

**Press Release**

**29<sup>th</sup> October 2010**

**An exciting new magazine especially for teen parents!**

The second edition of ***The Young Parent Survival Guide***, containing great information for young mums and dads, has been produced by Treoir (the National Information Service for unmarried parents). It was funded by the HSE Crisis Pregnancy Programme.

The magazine is full of useful information and practical tips. It includes articles entitled *pregnant and panicking*, *Tips for tantrums*, *Sexual health*, *Top tips for brand new dads*, and much more.

Margot Doherty, editor of the magazine, said "*young parents need information especially for them as well as information that is useful for all parents. The Young Parent Survival Guide is a great resource for young parents, as much of the information they need is contained all in one publication*".

David Coleman, the well-known clinical psychologist, commented "*Being a parent is a tough job at times, although it has many rewards too. Being a young parent can be even more challenging. It is great, therefore, to see an agency that is committed to supporting young parents producing such a practical and useful magazine.*"

The magazine is available free of charge from Treoir, 1890 252 084, [info@treoir.ie](mailto:info@treoir.ie) or can be downloaded from [www.treoir.ie](http://www.treoir.ie).

For further information contact:

Margot Doherty  
Assistant Chief Executive  
Treoir  
14 Gandon House  
IFSC  
Dublin 1  
01 – 6700 120  
087 2263164  
[margot@treoir.ie](mailto:margot@treoir.ie)  
[www.treoir.ie](http://www.treoir.ie)

Treoir is the Irish word for direction and guidance. Through our National Information Service we give clear and up-to-date information, free, to parents who are not married to each other and those involved with them.