

## Transcript of Heather Greathouse

Interviewer

I met you through People Helping People which is a non-profit that strengthens families through successful employment, which is a little piece that we're going to talk about. So tell me how People Helping People helped you.

Heather Greathouse

People Helping People helped me by kind of getting me on the right track as far as having a good resume, good cover letters, I didn't even know how to write a cover letter beforehand. They gave you a good direction in what a good career would be rather than just a job. So it just kind of helped me focus on my direction rather than just kind of going and get a normal job anywhere I possibly could.

Interviewer

And so what direction is that for you?

Heather Greathouse

The direction I'd like to go in is in psychology, something to do with working with people. I got my bachelor's in psychology so I'd like to use that.

Interviewer

Are you planning to go back to People Helping People?

Heather Greathouse

Yeah. I am planning to go back to People Helping People. I have a mentor meeting set up in Salt Lake and then meetings with the director, Marva, to talk about where I could go with my psychology degree.

Interviewer

You got quite a head start on a lot of single mothers who are struggling out there who don't even have a GED. You are quite lucky. Do you have anything to say about that?

Heather Greathouse

Yeah, sometimes it doesn't feel like I'm that lucky because I'm not, you know, where I thought I would be but I definitely have a good support system. I have everything I need. I couldn't really ask for too much more right now than a career.

Interviewer

So you're 23. Did you receive prenatal care?

Heather Greathouse

Yes. I received prenatal care.

Interviewer

And what was that care?

Heather Greathouse

I would go in for appointments when the doctor wanted me to. At the beginning it was four weeks at a time, then it was two, then it was one week. And he would just do checks, we would do ultrasounds, he would make sure that everything was developing right with Jack and just making sure that I was doing everything I could to have a healthy baby.

Interviewer

What were your challenges with the pregnancy?

Heather Greathouse

I really didn't have too many challenges. It didn't really even affect my body too much. I was really fortunate for that, I didn't really suffer with any nausea or anything. So yeah.

Interviewer

Any parenting education? Did you get any kind of education about how to be a parent?

Heather Greathouse

I was pretty much just self-taught on my education about how to be a parent, and of course observing -- I love the way that my parents raised me. Well now I love the way that my parents raised me. And so I just, I read a ton. I think I read more on babies than I ever did in college. [Laugh] So I really just enjoyed learning about what I could do and how I could better his life and his development.

Interviewer

What does he mean to you?

Heather Greathouse

Everything.

Interviewer

Talk about Jack.

Heather Greathouse

Jack is... it's unbelievable how much you can just automatically love something that's... not -- I mean he just kind of appears and he's here and he takes up every single second of my day but it's... I mean I wouldn't ask for anything else.

Interviewer

Are you on any state assistance?

Heather Greathouse

Yeah, I am on WIC, food stamps and I'm on Medicaid.

Interviewer

So tell me how this assistance helps you.

Heather Greathouse

The assistance I receive helps on a monthly basis. I mean with food stamps I can buy -- now I can buy formula with it and I didn't even realize that, so that's kind of a lifesaver on top of what I'm not able to get from WIC. And I never realized how expensive formula was before. But as far as, I mean I can just get food for myself. It was nice to not have to worry about any bills coming my way after you know -- I was born, you hear about the insane bill prices for you know, just having a baby. So that was a real stressor. So to be able to take care of that, it really helped.

Interviewer

Do you feel like there are things you would like to know or learn as a young parent? Jack's development. You read a lot. Are there things you still don't know about him that you want to know?

Heather Greathouse

I feel like I have a pretty good grasp on what I should be doing and how I can really interact with him. But that's my constant concern is that you know, I always wonder should I be talking to him more, should I sing to him more? I read to him every night, but is that enough? It's just that concern I think every mom probably has. But I think I have a pretty good idea of what he needs right now.

Interviewer

There are a lot of single moms out there who need help and are working so many jobs and they don't have time.

Heather Greathouse

I do, my best friend, mother of my god daughter, she works two jobs. She works one job that she wakes up at four in the morning, I think, and she doesn't get home until around like two in the afternoon. And then she works again at five to ten or something like that. I have a lot of respect for her for what she does. I already have a hard time leaving just for like a couple of hours. So that will be a challenge.

Interviewer

What would you like Jack to learn from you?

Heather Greathouse

That education is -- oh, I would like Jack to learn that, I mean, interacting with people on a responsible -- in a responsible way is a really good thing to learn. I'm learning that not a lot of parents teach that as far as manners and how to speak to adults and stuff. That's something that I've noticed lately. Education, definitely. I mean although, you know, it seems to be kind of irrelevant at some points to have some sort of a college degree, it is important. I mean of course because it makes it easier to move up, so.

Interviewer

And so what does the future look like? What is your dream for the future for you and then for Jack?

Heather Greathouse

My dream for the future for me is to get a career where I can use my psychology degree and be successful there, to be able to move up and provide a good life for him and not have any wants or needs, that would be amazing. For him, I would want just for him to be happy, to know that I'm doing enough for him, that he's developing right and he's healthy and happy and you know, he's making friends and going to the right schools and learning what he should be learning. Just, I mean kind of the ideal life for a kid, I guess.

Interviewer

Keep singing and reading to him.

Heather Greathouse

Oh, I read to him every night.

Interviewer

Read, read, read, read.

Heather Greathouse

I love Dr. Seuss, I need to get more Dr. Seuss books.

Interviewer

I do too. So Heather, If you return to school, where will you take Jack?

Heather Greathouse

Honestly, if I return to school I want to do it online. I'd like to be here and still be a part of things even if I'm kind of preoccupied and busy trying to get another degree. I've looked at a few online courses and I've kind of got a good direction of where I want to go if I go back to school, but yeah, I'd like to stay at home and get a degree.

Interviewer

Ultimately what do you want for yourself? Do you want to move somewhere

else, do you want to be independent? Do you want to have your business?

Heather Greathouse

As far as my goals for myself, I would like to probably move somewhere else. I'm struggling with that right now though because I'm realizing how amazing it is to have family around. So move somewhere else, get another degree so that I can further, you know, my career in that and kind of have a clearer direction of what I want to do. And I mean that's about it. I'm pretty content where I am right now though, I'm happy with what I have.

Interviewer

And probably one of the biggest challenges is sleeping.

Heather Greathouse

Yeah, it's not too hard though. As long as I get a good -- I'm a good sleeper so as long as I get him down, I can go down within a matter of minutes again and so it's just a matter of sleeping well.

Interviewer

You are a good mom.

Heather Greathouse

Everyone says that but I'm like I don't understand like what makes me a good mom. Like the other day I was washing bottles, I feel like I'm gonna be washing bottles for the rest of my life. But my mom's like, "You're such a good mom." I'm like, I'm washing bottles -- making sure they were healthy and happy and now it's just a human. [Laugh] So yeah.

Interviewer

He's lucky to have you as his mom.