



SCHOOL OF MOTHERS

2025 REPORT

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Academic Years 2024/2025 and 2025/2026 (1st Period)



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Created in 2007, the Mother's School is a project of Ajuda de Mãe that aims to monitor pregnant women / adolescent mothers, creating and promoting a favorable environment for the prevention of early school leaving, allowing the schooling of these young women, integrated in regular education, in the Distance Learning modality.

This project also aims to promote the valorization and validation of personal and social knowledge and skills acquired in formal and informal contexts, in order to allow an improvement in the lives of young mothers and their babies.

The Mothers' School project also fosters the development of healthy parenting, allowing babies to accompany their mothers on a daily basis, staying in the Baby Room, while mothers attend online classes. In this way, young mothers can continue to study and whenever they need to take care of their children, they have them close to them, thus acquiring a set of important skills for the establishment of a healthy mother-child relationship. This opportunity allows the adolescent mother to enjoy this new stage of her life, with the monitoring and supervision of the Institution's technicians and employees.

The School of Mothers has two distinct strands:

1. **Teaching Time** - In partnership with the Fonseca Benevides Secondary School, using the Distance Learning model.
2. **"Free Time" Project** - During school breaks, several activities are carried out that promote the development of personal, social and parental skills of adolescents, in addition to enabling the experience of playful moments.



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The main objectives of the Mothers' School Project are:

- Promote school performance and progression and, simultaneously, a healthy experience of pregnancy and motherhood.
- Promote the acquisition of knowledge related to the needs of the baby and the mother.
- Promote the personal and social growth of adolescents.

MOTHERS' SCHOOL - School Time

ACADEMIC YEAR 2024/25

In the 2024/2025 school year, the Mothers' School had **10 students** enrolled in Distance Learning, maintaining the partnership with the Fonseca Benevides Secondary School.

For these young women, the Mothers' School was an opportunity for school continuation and progression. Most of the students attended the Mother's School in the year of their babies' birth, and were able to have their children close to them, in the Ajuda de Mãe's Baby Room. In this way, they were allowed to attend classes and, whenever necessary, provide care for their babies.

At the time they joined Distance Learning, the **students' ages ranged from 14 to 18 years old.**

Age	Number of students
14 years	2 students
15 years	2 students
16 years	1 student
17 years	4 students
18 years old	1 student

Students' ages



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At the time of integration in the Mothers' School, **4 adolescents were pregnant, 4 had babies under 3 months** and **2 had children over 6 months**. Pregnant students returned to school between the 1st and 2nd month after the birth of their babies.

Only 1 student had her daughter in a daycare center outside Ajuda de Mãe

Age of Babies	Number of Babies
Up to 3 months	4
Between 3 and 6 months	
Between 6 and 9 months	2
Between 9 months and 1 year	

Age of Babies



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Of the 10 students, **8 attended Distance Learning for the first time and 2 carried over from the previous academic year.** Of the latter, one attended the 9th grade and the other the 11th grade.

The students integrated the 3rd cycle and secondary as follows:

School Year	Number of Students
7th grade	1
Grade 8	3
Grade 9	3

3rd Cycle of Basic Education

School Year	Number of Students
Year 10	2
Year 11	1

Secondary Education



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Of the 10 students enrolled in the current school year at the Mothers' School, there were no dropouts, **9 students moved from year to year** and **only one student was retained.**

The student who did not transit, attended the 11th grade, in the area of Science and Technology and did not pass 3 subjects.

School Year	Number of students who transitioned	Number of students retained
7th grade	1	
Grade 8	3	
Grade 9	3	
Year 10	2	
Year 11		1

Achievement according to school year

The final results of the students of the School of Mothers were quite satisfactory and result from the effort and commitment of the students.

The help and support of Ajuda de Mãe Volunteers also contributed to these results. All the help provided daily was essential in the organization of work, in the acquisition of learning, in the completion of school work and in the acquisition and consolidation of rules and norms of conduct and interpersonal relationships.



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During this school year, the Mothers' School had **3 Volunteers** who gave weekly support in person.

Of the nine students who successfully completed the 2024/25 school year, two showed a willingness to continue in Distance Learning to complete the 9th year and thus finish the 3rd cycle, so they remained in Distance Learning in the 2025/26 school year. Two students returned to face-to-face teaching and one chose not to continue studying, as she was already 18 years old. The remaining four students were referred to Professional Technical Courses. The student who failed the 11th grade, by her own choice and already 18 years old, did not continue her studies.

<i>Routing type</i>	<i>N. students</i>
Distance Learning	2
Face-to-face teaching	2
Technical vocational education	4

Regarding parental performance, the evolution was visible. Benefiting from close and personalized monitoring, mothers developed confidence in providing adequate care to their babies, care that is essential for healthy and harmonious growth and development.



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ACADEMIC YEAR 2025/26

In the current school year 2025/2026, Ajuda de Mãe has, once again, pregnant women/teenage mothers enrolled in Distance Learning, maintaining the partnership with the Fonseca Benevides Secondary School.

So far, 9 students are enrolled .

When they joined Distance Learning, the students were between 13 and 17 years old.

<i>Ages/n. students</i>
13 years old – 1 student
14 years old – 1 student
15 years old – 2 students
16 years old – 2 students
17 years old – 3 students

Idades das alunas

4 students were **pregnant** and **5** were already **mothers**.

<i>Children's Ages</i>	<i>N. of babies</i>
Baby up to 3 months	1
Baby between 3 and 6 months	2
Baby between 6 and 9 months	--
Baby between 9 months and 1 year	1
Child over 12 months	1

Children's ages

Of the 9 students, 7 are attending Distance Learning for the first time and 2 have carried over from the previous school year, the latter being in the 9th grade.



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The students are distributed as follows:

<i>School year</i>	<i>Number of students</i>
Year 5	1

2nd cycle of basic education

<i>School year</i>	<i>Number of students</i>
Grade 8	3
Grade 9	4

3rd cycle of basic education

<i>School year</i>	<i>Number of students</i>
Year 10	1

Secondary Education

Since each student has their own personal goals and challenges, throughout the school year we will periodically establish individual goals with each student.

At the moment, we have the collaboration of 4 Volunteers at the Mothers' School.

SCHOOL FOR MOTHERS - Free Time

In the 2024/2025 school year, during the school holidays, several activities and Free Time dynamics were carried out for pregnant women and teenage mothers accompanied by the Institution. In the Summer Free Times we also receive pregnant women and teenage mothers from other institutions in the community.

CARNIVAL HOLIDAYS 2025

On March 3, the teenagers and their children went to attend a Carnival party and have a snack at the Ferreira Borges Intergenerational Center. It was a moment of conviviality and fun between generations.



EASTER HOLIDAYS 2025

The Easter Free Times took place on April 7, 8 and 9.

The following activities were carried out:

1. Session on Cybersecurity facilitated by two IPDJ volunteers
2. Baby massage session with the Mother's Help Technician, Margarida Telhado
3. Stories for Mothers and Children at the Library / Cultural Space Cinema Europa
4. Session on Alarm Signs in Children and Basic Life Support, promoted by Nurse Maria Pires from the School of Health of the Portuguese Red Cross
5. Lunch offered by McDonalds in Belém followed by Easter Egg Hunt in a garden in Belém.



Session on Cybersecurity



Baby massage



Library



Paediatric BLS



McDonalds de Belém



Easter egg hunt

SUMMER FREE TIME 2025

The 2025 Summer Free Times began on July 7th and ended on July 18th, with **12 teenage mothers** enrolled, referred from Distance Learning (school year 2024/25), from the Shelter Residences for Pregnant Women and Teenage Mothers from Ajuda de Mãe and Community Institutions.

The participants in these activities were between 13 and 21 years old, 2 were pregnant and the rest were already mothers.

The Free Time activities took place for 2 weeks with activities in Lisbon and surroundings from Monday to Friday, between 10:00 am and 4:00 pm.

In the Free Time, several activities were carried out, including:

1. Adaptation to the aquatic environment for Mothers and Children at the Alvito Swimming Pool
2. Session on Family Planning and STI Prevention with the collaboration of the ESSCVP
3. Lunch at McDonalds in Belém
4. Day at the beach
5. Visit to the Olivais Pedagogical Farm
6. Lunch prepared by Teenage Mothers
7. Dramatic Expression Session
8. Session on baby and child sleep with the collaboration of the ESSCVP
9. Visit to Badoca Safari Park
10. Pic nic no Jardim do Campo Grande
11. Taekwondo Demonstration



Alvito Swimming Pool



Family planning and STI prevention



Lunch at McDonalds in Belém



Day at the beach



Olivais Pedagogical Farm



Lunch prepared by the teenagers



Dramatic expression



Badoca Safari Park



Taekwondo Demonstration

Proposals for improvement

The visit of the Teachers to the Mothers' School should be promoted, so that a proximity is created between the students and the Teachers and so that the young women feel integrated in the school.

The existence of Tutors can be beneficial for the students. Tutors could provide more individualized follow-up, helping them to organize themselves in their studies and to outline a school path.

The permanence of Volunteers in the Mothers' School continues to be fundamental, and it should be sought that this commitment is assumed in a responsible and committed way.

Free Time activities should be planned in advance in order to get varied activities and support for their realization. In general, these adolescents show some resistance to the practice of physical exercise, so it would be important to introduce them to different modalities. In Free Time, activities should be carried out that work on personal and social skills, self-esteem, as well as values and norms of interpersonal relationships.

The involvement of the Mothers' School Project with community institutions should be encouraged.

Inês Monteiro

January 2026