

## Choosing Parenting

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Shared parenting, single parenting or marriage are all options to consider. Before making a decision to parent, be sure to consider all aspects (financial, emotional and social) of raising a child as an infant and as they grow. Parenting can be reward but also can have it's challenges.

When considering parenting, it's important to reflect on the following factors:

- your relationship with the child's father
- your support system & help they can offer
- childcare options
- financial responsibilities
- impact on your goals

Assistance from friends and family may help you in making your decision. We recommend having an honest conversations with your friends and family and ask them to list the types of support they can realistically provide such as child care (times and frequency), short term or long term housing, baby necessities, and emotional support.

## Temporary or Kinship Care

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For women who are not yet ready to parent but anticipate being able to in the near future, temporary care can help provide the time needed. Care by a relative or friend may be a formal agreement with an accompanying court order, or an informal arrangement. Be sure to discuss the following with the selected caregiver:

- a timeline for return
- your anticipated role and visitation
- financial responsibilities

*Speak with a counselor about your options*

**24 hours a day**

**800-355-5500**

TEXT 610-787-2453

**[afth.org/pregnant](http://afth.org/pregnant)**

 **Adoptions From The Heart®**

**AFTH is a private, non-profit, non-sectarian agency  
licensed in PA, NJ, DE, VA, CT and NY.**

**PREGNANT  
& NOT SURE WHAT TO DO?**

Learn about your

**OPTIONS**



## You Are Not Alone...

Unplanned pregnancies are not uncommon. 45% of pregnancies in the U.S. are unplanned. There are many options available to those facing an unplanned pregnancy:

- Abortion
- Parenting
- Adoption
- Temporary Care or Kinship Care

Some of the options are time sensitive while others, like adoption or temporary care, can be decided at any point, even after birth.

When facing an unplanned pregnancy, you may experience pressure from family and friends but ultimately, **it is your decision.**

None of these choices is the “easy” way out. Each option will come with complex and often conflicting emotions.

**The most important questions to ask yourself**  
**“Do I want to be a parent?”**  
**“Am I ready and able to be a parent now?”**

Then, find a good support system of friends, family and professionals to help you.

**W**hen facing an unplanned pregnancy there is not **one** choice that is right for **everyone**. It is a personal decision based on many factors and **only you** can decide what’s right for you. Each person has different feelings, values, and experiences that may help to shape their decision.

*No matter what you decide, it’s important to find support to help you along the way.*

## Choosing Abortion

For some women, deciding whether or not to have an abortion is a relatively straightforward decision. But for others, this option can be confusing and difficult. If considering this medical procedure, it is important to do your research. There is a lot of misinformation about abortion and it’s important to make a decision based on facts.

This option is time sensitive. Seek help as soon as you decide this might be the right path for you.

The National Abortions Federation has detailed information for you.  
1-800-772-9100  
[www.prochoice.org](http://www.prochoice.org)

## Choosing Adoption

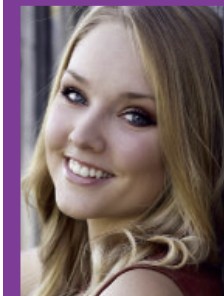
Adoption is a permanent decision where you choose to place your baby with another family who will become the legal parents..

If you would like, you can choose the parents for your baby, meet them, and have ongoing contact. Additionally, it allows the opportunity for you to remain involved in your baby’s life without the responsibilities of day-to-day parenting.

If you are considering adoption, it’s important to find an agency that **does not pressure you** in any way. This is your decision and your choice. Find an agency who can be there for you and advocate for your needs throughout the process as well as be supportive in the event that you choose to parent.

Many agencies can put you in touch with women who have been through the adoption process before, which can help you prepare for the emotions and realities of the experience. You will also have a counselor who will walk you through the process step-by-step.

When considering adoption, it is important to know the baby’s father has rights and may need to be involved in the decision making process.



*“I was shocked to find out I was pregnant. I talked to a counselor at Adoptions From The Heart who helped me learn the differences between my options. Even when I wavered between parenting and adoption, my counselor was supportive.”*