along with those that arose after my granddaughter's birth. My answers were recorded in my journal and were motivational factors for my research.

First Reaction to Pregnancy News

When my daughter shared the news of her pregnancy with me my initial reaction was one of shock. During the six months preceding this news, I buried both of my parents within two months of each other, resigned from my job, and finalized my decision to attend graduate school full-time. The revelation of her pregnancy and the impending lifestyle changes that were certain to follow ran through my mind. Thoughts of the future I envisioned for her and myself with my return to school and plans for her to attend college away from home disappeared in that instant.

First People, I Shared the News With and Their Reactions

The first two people I shared the news with were my significant other of four years, at the time, and my best friend of 25 years. My significant other and I were contemplating marriage and my daughter's pregnancy would impact our decision to move forward with the relationship or not.

My best friend is more like my big sister. We have shared joys and sorrows and everything in between. She became pregnant during our junior year of high school and became a teenage mother during our senior year, the same as my daughter. I knew the advice she could offer would be an invaluable asset.

My significant other was shocked. As a celibate couple, who was planning to wait until marriage to have a child of our own (he does not have any), the thought of my teenage daughter being pregnant took him for a loop. His reaction did not surprise me, it was as expected. My best friend was a teenage mother so she was not shocked, a little surprised at the thought of my daughter becoming a mom, but not shocked.

Reactions that Caught Me by Surprise

The reactions that caught me by surprise were not the ones you would imagine, the initial ones upon hearing the news of the pregnancy, actually those were as expected ranging from shock and disappointment to sadness and excitement at the thought of another addition to the family, however, some of the feedback from people concerning my reaction and level of adjustment to the news was the most astonishing. It was as if some people expected me to be angry, kick my daughter out, or punish her for choosing to continue with her pregnancy. Those reactions were stunning. The thought of allowing my daughter to come to her own decision about her body, providing support and encouragement no matter her choice, bolstering her self-esteem, and helping her create a new plan for her life and the life of my future grandchild seemed like a foreign concept to several people.

The reactions from strangers who commented on the beauty of my “daughter” and receiving my

reply of “Thank you, but she’s my granddaughter,” were very interesting. Some of the comments were, “Wow, you look so young! You can’t be serious, you don’t look more than twenty-something yourself. How old is your daughter?” My response was generally, “I’m young but I am not that young,” or “Thank you! God is good, He keeps me looking young” The looks on their faces changed as soon as I acknowledged her as my granddaughter instead of my daughter. Some of their facial expressions became worrisome almost, ones of pity as if they thought my daughter’s pregnancy was a continued cycle thinking that I, myself, was a teenage mother beforehand. Surely, I could have acknowledged her as my daughter which seemed acceptable but she wasn’t and so I didn’t. I lived in my truth, that my daughter was a teenage mother and I was a young grandmother.

As a Christian family, the reactions from our congregation were pretty positive, at least directly towards my daughter and me. It could be attributed to the grave losses we recently suffered or the way we held our heads up high and answered questions straightforwardly and without a care. My position was simple, “She is my daughter and I am supporting her decision, if you have a problem with it speak to me.” My daughter was well aware that giving up on God and the church was not an option. We would live in our truth together. My daughter was fearful that people would blame me, or somehow think that I was a bad parent. I told her we both know that isn’t true so who cares what they think. Once people realized my position only those of support were expressed to us personally, comments among certain circles were another story. Even my Pastor took a stand against those members that spoke negatively to him about her pregnancy. Some members wanted my daughter to step down from the choir and the media ministry but he refused to do so. He reiterated that the sin was in the act of fornication but the blessing of the baby was designed by God.

My significant other grew up in our church and is an ordained Reverend. People were finally getting used to the idea of our courtship, with him dating a woman with two kids, from two different fathers, and now the revelation of my daughter's pregnancy was added. Comments were made to him and his family about him "becoming a grandfather before becoming a father."

Being in a long term relationship where marriage and kids were considered, the notion of becoming a grandmother before that reality flourished was scary, especially since my significant other did not have any children. The idea of him becoming a grandparent before becoming a parent reverberated in my head.

There were a few challenging moments within our relationship surrounding his responses to other people but he chose us and we are continuing to navigate through life together!

Biggest Challenge I Faced During My Daughter's Pregnancy

During my daughter's pregnancy, the biggest challenge was creating space. Physical and mental space were both needed. Where were we going to put a new baby in our already cramped cooperative apartment? When I purchased this property ten years ago there were two of us, my daughter and me. Now there were three of us, including my son, and with the upcoming addition, the total would rise to four. Mentally, I had to prepare myself for the challenge of being a single mother of three even though the new addition would be my granddaughter, the primary financial responsibility, which would rest on my shoulders since my daughter was 16 years old and unemployed. Gratefully and thankfully we had five months to prepare by the time the news was shared, which provided time to make the physical and mental adjustments our lifestyle required.

Shift in Family Dynamics to Accommodate New Role as Grandparent

As a mother, I had to mentally adjust to the idea of my daughter becoming a mother. While I was not a teen mother, I was still pretty young (22 years old), when my daughter came along, however, the dynamics were different, I was living in my apartment with minimal financial support from my parents while my daughter and her child would be living at home with me requiring primary financial support.

My mother and I had different styles of parenting and when she offered her assistance and support she eagerly implied that her way was the “right” way which caused a great deal of tension between us. Those experiences propelled me toward an alternative approach by offering advice and assistance but not pushing my way as absolute. The lens through which I viewed my teenage daughter required shifting to account for her new role as mother and mine as mother and grandmother. It’s a weird dynamic and still warrants mastering but as she matures and her confidence in her ability to parent increases my concerns seem to diminish. While she is a mother, I am her mother and the only grown-up in our household. Meaning that she is responsible for her daughter but I am primarily responsible for all three of the minors in my household.

I wondered how my son would adjust to a new baby in the house since he was the “baby.” My daughter had a hard time adjusting when my son came along. There was a nine-year difference between them and jealousy abounded. Honestly, I think the jealousy stopped when she became pregnant. My son, on the other hand, was super excited to be an uncle, and as it turns out he thinks the baby is his. No jealousy at all, just lots of love, as he enjoys his role as an uncle. My son and I shared several conversations regarding my daughter’s pregnancy, he was chock full of questions. Some of them were, “How can she have a baby, isn’t she only a teenager?” “Is she getting married,

does that make Eric her husband?" I was not prepared for all of them but trained myself quickly to think on my feet and to answer his questions openly and honestly and within the proper context for an eight-year-old. The impression that his sister's pregnancy was a "bad" thing wasn't one that I wanted to instill but helping him understand the challenges and sacrifices that come along with starting a family early were.

Obstacles I Encountered When My Daughter Turned 18

There are a few obstacles that we are beginning to face now that my granddaughter is turning one in a few months and my daughter is approaching her 18th birthday. The two most pressing concerns are finances and living arrangements. Financial burdens are an issue now that my daughter's social security will stop on her birthday in June (she receives survivor benefits due to her father's passing when she was 10 years old from lung cancer). Currently, my daughter works and is finishing her senior year of high school while I work part-time in the Federal Work-Study program, while I attend graduate school. My daughter plans to attend a community college in the fall. Our living arrangements are a major concern since we are living in very close quarters which can be very frustrating at times. Everyone has their own space but we do not have a living room, it became the nursery, and we share one bathroom.

Now that my daughter is entering adulthood, there are times, especially lately, where her actions are those of an adult but without the level of responsibility, maturity, and consideration for others that goes along with it. She has had it pretty easy and the sense of entitlement that is displayed at times recently caused me to step back and re-evaluate my role so that she can step up as she enters into adulthood. It is time for me to relinquish the reigns and allow her to find her way, with occasional help but not with me shouldering most of the responsibility. I was carrying the majority

of the load so that she could maintain her teenage life with sports, activities, work, and parenthood when in actuality her life needs to shift because parenthood warrants that. The overwhelming feeling of doing it all and feeling underappreciated allowed resentment to creep in. To combat that required me to pull back and now that I have pulled back a little she has stepped up, which in turn, has afforded me the freedom to make time for myself.

Co-(Grand)parenting with my Granddaughter's Father and his Family

Co-parenting with my granddaughter's paternal family has been challenging at times. For the most part, it is a blessing because my granddaughter shares time equally with both families ever since she was two weeks old. In the beginning, it was very rough because I worried a lot when she was out of our sight but prayers went up and peace came down and at nine months old she was blossoming and my worries have subsided...a little, lol. The other grandmother and I bumped heads on a few occasions because of our differing parental styles and the sense of resentment surrounding my daughter continuing with school and finding a job while her son dropped out of high school and remains unemployed. Currently, we have developed a rhythm as parents and grandparents with the commonality that we all desire the best for our shared bundle.

Has Becoming a Grandparent Changed Me?

Grand-parenting is awesome! Being able to offer love, guidance, and care for my daughter's child is a blessing. My parents were amazing grandparents to my children and if I am half as good as they were then my granddaughter will be a blessed child. As a live-in grandmother who is still mothering two kids, I am exhausted. Maintaining a home, raising three kids, working, attending graduate school classes, reading assignments and homework, while teaching Sunday School, being

a Youth Advisor, Trustee, and member of the women's ministry at church while finding time for my relationship and myself is extremely challenging. Some days I am overwhelmed but I am learning to prioritize the tasks at hand and to make sure that I take some time out for myself because if I do not replenish myself then I cannot effectively take care of the multiple roles and responsibilities being a sandwich generation caregiver entail.

Did My Relationship with My Daughter Change?

The shared experience of my daughter's pregnancy and motherhood has bonded us in a way like no other. It has given my daughter a perspective into some of the sacrifices that I made as a parent and hopefully newfound respect. She is a working mom, which has also strengthened our relationship because now she understands how quickly money comes and goes as well as the demands of being a working mom and student. It has broadened her horizons and changed our relationship for the better. Before my daughter's pregnancy, she was unfocused, angry, and lacked respect for authority. She lacked motivation and drive. She seemed to be existing with no real thought for her future. When she became pregnant she found focus, became more excited about life, and the realization that life is not all about her needs, desires, and wants. Her maturity level increased and she began thinking beyond herself. Instead of viewing me as the enemy, the person trying to control her life, the one who knows nothing, she began to listen to the advice I offered, to seek my opinion about things, and to take school and life a little more seriously.

Goals for the Future

My goal is to be the best parent and grandparent I can be. Realizing that I can be those things and still have the freedom to fulfill my desires and goals, has however, required some time to figure

out. Simply understanding that making time for myself isn't a selfish act, it's one wrapped in self-love and that has to be a priority. The key is balance! I'm looking forward to sharing my life with my significant other and continuing to create a beautiful life despite the curves in the road.

CHAPTER 3: TEENAGE PREGNANCY AND PARENTHOOD

Teenage Pregnancy

Pregnancy among girls in the age range of 13 to 19 years old is defined by the United Nations Children's Fund (UNICEF) as teenage pregnancy. Any pregnancy of a teenage girl that has not reached the age of legal adulthood, which varies across the world, would also be considered a teenage pregnancy (United Nations Children's Fund, 2008).

The United States recorded its largest decline in the teenage pregnancy rate in 2010, when it reached its lowest point in more than 30 years. Since its peak in 1990, the teen pregnancy rate dropped by more than half. Per 1,000 pregnancies, the teen pregnancy rate for girls aged 15-19 years old decreased from 116.9 to 57.4, representing a decline of 51%; 15% of that decrease occurred in 2008. This decline was among all racial and ethnic groups (The National Campaign, 2016).

In 2010, the teen pregnancy rate in the United States reached its lowest point in more than 30 years. Since its peak in 1990, the teen pregnancy rate dropped by more than half. Per 1,000 pregnancies, the teen pregnancy rate for girls aged 15-19 years old decreased from 116.9 to 57.4, representing a decline of 51%; 15% of that decrease occurred in 2008. This decline was among all racial and ethnic groups (The National Campaign, 2016).

In 2010, approximately 625,000 women under the age of 20 became pregnant. Of those, 614,000 were adolescent women aged 15-19 and 11,000 represented those 14 years of age or younger. Out of 1,000 women pregnant in 2010, 57.4% were teenagers; Nearly 6% of teens became pregnant in 2010 (Guttmacher Institute, 2014).

Adolescent women 18-19 years-old accounted for 69% of all teen pregnancies in 2010 even though they represented 41% of women aged 15-19. The pregnancy rate for 18-19 year-olds was 96.2, almost three times the rate for 15-17 year-olds at 30.1 (Guttmacher Institute, 2014).

By Race/ Ethnicity

Rates have declined for pregnant adolescents across racial and ethnic groups. However, disparities still exist, and rates for some groups are still higher than others; black and Hispanic pregnancy rates remain twice as high as those of non-Hispanic white adolescents. Non-Hispanic white adolescents account for the lowest pregnancy rates. The decline in pregnancies among those white teenagers fell 56% between 1990 and 2010 (from 86.6 per 1,000 to 37.8). Between 1990 and 2010 the decline among black adolescents aged 15-19 years-old fell 56% (from 223.8 per 1,000 to 99.5) and among Hispanic teenagers (of any race), the pregnancy rate fell 51% between its peak in 1992 and 2010 (from 169.7 per 1,000 to 83.5) (Guttmacher Institute, 2014).

In 2013 there was a decline in pregnancy rates for teenagers aged 15-19 among all race and ethnicity groups. In 2012, rates decline by 9% for non-Hispanic white, 10% for Hispanic and API (Asian Pacific Islander), and 11% for non-Hispanic black and AIAN (American Indian Alaskan Native) teenagers. Birth rates for teenagers aged 15–17 and 18–19 also declined for all racial and ethnic groups in 2013 (National Vital Statistical Reports, 2015).

Teenage Births

In 1991 the peak rate for teenage births was 61.8 per 1,000 women. The teenage birthrate in 2010 was 34.4 births representing a 44% decline. For teenagers aged 15–19 the birth rate reached another historic low of 26.5 births per 1,000 teenagers. Statistics reported a decline in 2013 from

2012 by 10%. A rate reduction was noted for teenagers in nearly all race and Hispanic origin groups (Guttmacher Institute, 2014).

In 2012, the birth rate for adolescent women aged 15-19 years-old was 305,388. In 2013 that number was 273,105, showing an 11% decline from 2012. Compared to birth rates in 1991 (519,577), rates in 2013 were 47% lower.

Birth rates were down for teenagers aged 15-17 and 18-19 in 2013. Per 1,000 births, a decrease by 13% (12.3 births) for 15-17 year-olds and 8% (47.1) for 18-19 year-old from 2012. Since 1991, the rates for these teenagers aged 15-17 fell 68% and 50% for those aged 18-19.

The birth rate for teenagers aged 10–14 declined to 0.3 births per 1,000 women in 2013, a record low, from 0.4 in 2012 (National Vital Statistical Reports, 2015).

Statistically, teen birth rates have reached all-time lows and have continually declined. This regression has taken place in all 50 states and across all racial and ethnic groups. The decrease in teen births varied across states; between 1992 and 2010, state decreases ranged from 25% in West Virginia to 62% in California.

In the article, “*What is Behind the Declines in Teen Pregnancy Rates?*” Heather D. Boonstra acknowledged two ways to account for the decline in teenage pregnancy. Teens are either having less sex, becoming more effective contraceptive users or a combination of both. The evidence suggests that the utilization of contraceptive measures more frequently and becoming better users have been the driving factor of the long-term decline in teen pregnancy. Boonstra attested, “At the end of the day, the credit for the decline of teen pregnancy rates goes to adolescents themselves, who are making an effort to prevent unintended pregnancy” (Boonstra, 2014).

Evidence indirectly links the social, cultural, and economic factors that affect teens' sexual behaviors and contraceptive use patterns. Although difficult to prove causation, researchers acknowledge that economic inequality, social marginalization, and other structural factors affect teens' sexual behavior and contraceptive use patterns. How these behaviors link with race or ethnicity, educational achievements, or family income stymies researchers (Boonstra, 2014).

Stigmas and Stereotypes

Merriam Webster's Dictionary defines *stigma* as a mark of shame or discredit. To label a group or individual as different constitutes a stigma. Groups of power place labels on groups with perceived differences. When this occurs, a group often experiences mistreatment, marginalization, or social exclusion (Link & Phelan, 2001).

Due to their age, class, and racial/ethnic backgrounds, adolescent mothers are especially vulnerable to stigmatization. They are often portrayed as irresponsible and inept parents whose lives are forever derailed by parenting in media stories, professional discourse, and advocacy organizations (Lewis, Scarborough, Rose, & Quirin, 2007). While social inequalities precede teen pregnancies, scientific practices and policies contribute to their stigmatization by downplaying its existence (Sisson, 2012; SmithBattle, 2012).

While living in New York City, I remember the public service announcement (PSA) campaigns spread throughout the city to combat teenage pregnancy. These PSAs featured alarming statistics and the reality of being a young parent. They highlighted the effect an adolescent pregnancy could have on a child. Two ads placed in subways, buses, and on social media are ingrained in my brain, one pictured a fair-skinned male toddler crying, with light-colored eyes and golden locks with the

caption, “I’m twice as likely **not** to graduate **high school** because you had me as a teen.” The other featured a female brown-skinned toddler in deep thought with her finger next to her mouth. The caption associated with the photo stated, “Honestly Mom...chances are he **won’t** stay with you. What happens to **me**?” While bothersome in some aspects, I never paid much attention to the ads or the startling statistics, at least not until my daughter became pregnant. Her pregnancy gave them new meaning because she was in the count. While we could not control a paternal presence, we could do our best as a family to ensure my daughter continued her education and planned to instill those values in her unborn child.

While the stigmatization of teen mothers began more than a half-century ago, there was a time when teen mothering was viewed as a powerful expression of a young woman’s independence. Black teens who were excluded from maternity homes were having sex outside of marriage and bearing children which led to the rise in single parenting. This led to the emergence of race as a salient factor in the framing of teen mothering. As such, teen mothering was viewed individually and within the familial context as deviant (SmithBattle, 2013). The delinking of sex from marriage and parenting by teen mothers led to sweeping social changes (Furstenberg, 2007).

The age of the prospective parent is an important influence on norms about non-marital pregnancy. Unmarried teenagers who bear children likely violate two transition norms, an age norm against teenage pregnancy and a timing norm against pregnancy before marriage, whereas unmarried adults solely violate the timing norm. The violation of the age norm in teenage pregnancy is expected to be the stronger of the two because of public perceptions (which research has called into question; see Hoffman, 1998, for a review) that having a child ruins an adolescent's life chances.

The social tolerance of underprivileged groups has been measured by society's response to unmarried adolescent pregnancies (Whitehead, 2001). While teen mothering is more visible than in the past, pregnant teens and adolescent parents are still stigmatized. (Wiemann, Rickert, Berenson, & Volk, 2005). Some believe that teen pregnancy should be stigmatized to discourage future teen pregnancies. However, this idea may have unintended consequences by placing negative attention upon adolescent mothers (Lewis, Scarborough, Rose, & Quirin, 2007). Research (e.g., C.T. Miller & Kaiser, 2001) shows that stigma can have a negative influence on target groups, adding to the challenges of those who are already disadvantaged. Teen mothers, viewed as a disadvantaged group, may be harmed by the stigmatization of adolescent parenthood.

Link and Phelan (2001) suggested that stigma occurs when differences are labeled and distinguished; labeled people are linked to stereotypes and distinguished as "other" or "them"; they experience status loss and discrimination. When these components are mobilized by individuals, communities, or governments with greater power, they result in reduced opportunities, rejection, and discrimination for the stigmatized group.

An undesirable characteristic is deemed as a stigma by the perceiver (Goffman, 1963). When individuals are devalued or considered as deviants, this negative evaluation characterizes stigma. (Goffman, 1963). Stigmatization of a person involves making assumptions. These assumptions and/or judgments, which may be incorrect, are often called stereotypes. Stereotypes allow people to take cognitive shortcuts by making assumptions about an individual without knowing him or her.

What are the common stereotypes of teen mothers? Research suggests that many associate teen mothers with welfare dependency, irresponsibility, stupidity, ignorance, laziness, child abuse,

immorality, and promiscuity (Herman, 2008; Whitehead, 2001). In a study of 925 teens who had recently given birth, 40% reported feeling stigmatized by their pregnancy (Weimann et, al., 2005). Stigmatization can lead to feelings of isolation and low self-esteem in teen mothers. The teen mothers in the study who felt stigmatized were more likely to have those experiences.

According to Link and Phelan (2001), it is ineffective when individuals attempt to resist stigma. When an adolescent mother displays behavior that opposes stigma this can be misinterpreted. For example, when a clinician misinterprets a teen mother's behavior, stereotypes may be reinforced as signs of immaturity or apathy, rather than a response to being disqualified and disrespected (Fessler, 2008).

In the article, *Reducing the Stigmatization of Teen Mothers*, Lee SmithBattle examined the stigmas teen mothers faced over the last half-century by tracing the misrepresentation and stereotyping associated with teen parenting. Stigmatization teen parents face may occur by those in service positions geared toward helping people. As such, teens may feel less inclined to seek necessary services which can harm them and contribute to social isolation (SmithBattle, 2009).

Failure to treat patients with respect and dignity violates the nursing ethic and such stigmatizing practices geared towards teen mothers' should be a concern to nurses. These practices may impede their ability to offer effective clinical care which may contribute to the many challenges teen mothers experience (SmithBattle, 2013).

Unfortunately, adverse perceptions of an individual can lead to negative interactions and affect the way they are treated. If stigmas and stereotypes of teen mothers are present, individuals may behave negatively around them. Over time, stigmas can be internalized (Goffman, 1963), and teen mothers may begin to believe that they are not competent parents. These self-perceptions may

negatively impact their parental abilities. While some studies suggest that some teen mothers do engage in risky parenting behavior (e.g., Tamis-Lemonda, Shannon, & Spellman, 2002) and stereotypes may play a part, the number of confounding variables makes it difficult to imply causality.

Teen mothers and their children face unique challenges and are at high risk for negative outcomes (Wakschlag & Hans, 2000). However, teen pregnancy catalyzes positive changes for some young women (Klaw, 2011). My daughter represented a perfect example of this. Before her pregnancy, she always appeared angry. She lacked focus in school and was defiant towards authority figures. Her pregnancy brought out a softer side of her. Caring for her unborn child seemed to give her purpose, and when she arrived, she focused on finishing school and attending college. My granddaughter appeared to give my daughter a new lease on life.

CHAPTER 4: THE SANDWICH AND CLUB SANDWICH GENERATIONS

Although there has been a decline in teenage pregnancy and parenthood there are still many families who are either, currently in the midst of this transition or about to embark into the territory of early grandparenthood, as a result of the choices of their son or daughter. This position may place them into a generation known as the “sandwich generation” much earlier than they anticipated. Depending on their present and future caregiving responsibilities the additional family member may propel them into a “sandwich generation” or a “club sandwich generation” caregiver. The distinction between the two categories depends on the multiple levels of generations simultaneously being cared for.

Sandwich Generation

Adult children of the elderly, who are “sandwiched” between their aging parents and their own maturing children are known as the “sandwich generation.” This term was coined by Dorothy Miller in 1981 and refers to that segment of the population between 45 and 65 years of age who have aging parents that require help and who at the same time have at least one adult child who has returned to live at home (Miller, 1981). Since that time, that definition has been extended to include younger children who have not yet left home. Usually, the term is used for those who are caring for aging parents and caring for their children, but it can also apply to those caring for parents and grandchildren, especially if the grandparents are raising grandchildren (Adcox, 2016).

Teenage pregnancy and parenthood can place their parent(s) in the sandwich generation much earlier than expected and oftentimes before the age range of 45 and 65 years of age. In

my particular case, I was 37 years old, raising two children as a single parent when my daughter announced her pregnancy. To say I was unprepared with the notion of becoming a grandparent was an understatement. The onset of early grandparenthood propelled me into the sandwiched generation eight years sooner than the lowest age Dorothy Miller referenced.

Club Sandwich Generation

Carol Abaya, a writer, and lecturer on the sandwiched generation may be attributed to coining the term “club sandwich” generation, which refers to a generation that is helping to care for three generations. The term is a spin-off of the term sandwich generation, meaning pressed between the demands of caring for children and aging parents. Typically, members of this multi-level caregiving generation are caring for elderly parents, providing some support for adult children, and helping to care for grandchildren. It can also include those in their 30’s and 40’s raising young children while caring for aging parents and grandparents. The nutcracker generation is another term used to describe this phenomenon and the intense pressures those in this particular situation endure (Adcox, 2014).

When a teenager decides to become a parent in a household where his/her parent(s) are raising younger children, this propels their parent into the sandwich generation. However, for those parents that are caring for aging parents or grandparents, the number of layers increases pushing them into the club sandwich generation.

CHAPTER 5: IMPACT OF EARLY GRANDPARENTHOOD ON PARENTS FACING MULTIPLE CAREGIVING RESPONSIBILITIES

Teenage pregnancy has a major impact on the lives of the parents of teen parents. An unwed teenage pregnancy generally causes roles to shift within the family due to its unplanned nature. As a result, several emotional responses, as well as tasks, emerge in anticipation and planning for a (grand) child (Cervera & Cassano, 1989).

According to the Merriam-Webster Dictionary, *parenthood* is defined as the state of being a parent; specifically the position, function, or standing of a parent. In addition to being responsible for the overall well-being, education, and care of a child while the child is a minor, or under the age of 18, parents are also responsible for providing safety, clothing, food, and shelter (Staff Writer, 2020). A parent is essential in instilling social and moral values in the child in their care.

A parent is granted the title of a grandparent when their child becomes a parent. For most grandparents, this is viewed as a joyous occasion, however, for the parent(s) of teenage parents, this is unlikely a cause for celebration...at least initially.

When teenagers become parents a hefty amount of the responsibility falls onto their parents which can ultimately create an undue burden and unexpected hardship for those parents. This is primarily a result of the teen's inability to fully care for themselves as minor children. As such, those grandparents become tasked with assisting their teen parent in providing safety, clothing, food, and shelter for their grandchild as well as emotional, physical, and financial support for their teen. The additional responsibility can have an impact on the grandparent's physical, social, and emotional health and well-being.

When my daughter became pregnant, her news was presented to me a few months after my mother lost her battle to gastric cancer and less than three months following the unexpected passing of my father. While coping with their deaths, handling the responsibilities associated with being the executor of my father's estate, which required me to travel back and forth to Washington, DC from Yonkers, NY, being a single mother of two and the unexpected announcement of a grandchild on the way, the added layer of stress pushed me out of the sandwiched generation and into the club sandwich generation, even though my parents were no longer physically around.

Those persons in the sandwich and club sandwich generations find themselves faced with compounding demands in caring for multiple layers. The amount of time, energy, and effort required to juggle and/or balance these demands can become overwhelming. Balancing the needs of younger children with those of adult children, aging parents or grandparents can leave those stuck-in-the-middle feeling overworked, stressed, tired, and oftentimes financially strapped from the added burden (Halbert, 2012). Single-handedly managing the affairs of my deceased parents, especially those of my father who had property and assets to settle in probate court took a few years to navigate. Traveling back and forth complicated matters further.

In summary, persons situated in the sandwich and club sandwich generations are impacted in several ways, social, economic, mental, and physical, due to the multiple and multi-layered caregiving responsibilities.

Social Impact

Teenage pregnancy and parenthood may socially impact the lives of their parents when faced with early grandparenthood. The relationship between mother-daughter or mother-son shifts as a result

of early pregnancy and parenthood. Dallas (2004), interviewed 20 African American grandmothers (eleven maternal and nine paternal) who reported having a grandchild whose father was less than 20 years of age at the time of the child's birth. They noted that adolescent parents who reside with their parents occupy two roles simultaneously, that of new parents as well as dependent children (Dallas 1995; Marsiglio, 1987; Lerman, 1993). Dependent children under the care and instruction of their parents now find themselves thrust into adult responsibilities and their parents now find themselves parenting a teenager who is now charged with caring for another life while still a child themselves. Navigating this process can prove difficult and can cause stress and tension in both healthy and fractured relationships.

Dallas (2014) reported that almost all of the grandmothers experienced distance in their relationships with their adolescents and attribute it to parental responsibilities. One grandmother felt her daughter changed and stated, "She changed. I'm telling you, it's like night and day!" Another described her son's maturity and the impact of father as the cause of the distance in their relationship. The adolescent parents' new maturity was sometimes perceived as creating new distance within the quality of their relationship with the grandmother (Dallas, 2014).

Still another described how her new status as a grandmother caused her to treat her adolescent daughter differently and thus affected their mother-daughter relationship."

Pregnant teens, teen parents, and early grandparents may find themselves face to face with the harsh realities of the stigmas and stereotypes that surround teenage pregnancy and parenthood. Questions of moral character and parenting may surface and persons in this situation may experience social isolation from peers, family members, and their religious organizations for the violations of both the age and time norming that teenage pregnancy and parenthood entails.

When my daughter informed me of her pregnancy and made the decision to continue with it, there were two expectations required of her and they were non-negotiable. She was to continue with her studies and graduate high school and remain actively involved in her church activities. Education and spirituality are extremely important to me and no matter the social hardship these two would be paramount.

My mind recalled an incident during my daughter's junior year when the weight of her decision was confronted by the insensitivity she experienced from one of her peers. This particular event was too much for her to bear and her emotions got the best of her and she reacted inappropriately. She was taking her junior pictures in the auditorium and a student began laughing and jeering at her during her session. Her pregnant belly was noticeable and the comments and stares enraged her. She flew off the stage and confronted the girl and an unlikely incident occurred. As a parent, you want nothing more than to be able to protect your child from any unnecessary pain and adversity. Yet, it was in that moment that I genuinely realized I could not protect her from the negative glances, stares, or insensitive comments that she would experience and not simply from her peers but from adults as well that would pass judgment on her based on her decision to become a teenage mother and it broke my heart.

I also remember sitting down with our pastor at the time who shared with me that a few members were concerned about the active role my daughter played in some of the ministries at church. Some people felt that she should step down while pregnant for fear of giving off the wrong impression to the other youngsters in our congregation. He addressed their concerns but was unwavering in his belief that removing her from her activities would not be the best course of action or show her the love that God has for her and all of us when we make a mistake. My daughter's sin was

fornication, having sexual relations with someone outside of the sanctity of marriage, but the baby growing inside of her was a gift from God and we walked together in that truth. As a result of the courageous choice our pastor made, when my granddaughter was born and later christened my daughter gave her life to God and was baptized. Had things gone another way, I wonder if my daughter would have strayed away from the church and possibly from God altogether. I am eternally grateful that this question will never be answered!

Economic Impact

In the article, “How to Avoid Sandwich Generation Problems: Don’t Let Sandwich Generation Issues Derail Your Retirement Plans” by Sharon O’Brien, she denoted five ways to avoid sandwich generation problems: 1) preserve your assets 2) plan ahead 3) assess the situation before sandwich generation problems arise 4) get insurance and lastly, 5) put yourself first.

O’Brien’s article focused on those in the sandwich generation that are caring for adult children and aging parents. For those in their sixties, a few examples she provided to help alleviate the financial strain are working longer, cutting away expenses, and encouraging college-aged children to seek financial aid through merit grants and scholarships, both of which do not require repayment after graduation. For those that are in their forties and fifties, she acknowledged they may have a little more time to prepare before they are caught in the sandwich generation and her suggestions are more geared towards them (O’Brien, 2016).

In preserving one’s assets, college-aged children can apply for student loans and aging parents may have assets and resources that can be used to assist with their financial expenses and care. Planning and preparation will help in anticipating the future needs that caring for loved ones will

entail. By talking to parents early on before care is needed one can find out how they would like to be cared for as they age, what kind of life-saving measures, and also who they would like to make legal and medical decisions for them if they are no longer able to conduct them on their own. While the initial conversations may be uncomfortable and prove difficult in the long run it will be very beneficial. Long-term care insurance may prove to be a viable option depending on the cost of coverage and length of time coverage is needed. If it is feasible then it can help off-set asset-draining costs (O'Brien, 2016).

However, for those that find themselves in the sandwich and club sandwich generations earlier than expected due to teenage pregnancy and parenthood avoiding sandwich generation problems may not be an option at all, which can lead to financial stress and strain. The additional cost associated with providing for the arrival of another family member in situations where resources may already feel economically stretched can seem daunting. While there are resources through government agencies that are available for families in need some families may not choose to go this route due to the stigmas and stereotypes that are associated with seeking the assistance of social services, pride, or fear. However, programs such as Woman, Infants, and Children (WIC), Temporary Aid for Needy Families (TANF), Supplemental Nutritional Assistance Program (SNAP), and Medicaid for health insurance options can help alleviate some of the financial burdens by offering low to no-cost health care, cash and/or food subsidies and child care assistance, if a family qualifies. Other considerations are part-time employment opportunities for teen parents which can help with childcare, clothing and other essential items.

While one cannot control being thrust into the sandwich and club sandwich generations, any amount of planning and preparation that can be done may prove advantageous in stifling stressors imposed by the economic impact.

Physical and Mental Health Impact

According to The World Health Organization (WHO), health is defined as a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. Teenage pregnancy and parenthood impact the lives of their parent(s) on physical and mental health levels. Some of those aspects include stress, disappointment, depression, hopelessness, fear, anxiety, loss, or redirection of goals for both the grandparent and teen parent.

During my daughter's pregnancy, feelings of disappointment resonated. Thoughts about the untimely nature of her pregnancy rang loudly but the most disturbing thought that crossed my mind, albeit briefly was, "Is there something I could have done differently to prevent this from happening?" A roller coaster of emotions welled inside of me as I pondered this question.

My daughter and I used to watch the MTV television show *16 and Pregnant*, in an effort of showing her the realities of various adolescent experiences of teenage pregnancy and parenthood, but never did I imagine this would be our story. There was a certain level of stress that heavily weighed upon me during certain instances throughout her pregnancy. Mentally, the idea of being a grandmother at 37 caused a certain amount of anxiety within me. The goals and dreams I envisioned for myself and my daughter appeared to be slipping away.

Sandwich generation caregiving can cause friction within the family. Conflicts can arise or become exacerbated while providing multi-generational care in a family. This can lead to stress and strain

on a relationship between partners when a considerable amount of time is spent caring for an aging parent, grandparent, or in my case, a grandchild. With only a certain amount of hours in a day, the distribution of time in multiple areas for various people with varying needs leaves room for someone to feel left out or experiencing lack. Oftentimes, it is the caregivers' needs that go unnoticed, unfortunately, to their detriment.

Once my granddaughter was born and my daughter returned to her junior year of high school the primary caregiving responsibilities shifted to my granddaughter's father and me during the school day. On more than one occasion I found myself experiencing symptoms of postpartum depression even though I had not given birth. Being plunged back into caring for a newborn became overwhelming while in graduate school and mothering my elementary school-aged son and my teen-parent daughter. The sheer lack of sleep led to physical exhaustion which impacted my mood and conduct.

There was barely time to eat, rest, spend time with family and friends or concentrate on my studies. Oftentimes, I found myself on the losing side of the balancing act, which is a challenge for those in the sandwich generation. The inability to meet the caregiving needs of everyone can leave the grandparent feeling overwhelmed and full of guilt, a common reaction for persons responsible for multiple generations. In the book, *The Sandwich Generation's Guide to Eldercare: Concrete Advice to Simultaneously Care for Your Kids and Your Parents* by Rumrill, Wickert, and Schultz (2013, as cited in Shallcross, 2015), Rumrill affirmed, "The caregiver feels that he or she is letting everyone down when, in fact, he or she is keeping everyone moving along." When guilt crept in, I reminded myself that I was doing the best that I could, and if that meant going to bed with dirty dishes in the sink or going an extra week without doing the laundry, that is what I did.

CHAPTER 6: FAMILY MATTERS: CONDITIONS THAT MAY INFLUENCE THE TRANSITION INTO TEEN PREGNANCY AND EARLY GRANDPARENTHOOD

In the article, *“Family Matters: How Mothers of Adolescent Parents Experience Adolescent Pregnancy and Parenting”*, the author Constance Dallas, examined the essential role of familial support in the long-term success of paternal involvement of unmarried, low income, African American adolescent fathers. The experiences of nine paternal and eleven maternal grandmothers were assessed through interviews during this transition to fatherhood (Dallas, 2004).

Findings were presented according to the six factors of transition conditions (meanings, expectations, level of knowledge and skill, the environment, level of planning, and emotional and physical well-being) from the nursing model of transitions (Schumacher & Meleis, 1994). Findings indicated that transitioning to parenthood for adolescents fathers and grandparenthood for both paternal and maternal grandmothers was often sudden and complex. Paternal and maternal grandmothers continued to act as primary parents for their adolescents while compensating for the lack of skills and attributes for the adolescent’s children (Dallas, 2004). The six factors of transition conditions listed above in Schumacher’s study were subsequently applied to my experience as a grandparent facing early grandparenthood.

Parenthood is a journey that many choose to embark on. Becoming a parent, irrespective of age has been identified as an important developmental transition (Schumacher & Meleis, 1994). The abrupt and complicated transition for families on both the paternal or maternal side of teenage pregnancy and parenthood causes changes on individual and family levels. These changes occur in identities, roles, relationships, abilities, and patterns of behavior. Conditions which will influence the standard of the transition experience and therefore the consequences of

transitions are meanings, expectations, level of data and skill, environment, level of designing, and emotional and physical well-being (Schumacher & Meleis, 1994).

The Meaning of the Event in the Life Course of the Grandparent

Meaning is defined as the subjective appraisal of the transitional event and judgment regarding its possible effect (Schumacher & Meleis, 1994). Expectations surrounding the appropriate time for children to enter parenthood, and the sequence of events that should normally occur beforehand, vary from family to family (Burton & Stack, 1993).

When a parent expects to enter grandparenthood at an early age, the news of their adolescents' pregnancy affects them differently than parents expecting to become grandparents later in life. Burton (1990), in a three-year exploratory qualitative study of teenage childbearing in 20 low-income multigeneration black families, reported that maternal grandmothers who expected to become grandmothers at an early age responded more positively to their adolescents' pregnancy than those grandmothers who expected to be older. In this study, grandmothers had little time or opportunity to respond to their social status change from mother to grandmother and one grandmother, in particular, expressed her frustration with her family's demands that she immediately adapts to their perceptions of how a grandmother should behave.

The news of my daughter's pregnancy and the idea of becoming a grandparent earlier than expected caused a series of emotions to flow through me. While I expected this news to arrive several years later, after my daughter finished college, traveled, and became married, the thought of welcoming a new addition to our family following the deaths of my parents added a positive component to my reaction, even though I knew there would be many challenges ahead.

Level of Planning

Unscheduled and unexpected events occur along the journey of life. Some of those occurrences can include teenage pregnancy, job loss, death of a loved one, an unforeseen health diagnosis, or an untimely divorce. Such abrupt and inadvertent experiences leave little to no room for preparation and planning in advance. When this happens, action plans are then created in response to decisions over which persons have little to no control.

The onset of teenage pregnancy and parenthood requires a level of planning for adolescent parents and their families. The decision to continue or terminate a pregnancy or surrender a baby requires family members to think through and communicate with one another. Discussions about financial obligations, responsibilities of the adolescent father, paternal family, and postpartum care require forethought. A team effort from future grandparents, siblings, and the baby's father can help the teen mother plan for herself and the baby (Abel, Jackson, Al-Saagararf, and Shuster, 1982).

If pregnancy is unplanned and unanticipated, it provides little to no opportunity for parents and grandparents to adjust to the changes in parental responsibilities, or the changes in their relationships with the family of the other adolescent parent. The expected paternal and maternal grandparents of the unborn child which, oftentimes have not met before discovering the pregnancy are now forced to negotiate sharing family resources to provide for the adolescents' baby with virtual strangers (Schumacher & Meleis, 1994).

Even with the best-laid plans, circumstances can arise and plans may require adjustments or the creation of a new plan. For parents of pregnant teens, dreams and goals that may have circled in the parents' mind the moment their child was born may be thwarted e.g. completing high school,

college and even marriage before their teen became a parent, nevertheless, obtaining a high school diploma, attending and graduating from college and marriage are very attainable goals even if the sequence is displaced. Although the old order of events may no longer exist, a new order can be purposeful and promising with a shift in perspective.

If a pregnant teen desires to finish high school, attend college, and/or has career aspirations, each will require planning to accomplish. The grandparent to be should devise a plan to assist their teen parent without taking on the full responsibility of parenting. If the grandparent has other children, is a caregiver to aging parents or grandparents the level of planning is of the utmost importance to figure out the best way to assist while managing a full plate. It is important of course for this planning to be carried out collaboratively with the daughter if it is going to be realistic and successful. Planning will help the pregnant teen and grandparent to anticipate potential problems before they arise.

Perez-Brena, Updegraff, Umaña-Taylor, Jahromi & Guimond (2014), in their research study on the multi-faceted nature of teen pregnancy on mother-daughter co-parenting relationships examined the links between relationship quality and adjustment through three dimensions of co-parenting (communication, involvement, and conflict). The study consisted of 167 Mexican-origin teen mothers and their mothers and explored their relationship 10 months post-childbirth. The dynamics of their relationship is extremely important since mothers of adolescent parents often serve as co-parents (Pittman & Coley, 2011), and primary resources for pregnant and parenting teens (Kretchmar & Jacobvitz, 2002). A healthy mother-daughter relationship can help with the transition and adjustment each will experience, especially during the early years of parenting.

Environment

Dictionary.com defined *supportive* as providing sympathy or encouragement; providing additional help, or information. William C. Shiel, Jr., MD, FACP, FACR, Medical Author of MedicineNet.com ascribed the medical definition of an *environment* as, “the sum of the total of the elements, factors, and conditions in the surroundings which may have an impact on the development, action or survival of an organism or group of organisms”. The environment in which pregnant teens, teen parents, and expected grandparents find themselves during the transition into teen pregnancy and parenthood plays an important role for the unborn child. For pregnant teens and teen parents, the environment can be one that fosters support or its opposite. The environment within which the transition takes place may be supportive or unsupportive for the individuals undergoing transition (Schumacher & Meleis, 1994).

Dallas (1995) in her research study on adolescent fatherhood conducted eight focus group interviews with five of each, adolescent fathers, nonfather peers, paternal grandmothers, adolescent mothers, and maternal grandmothers. Information, thoughts, and feelings were elicited from the 25 participants on their concept of adolescent fatherhood. Her findings indicated multiple challenges for paternal involvement of adolescent fathers. Barriers that prevent them from assuming the responsibilities of fatherhood include developmental immaturity, lack of education, financial dependence, and painful conflicted relationships with their own fathers. (Dallas, 1995).

Sims and Rofil (2013) examined the experiences of maternal and paternal grandparents with little or no contact with their grandchildren through the matrilineal advantage theory to see if the theory could be used effectively in practice to identify grandparents at risk for estrangement. Their study highlighted that paternal grandparents were more likely to experience estrangement from their

grandchildren as a result of divorce when the father was no longer a resident in the home or through re-partnering, even when the grandparents were actively involved in their grandchildren's lives. Research on the matrilineal advantage theory suggests that maternal grandparents will have a closer relationship with their grandchildren because mothers seem to have closer ties to their maternal line (Chan & Elder, Jr., 2000).

As a maternal grandmother, it was very important for me to establish a relationship with my granddaughter's paternal family. I wanted my future grandchild to have a relationship with both sides of her family and I was determined to do my best to foster this kind of environment. My daughter was in love, they were expecting a child, and the situation itself was complex. I remember wondering about their ability to co-parent even if they decided to part ways because they were both so young. There is remarkably little discussion in the research literature on teenage pregnancy about the different experiences and the relationships between maternal and parental grandparents. Evidence shows that some maternal grandmothers deny fathers access to their children if they are unable to contribute financially; inadequate financial contributions from the paternal family can be a primary source of contention. Another source is the relationship between the adolescent parents (Dallas, 2004). Meeting with the paternal family shortly after my daughter shared her news helped with the transition. We wanted our adolescents to know we would do our best to work together and support them through this life event.

When issues arose between my daughter and her boyfriend, which happened quite frequently during the pregnancy and afterward, I needed to allow them to work through things, and then if they were unable to attain a resolution I reached out to the paternal grandmother to assist in mediation. At times this was very successful and during others, the matter escalated before

reaching an agreement on particular matters. The main challenges centered around childcare and financial responsibilities. Over time, we were able to develop a rhythm of ebbs and flows that worked pretty well.

Establishing a relationship with the paternal family helped to ease their fears about my willingness to allow access to “our” granddaughter. At two weeks old, my granddaughter began spending overnight visits with her father and his family. Some of my family members and friends thought the idea was absurd but I understood the importance of bonding and while mothers can establish this relationship and connection during pregnancy as she feels the baby growing inside of her womb, the experience is somewhat different for fathers and I wanted my granddaughter to have the greatest outcome possible with having the support and love of both parents and their respective families. Children may vaguely remember the money you spend on them but they will remember your presence.

Even when a grandparent attempts to create optimal circumstances conflicts may potentially emerge. One of the biggest challenges we faced was my daughter’s decision to continue her education when my granddaughter’s father declined. When she graduated high school and was about to go away for college (she was accepted to one and considered attending) the idea of the paternal family becoming the custodial caregivers with me as the secondary one was met with disdain to the degree that my daughter had to withdraw her acceptance out of state and begin her studies in a community college closer to home.

My decision to support my daughter’s desire to pursue her education away from home in college by assisting in the rearing of my granddaughter was not one in which I planned to fully embrace the role of parent. As such, my daughter was compelled to face the impact of her decision and

make the sacrifice of putting the needs of her daughter over her own, one that any good parent would make. Pregnant teens and teen parents should be allowed to feel the sacrifice of their decision.

Abel, Jackson, Al-Saagararf, and Shuster (1982) in their research study of 16 white families with unwed teenage daughters, have pointed out that a daughter's pregnancy affects the entire family; a baby brought home to live or living nearby can disturb the family hierarchy, re-align coalitions, and produce new roles within the family. My daughter's pregnancy affected our entire family. New roles were identified, which had the potential to disturb the family hierarchy. Now that my daughter was having a baby, I wondered if she would assume a parental role over her younger sibling or think of herself as my equal. Would her pregnancy create a power struggle between us and turn our home into a war zone instead of a peaceful and loving environment?

Part of the environmental transition includes a role shift. Parents tend to view their children as their babies, however, when an adolescent becomes a parent they should begin to view them through a broader lens. It is imperative to become a consultant and allow the teen parent to be the parent. This will include watching them make mistakes, especially during the early stages when they are still learning and growing through the experience. Expected grandparents should keep in mind that parenting at any age is a learning and growth opportunity. Parents of pregnant teens and teen parents can show their support and encouragement along the way which will help bolster their confidence.

This role shift has spatial environmental implications that may or may not be possible to achieve depending on the space available in the home. Ideally, the teen and her child would have a distinct section of the home as a way of helping the teenager begin to see that she is creating her family

unit, while still feeling the strong support of her parent(s). Space was a major concern for me when my daughter became pregnant. Where would we put another person in an already cramped apartment? We lived in a two-bedroom cooperative with a breakfast nook. When I purchased the coop, my daughter was seven years old and it was perfect for her and me and when I became pregnant two years later I had to make changes to accommodate him. As he outgrew sharing a space with me and needed a room of his own the living room became my bedroom and the breakfast nook became our intimate family space.

My daughter's pregnancy required us to look for ways to create space, yet again. In turn, my daughter's room was transitioned into a space to accommodate her and her unborn child, and the intimate family room was converted into a nursery. While it was an extremely tight squeeze and we lost our family space in the process, I was thankful to have a separate nursery. This proved beneficial and allowed me to care for my granddaughter during the daytime while my daughter was in school without imposing on her family space. For those families that are unable to create this kind of environment, the potential for added stress within the family is a concern.

Expectations

Teenage pregnancy, parenthood, and early grandparenthood is a complex transition many people face. Expectations for a transition that is both clear and realistic can enhance the quality of the transition process (Schumacher & Meleis, 1994). Expectant grandparents are faced with unrealized expectations of a future fashioned in their minds for their children about items to be accomplished before parenthood, e.g. college, marriage, life experience, and are now confronted with new expectations for their pregnant teen, teen parent, and the other adolescent parent's family.

Maternal grandmothers may have expectations of the adolescent father and paternal families' role in areas such as familial contact with maternal family, childcare, and financial responsibilities. In a study by Dallas, "All of the paternal and maternal grandmothers reported at least minimal contact between the adolescent father and the maternal family unit and identified loving his child and providing financial contributions as primary fatherhood functions." In areas related to direct child care activities, the level of parenting expectations for adolescent mothers was elevated, as described by the majority of maternal grandmothers, in comparison to their expectations for adolescent fathers (Dallas, 2004). One maternal grandmother in the Dallas study shared,

I asked him if he was going to take care of his baby. And then I think he told me, he would try to do the best that he could. So I talked to his mother too, because he's so young. His mother said that they were going to give us some money for his daughter but that they just didn't want a granddaughter and didn't want to be involved.

In the African American community in particular substituting for fathers is so common that maternal grandmothers feel justified in complaining about instances when those expectations go unmet (Dallas, 2004). Maternal grandmothers experience disappointment when paternal grandmothers do not step up to assist in the paternal father's absence. One maternal grandmother in Dallas' study disclosed, "I would have thought that the adolescent father's mother would have called me and told me to bring the baby to her home even though the father of the baby was out of town" (Dallas, 2004).

Those two experiences resonated with me. My daughter's transition from pregnancy to parenthood and therefore my transition into early grandparenthood evoked several expectations from those directly involved in the transition and others on the outside. As a grandmother, certain people expected me to act a certain way, some of those in my circle felt I should be doing more for my

daughter and some thought I should be doing less. Some people had issues when I left my daughter to figure certain things out on her own or my refusal to watch my granddaughter at times. There was a sense of entitlement my daughter displayed at times when she felt I wasn't doing enough as a grandmother, which led to hurt feelings and uncomfortable moments at times. My expectations of her, the expected father, and his family were unfulfilled at times and later on, I realized that some of my expectations were never articulated. Certain assumptions in my mind of what the paternal family would do when the father fell short of his responsibilities were not communicated ahead of time. Planning together, or at least regular communication between us, would have allowed us to collectively create realistic and clear expectations of the role everyone planned to occupy. As a result, unfulfilled expectations led to frustration, bitterness, and resentment at times towards my granddaughter's paternal family.

Level of Knowledge and Skill

Level of knowledge and skill refers to the amount of information individuals have relevant to the transition and their ability to skillfully respond to the challenges of the transition (Schumacher & Meleis, 1994). In her research study on how mothers of adolescent parents experience adolescent pregnancy and parenting, Dallas (2004) denoted,

The inadequate knowledge and skills of the adolescents causes increased demand on their family who try to compensate. Similarly, grandmothers may also lack adequate knowledge and skills not only to prepare their adolescents to assume parenting roles but also to assume their new roles as grandparents.

Some grandmothers, who had adjusted their parenting to the needs and demands of older-aged children, had difficulty learning to parent or to co-parent the infants of their adolescent children while continuing to parent the adolescent parent.

My son was eight years old when my eldest granddaughter was born. The transition from caring for my older-aged children to providing care for my infant granddaughter was extremely difficult. Going from the independence of my son and daughter who could feed and dress themselves to preparing bottles, changing diapers, packing a diaper bag, and managing a car seat and stroller was taxing and required an adjustment physically, mentally, and emotionally. What was once a simple trip to the grocery store now required planning and preparation and once there the thought of my granddaughter waking up from a nap and needing assistance created a certain amount of anxiety. The constant juggling of care required for my infant granddaughter, elementary school-aged son, and teenage daughter tested all of my faculties.

My parents passed away shortly before my granddaughter was born and without having them physically around to offer advice and support oftentimes, I felt lost. No one in my immediate circle shared my current circumstances, even though some of my dearest friends were teenage parents themselves in our youth. While there was a supportive network in place, there were times when I recall feeling isolated and in need of a place to turn to for answers to some of my questions or a shared experience to travel this path.

The search for resources and guidance was an arduous process. The majority of information I acquired focused on grandparents who are raising grandchildren (GRGs; also known as Grandparents as Parents (GAPs (Adcox, 2014) but the particular nuances of parenting a pregnant teen or teenage parent proved hard to locate.

Emotional and Physical Well-Being

Transitions are often accompanied by emotional adjustments, stress, and physical discomfort. Thus, emotional and physical well-being refers to an individual's capacity to respond to the emotional adjustments, stress, and physical discomfort which often accompany transitions (Schumacher & Meleis, 1994).

As a sandwich generation caregiver entering into early grandparenthood, I wondered about the emotional toll my daughter's pregnancy and parenthood would take. Her news came as I was still processing the loss of my parents. My resignation was given shortly after my parents' deaths so I was an unemployed, single mother of two, and one more thing felt like one too many. There were moments when I felt ill-equipped and afraid the bow would break. The impending changes in the dynamics of certain relationships were of the utmost concern, four relationships, in particular, the relationship between my daughter and I, my son and I, my son and daughter, and my significant other and I. Would we be able to pull together as a family and support each other through the transition?

As a single mother, I did not have a lot of experience in dealing with the paternal families of my children. My daughter's father passed away when she was 10 years old from lung cancer and he did not play a significant role in her life. My son's father never chose to be an active participant in his life. As a result of my personal experience and those of family members and friends that had rocky relationships with their children's paternal families, thoughts about my grandchild's paternal family and our ability to work together as a unit lingered in my mind.

It was refreshing to discover during my research that my initial concerns were shared with the other grandmothers. The grandmothers in the study by Dallas identified two primary sources of emotional adjustment and stress during their transition. The first was the change in the quality of

their parent-child relationship with the adolescent parents, and the second was the quality of their relationship with the family unit of the other adolescent parent (Dallas, 2004). Knowing there were others in my situation that shared similar concerns brought comfort to me even though I did not know the women personally. Simply the idea of our shared experience brought about a certain connection and familiarity during a time when I needed it most.

As a sandwich generation caregiver, I needed to remind myself of the importance of self-care. I scheduled time to make myself a priority. I could not be any good for anyone if I did not take care of myself. It was essential to set realistic goals and expectations, get proper rest, schedule time to exercise and relax. There was never enough time to accomplish everything, but it was vital for me to maintain healthy relationships and friendships. I stayed actively involved in my hobbies and interests. I forced myself to set boundaries to ensure I took care of myself. I could not be everything to everyone and no one to myself. I reminded myself that I mattered. When establishing a balance between the needs of everyone, it was imperative to include me. I enlisted the help of family, friends, and my church. There were times I felt alone when that wasn't the case because people were willing to help if I asked. Simultaneously caring for myself and others felt like an overwhelming burden alone, and I did not want the stress of it all to take its toll.

CHAPTER 7: SUMMARY AND CONCLUSIONS

The decline in the rate of teenage pregnancy and parenthood varies across racial and ethnic groups and is due to teens having less sex and their effective use of contraception. Economic inequality, social marginalization, and other structural factors affect teens' sexual behavior and contraceptive use patterns; however, researchers are unable to directly link causation to race, ethnicity, educational achievements, or family income. Teens themselves are accountable for the decline in teen pregnancy and parenthood. It is their efforts to prevent unintended pregnancies that ultimately attribute to the decrease.

The stigmas and stereotypes surrounding teenage pregnancy can cause harm to pregnant teens and adolescent parents by negatively impacting their parental abilities. If maltreatment is inflicted by those in service positions responsible for helping people, e.g. nurses or clinicians, teens may not seek the help they need for fear of being demeaned, shamed, condemned, or chastised for their choice. Negative perceptions that lead to negative interactions may contribute to isolation and low self-esteem in teen mothers, if the stigmas and stereotypes are internalized.

Sandwich and club sandwich caregivers face multiple responsibilities in caring for varying generations. They can become impacted socially, economically, physically and mentally while caring for older and younger generations simultaneously. For parents of pregnant and parenting teens thrust in the sandwich generation and early grandparenthood, tackling additional responsibilities can cause added stress and strain that may lead to tension and conflicts within the family. The inability to meet the caregiving needs of everyone can leave the grandparent feeling overwhelmed and full of guilt.

Teenage pregnancy and parenthood require role shifts within families. Adolescent parents occupy two roles simultaneously, that of new parents as well as dependent children. Navigating this process can prove difficult and can cause stress and tension in both healthy and fractured relationships. Parental, partner and sibling relationships may be impacted by teenage pregnancy and parenthood.

Through my research and personal journey, I discovered a lack of information for parents of teenage parents. Several resources and support assistance are available for grandparents raising grandchildren but the literature is relatively sparse to address the particular nuances faced by parents of teen parents and especially those with multi-caregiving responsibilities.

Teenage pregnancy and parenthood potentially force relationships between practical strangers when the adolescent father and his family are either unknown or barely known to the maternal family. The expectation that the transition will be smooth as a result can be unrealistic. However, the commonality of being plunged into early grandparenthood has the potential of creating a bond between the maternal and paternal grandparents if they can establish mutual respect, foster a community of effective communication by actively listening to one another, and if they allow their adolescent parents the time and space to navigate issues that arise productively without taking the lead in an attempt to resolve their conflicts.

The journey of teenage pregnancy, parenthood, and grandparenthood may require knowledge and skills that pregnant teens, teen parents and grandparents may not possess. During those times, families should be encouraged to explore the possibility of seeking professional help. Attending family therapy can be an invaluable resource for pregnant teens, parenting teens, grandparents, and siblings residing in the household.

Therapy can help families create new life plans or provide assistance, adjusting to those already in place. Clinicians can assist with ways to manage stress, provide effective communication strategies, offer an impartial ear, or simply provide a safe space to discuss your feelings. They may also be able to offer resources about support groups for pregnant and parenting teens, and their families.

A therapist can be a wonderful resource to help grandparents process their feelings regarding the circumstances surrounding their experience. They can offer ways to manage stress, prevent burnout, and assist in processing the grief that surfaced around the loss of goals and expectations.

It's important for grandparents and their daughter to work together to combat the stigma and stereotype of teenage pregnancy by acknowledging its existence and choosing to focus on the positive aspects and what is best for themselves and their family.

While we cannot change stereotypes we can choose whether we allow them to hinder us or propel us forward and we chose the latter. Teenage pregnancy isn't easy, there are sacrifices for both the pregnant teen and the future grandparent but through love, communication, mutual respect, and understanding, the bonding experience that can be shared between mother and daughter can, however, make the transition a little easier to manage.

CHAPTER 8: IMPLICATIONS FOR FURTHER RESEARCH

While there is a vast amount of research on teenage pregnancy and parenthood, the impact of teenage pregnancy and parenthood on the lives of grandparents still warrants attention. The experiences of parents raising teenage parents differ from those solely raising their grandchildren, which has received considerable attention. Studies on the impact of early grandparenthood and more specifically those in the sandwich and club sandwich generations would be likely to prove beneficial for clinicians offering support to these families and for families seeking assistance and guidance throughout the transition process and beyond.

Longitudinal studies centered on the long-term impact of early grandparenthood and the transition of parenting those adolescent parents into adulthood deserve special attention because, as I have tried to communicate regarding my own personal reflections, the nature of these impacts change significantly over time. The strategy used for this study of critical self-reflection by the grandparent of a pregnant teenager, alongside a review of the existing literature, provided new insights about the impact of adolescent pregnancy and parenting on the lives of the grandparents and the nuances of early grandparenthood. Additional longitudinal, autobiographical, studies like this could be a valuable addition to the larger body of interview research.

This study also highlighted the need for future research to include the experiences of siblings impacted by teenage pregnancy and parenthood. Research that focuses on the co-grandparenting relationship between maternal and paternal grandmothers also merits further exploration.

CHAPTER 9: RECOMMENDATIONS FOR EDUCATION AND SOCIAL SUPPORT

The knowledge garnered from this study can be used to help design health care interventions that can support and assist families during the complex process of navigating the transition into teenage pregnancy and early grandparenthood. The voices of maternal grandmothers about their experience, rarely acknowledged throughout the research on adolescent pregnancy, is highlighted in this study through the author's lived experience, albeit limited by a single person sample. There are a number of issues identified in this study that are not adequately addressed in the guidance literature for parents of teen parents, and for those who advise them in social services, that need to be further articulated and made available to these two audiences: to parents and teens through the popular media, including magazine articles, websites, and guidance booklets from social service agencies. It is clear from my review of the literature that the most effective way to develop these materials would be for the authors of these materials to find ways to work closely with the teens and parents of those families who have faced this life changing situation. Friendlier, easily accessible material that has been written in collaboration with those who have been teen grandparents (and teen parents) themselves is needed. At this time, the issues that have emerged from my research and self-reflection that need to be developed or further improved in the existing advice and support literature include the following:

- An emphasis on the importance for teens and their families to quickly move on from spending time on placing blame on others and advise them on how to go about creating a new life plan.
- Guidance, for the new grandparents, before the child is born on how to invite others to establish the kind of team effort that will be required. Collaboration in planning between

the grandparents and daughter is key of course but also, to the extent possible, all family members and the paternal grandparents should be involved.

- Guidance on how to find teen pregnancy and parenting networks, and how to find, or help create, a local support group.
- Guidance for teens and for grandparents of the importance of surrounding themselves with people who can offer sound advice, laughter, love, and support.
- Guidance for the grandparent on the important elements to include when establishing the plan on how to move forward, before the child is born. A particularly important part of this plan will be to reach the teenager on the importance of continuing her studies and to articulate the multiple ways of supporting her to do this.
- Guidance for teens and grandparents in dealing with stigmas and stereotypes associated with teen pregnancy and parenthood.
- Guidance for teens and grandparents about local government agencies for assistance with medical coverage, childcare and temporary needs for families.
- Guidance for grandparents on discussing transition and adjustment with younger siblings.
- Guidance for teens and grandparents about individual and family therapy options.
- Guidance for grandparents in setting healthy boundaries with their teen e.g., entitlement of childcare from grandparent.
- Guidance for teens and parents on ways to create space within the home to plan for baby's arrival.
- Guidance for mother-daughters in creating and maintaining healthy relationship during and post-pregnancy.

- Guidance for teens and grandparents on ways to create income to assist with financial burdens, life insurance, college savings, and retirement.
- Guidance for single parents of pregnant and teen parents to help them understand the dynamics of being in the sandwich or club generation (if they are caring for an aging parent) and ways to cope and manage stress.
- Guidance for single grandparents in relationships with sharing news of daughter's pregnancy and ways to support each other.

References

- Abel, R., Al-Saagarf, E.L., Jackson, T.L., & Shuster, D. (1982). Pregnant adolescents: cost benefit options. *Social Casework*, 63, 286-290.
- Adcox, S. (2017, April 8). *What is meant by the club sandwich generation*. [Web log post]. Retrieved from <http://grandparents.about.com/od/grandparentingtoday/g/ClubSandwich.html>
- Alter, L. (2017, June 5) *What's the 'club sandwich generation'?* *Mother Nature Network*. [Web log post]. Retrieved from <http://www.mnn.com/family/family-activities/blogs/whats-club-sandwich-generation>
- Barcelos, C., & Gubrium, A. (2014). Reproducing stories: strategic narratives of teen pregnancy and motherhood. *Social Problems*, 61(3), 466–481.
- Barnett, P., & Balak, D.W. (1986). Unplanned pregnancy in young women: managing treatment. *Social Casework*, 67, 484-489.
- Benson, M. J. (2004). After the adolescent pregnancy: parents, teen, and families. *Child and Adolescent Social Work Journal*, 21 (4), 435-454.
- Bernstein, R. (1964). Perspectives on service for teenage unmarried mothers. *Child Welfare*, XLIII, 5-13.
- Bernstein, R. (1965). Are we still stereotyping the unmarried mother? In H. Parad (ed.). *Crisis Intervention*. New York: Family Service Association of America.
- Bernstein, R. (1966). Unmarried parents and their families. *Child Welfare*, XLV, 185-193.
- Brown, E., Caldwell, C.H., Antonucci, T.C. (2008). Religiosity as a moderator of family conflict and depressive symptoms among African American and white young grandmothers. *Journal of Human Behavior in the Social Environment*, 18 (4), 397-413.
- Brown, J (2012). *Sandwich generation: tips for 'club sandwichers'*. [Web log post]. Retrieved from <http://www.nextavenue.org/sandwich-generation-tips-club-sandwichers/>
- Boonstra, H. (2014). What is behind the decline in teen pregnancy rates? *Guttmacher Policy Review*, 17 (4), 15-21.
- Burton, L. M. (1990). Teenage childbearing as an alternative life-course strategy in multigeneration black families. *Human nature*, 1(2), 123-143.

- Burton, L. M., & Stack, C. B. (1993). *Conscripting kin: Reflections on family, generation, and culture. Politics of pregnancy: adolescent sexuality and public policy.* New Haven, CT: Yale University Press.
- CDC. (n.d.). *About teen pregnancy.* Retrieved from CDC website: <https://www.cdc.gov/teenpregnancy/about/index.htm>
- Castillo, M. (2013). *New York's Teen pregnancy PSAs.* Retrieved from CBS News website: <https://www.cbsnews.com/news/new-york-citys-new-teen-pregnancy-psas-use-crying-babies-to-send-message/>
- Cervera, N., (1989). Groupwork with parents of unwed pregnant teens: transition to unexpected grandparenthood. *Social Work with Multi-Family Groups, 12* (1), 71-93.
- Chan, C. G., & Elder, Jr., G., (2000). Matrilineal advantage in grandchild-grandparent relations. *The Gerontologist, 40* (2), 179-190.
- Cherlin, A., Cross-Barnet, C., Burton, L.M., & Garrett-Peters, R. (2008). Promises they can keep: low-income women's attitudes toward motherhood and marriage. *Journal of Marriage and Family, 70*, 919-933.
- Dallas, C. M., (1995). *Concept of fatherhood: views of unmarried, low-income, black adolescent fathers and their role-set.* Unpublished doctoral dissertation, University of Illinois at Chicago.
- Dallas, C. M., (2004). Family matters: how mothers of adolescent parents experience adolescent pregnancy and parenting. *Public Health Nursing, 21* (4), 347-353.
- Davis, D. (2015). *5 Tips for members of the club sandwich generation.* [Web log post]. Retrieved from <https://gagasisterhood.com/2015/5-tips-for-members-of-the-club-sandwich-generation/>
- Dictionary. (n.d.). Supportive. In *Dictionary.com.* Retrieved January 12, 2021, <https://www.dictionary.com/browse/supportive>
- Finnegan, K. O., & Ferron, L. (January/February 2015). *Helping the Sandwich Generation Find Work-Life Balance.* Retrieved from http://woundcareadvisor.com/wp-content/uploads/2015/02/BC_SANDWICH_J-F15.pdf
- Furstenberg, Jr., F., E. (2003). Teenage childbearing as a public issue and private concern. *Annual Review of Sociology, 29*, 23-39.
- Giddan, J. and Cole, E. (2015). *The Club Sandwich Generation: Caregiving at 70.* [Web log post]. Retrieved from http://www.huffingtonpost.com/jane-giddan-and-ellen-cole/the-club-sandwich-generation-caregiving-at-70_b_6837688.html

- Goffman, E. (1963). *Stigma: notes on the management of spoiled identity*. New York, NY: Simon & Shuster.
- Guttmacher Institute (2014). *State facts about unintended pregnancy: New York*. Retrieved from Guttmacher Institute website: <https://www.guttmacher.org/statecenter/unintended-pregnancy/NY.html>
- Guttmacher Institute (2015). *Unintended pregnancy in the United States*. Retrieved from Guttmacher Institute website: <https://www.guttmacher.org/pubs/FB-Unintended-Pregnancy-US.html>
- Guttmacher Institute (2015). *Adolescent pregnancy and its outcomes across countries*. Retrieved from Guttmacher Institute website: www.guttmacher.org/.../FB-Adolescent-Pregnancy-Outcomes-Across-Countries.html
- Halbert, L.L. (2012). *The sandwich generation: coping with being stuck in the middle, caring for parents and kids*. [Web log post]. Retrieved from <https://businesswest.com/blog/the-sandwich-generation/>
- Jacobs, J. L. (1994). Gender, race, class, and the trend toward early motherhood. *Journal of Contemporary Ethnography*, 22 (4), 442-462.
- Kost, K., & Henshaw, S. (2014) *U.S. Teenage pregnancies, births and abortions, 2010: national and state trends by age, race and ethnicity*, Guttmacher Institute, 2-26. Retrieved from Guttmacher Institute website: <https://www.guttmacher.org/pubs/USTPtrends10.pdf>
- Kretchmar, M. D., & Jacobvitz, D. (2002). Observing mother-child observations across three generations: Attachment, boundary patterns, and the intergenerational transmission of caregiving. *Family Process*, 41(3), 351– 374. doi:10.1111/j.1545-5300.2002.41306.x.
- Leech, T. G.J., Adams, E. & Littlefield, M. (2014). A community conversation on adolescent pregnancy and parenting services: networks of support, gatekeepers to care, and non-compulsory fathering in a black urban community. *Journal of Health Disparities Research and Practice*, 7 (7), 46-62.
- Lerman, R. I. (1993). A national profile of young unwed fathers. In r. I. Lerman, & t. J. Ooms (eds), *young unwed fathers: changing roles and emerging policies* (pp. 27-51). Philadelphia: Temple University Press
- Letourneau, N. L., Stewart, M.J., & Barnfather, A.K. (2004). Adolescent mothers: support needs, resources, and support-education interventions. *Journal of Adolescent Health*, 35, 509-525.
- Link, B. G., & Phelan, J.C. (2001). Conceptualizing stigma. *Annual Review of Sociology*, 27, 363-385.

- Marsiglio, W. (1987). *Adolescent fathers in the united states: their initial living arrangements, marital experience and educational outcomes. Family planning perspectives, 19*, 240-251.
- Martin, J. A, Hamilton B. E., & Osterman M. J. K., (2015). Births: final data for 2013. *National Vital Statistics Reports, 64*(1). Hyattsville, MD: National Center for Health Statistics.
- Merriam-Webster. (n.d.). Stigma. In *Merriam-Webster.com dictionary*. Retrieved January 12, 2021, from <https://www.merriam-webster.com/dictionary/stigma>
- Merriam-Webster. (n.d.). Parenthood. In *Merriam-Webster.com dictionary*. Retrieved January 12, 2021, from <https://www.merriam-webster.com/dictionary/parenthood>
- McKinley, B. D., Brown, E., & Caldwell, C. H. (2012). Personal mastery and psychological well-being among young grandmothers. *Journal of Women & Aging, 24*, 177-193.
- National Campaign (2016). *Teen childbearing in the United States, 2014 birth data*. [Web log post]. Retrieved from https://thenationalcampaign.org/sites/default/files/resource-primary-download/fast-facts-teen-childbearing-in-the-us-2014-birth-data_3.pdf
- National Campaign (2016). Teen pregnancy in the united states. [Web log post]. Retrieved from https://thenationalcampaign.org/sites/default/files/resource-primary-download/fast_facts_-_teen_pregnancy_in_the_united_states_aug_2014_0.pdf
- O'Brien, S. (2016). *How to avoid sandwich generation problems: don't let sandwich generation issues derail your retirement plans*. [Web log post]. Retrieved from <http://seniorliving.about.com/od/babyboomers/a/sandwich-generation.htm>
- Parker, K., & Patten, E. (2013). The sandwich generation: rising financial burdens for middle-aged Americans. *Pew research center, social & demographic trends*. Reference. What is parenthood? Retrieved from Reference website: <https://www.reference.com/world-view/parenthood-437e7ac67c94dad0>
- Pittman, L. D., & Coley, R. L. (2011). Co-parenting in families with adolescent mothers. In J. P. McHale & K. M. Lindahl (Eds.), *Coparenting: A conceptual and clinical examination of family systems* (pp. 105–126). Washington, DC: American Psychological Association.
- Ross, N. J., Church, S., Hill, M., Seaman, P., & Roberts, T. (2012). The perspectives of young men and their teenage partners on maternity and health services during pregnancy and early parenthood. *Children & Society, 26*, 304–315 DOI:10.1111/j.1099-0860.2010.00338.
- Ross, T. (2010). *The 'club sandwich generation' face biggest burden of care*. [Web log post]. Retrieved from <http://www.telegraph.co.uk/news/uknews/8201804/The-club-sandwich-generation-face-biggest-burden-of-care.html>
- Sadler, L. S., & Clemmens, D. A. (2004). Ambivalent grandmothers raising teen daughters and

- their babies. *Journal of Family Nursing*, 10 (2), 211-231 DOI: 10.1177/1074840704263984
- Samuels, C. (2015). What is the sandwich generation? Unique stress and responsibilities for caregivers between generations. [Web log post]. Retrieved from <http://www.aplaceformom.com/blog/10-05-15-what-is-the-sandwich-generation/>
- Schlesinger, B. & Raphael, D. (1993). The woman in the middle: the sandwich generation revised. *International Journal of Sociology of the Family*, 23, 27-87.
- Schumacher, K., & Meleis, A.I. (1994). Transitions: a central concept in nursing. *Image*, 26, 119-27.
- Seamark, C. J., & Lings, P. (2004). Positive experiences of teenage motherhood: a qualitative study. *British Journal of General Practice*, 54, 813-818.
- Shallcross, L. (2015). Multiple stressors take a bite out of the sandwich generation: when clients are caught between caring for children and caring for aging parents, counselors might be called on to help with everything from family squabbles to career and self-care challenges. *Counseling Today*, 33-39.
- Shiel, Jr., W. C. (2018). *Medical Definition of Environment*. [Web log post]. Retrieved from https://www.medicinenet.com/healthy_living_sunlight_your_health/article.htm
- Sisson, G. (2012) Finding a way to offer more: reframing teen pregnancy prevention. *Sexuality, Research & Social Policy*, 9, 57-69.
- Sonfield, A., & Kost, K. (2015). Public costs from unintended pregnancies and the role of public insurance programs in paying for pregnancy-related care: national and state estimates for 2010. Guttmacher Institute, Retrieved from Guttmacher Institute website: <http://www.guttmacher.org/pubs/public-costs-of-UP-2010.pdf>
- Stevenson, W., Maton, K., & Teti, D. (1999). Social support, relationship quality, and well-being among pregnant adolescents. *Journal of Adolescence*, 22, 109-121.
- Strean, H.S. (1968). Reconsiderations in casework treatment of the unmarried mother. *Social Work*, 13, 91-100.
- Wiemann, C. M., Rickert, V.I., Berenson, A.B., & Volk, R.J. (2005). Are pregnant adolescents stigmatized by pregnancy? *Journal of Adolescent Health*, 36, 352.e1–352.e7.
- Whitehead, E. (2001). Teenage pregnancy: on the road to social death. *International Journal of Nursing Studies*, 38, 437-446.
- Wilson, H. & Huntington, A. (2006). Deviant (m)others: the construction of teenage motherhood in contemporary discourse. *Journal of Social Policy*, 35, 59-76. DOI :10.1017/S0047279405009335

Zietlow, A. (2014). *The Club Sandwich Generation*. [Web log post]. Retrieved from <http://family-studies.org/the-club-sandwich-generation/>