

# Mentors help with baby bump

KATRINA ADAMSKI

YOUNG single mum Nicole Clough has found someone to walk alongside her since joining the Bump program.

After giving birth to her daughter Layla almost three months ago, Ms Clough has been meeting weekly with Jan Lees, who has four adult children.

Mrs Lees decided to become a mentor to young mums because she wanted to encourage and help them plan for the future.

Started by the Young Love Foundation, a non-profit organisation caring for the health and wellbeing of youth on the North Shore, the Bump program is for young pregnant and parenting mums.

Ms Clough, 20, of Collaroy, said although she loved her baby, it could be lonely and difficult being a single mum.

"It helps to have a mentor like Jan to talk to if I have problems," Ms Clough said. "My life changed dramatically after having Layla – I can't go out anywhere but it is



**SHARED WISDOM:** Experienced mums Jan Lees (left) and Nicole McCarthy, holding Devlin, 18 months, encourage Nicole Clough, who is holding 10-week-old Layla.

Picture: SARA NIXON  
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such a beautiful thing to have a baby because she brings me so much joy.

"A lot of young mums put their kids into child care but I want to be around for her early development."

Mrs Lees said it was important for Nicole to plan for the future.

"I wanted to let her know what can still be achieved despite a pregnancy that was not planned," Mrs Lees, of Bayview, said.

Another mentor, Nicole

McCarthy, of Killara, will soon be matched with another young mum after gaining a lot from the program. Mrs McCarthy said communication was vital for all mothers.

"It is a huge change in your life

and can be quite isolating," she said.

Young Love is recruiting new mentors.

For more information call Vicki Condon on 0419 633 881 or visit [younglove.org.au](http://younglove.org.au)