

Parenting REALITY CHECK-List

Perhaps the most important thing to know about unplanned pregnancy is that you have choices. If you have made the choice to continue your pregnancy, you can either choose to parent your child or make an adoption plan for your baby. Consider each option carefully, and do not rush your decision. Use this checklist to guide you towards the best answer for you.

Consider Your Financial Situation at This Time

- I am financially able to raise this child long-term (until adulthood).
- I have insurance and/or am able to pay the medical costs associated with pregnancy.
- I understand I may not be eligible for welfare or financial assistance.
- I am able to give my baby the proper food and nutrition.
- I am aware of the costs of daycare and am able to pay those expenses at this time.
- My current home is a stable, safe and appropriate place to raise a child.
- I currently have other children that I am struggling to support.

Evaluate Your Current Relationships & Outside Support

The Father:

- I have a healthy relationship with the father.
- The father is supportive of my pregnancy.
- The father is currently involved in my life and in my decision.
- If I have the baby, the father is willing and able to provide financial support through adulthood.

Friends & Family:

- I have friends and family to support me during and post-pregnancy.
- Somebody will be available to care for my child when I am sick, in school, or at work.
- I believe the people who say they will help me raise this child will truly be there for me.
- I am not ready to support this child on my own.

Consider Your Goals & Your Future

- I am willing to put my education and career goals on hold to raise my child.
- Raising this child may affect my other children and their future.
- I do not want children at this time in my life.

If You Are Considering Adoption

- Adoption is what I should do, but not what I want to do.
- I truly believe a loving adoptive family will give my child great opportunities that I am not able to provide at this time.
- I would like to choose the family for my child.
- I may want the opportunity to reconnect with my child in the future.

Remember, This is Your Choice

- I feel pressure to parent this baby.
- I feel pressure to place my baby for adoption.
- I think adoption is the best plan for this baby.
- The birthfather does not agree with making an adoption plan.
- I am interested in speaking with an adoption counselor about my feelings.

We hope this checklist will help you determine which path is best for you and your child. If you are interested in speaking with an experienced adoption professional, please call us at **800-722-7731** or text us confidentially at **617-777-0072**.