



Pregnancy Options

Make the Right Decision for You

Are you Pregnant?

It is important to find out if you are pregnant. It allows you more time to make the right decision for you. If you do a home pregnancy test, make sure you get it confirmed with your health care provider. If you are not pregnant, and you don't want to be pregnant, you need a dependable form of birth control.

If you are pregnant, you have 3 options:

- Choice A:** continue with the pregnancy and become a parent.
- Choice B:** continue with the pregnancy and choose to give the baby up for adoption.
- Choice C:** end the pregnancy now and have an abortion.

How Do I Feel About Being Pregnant?

If you are planning on being a parent or giving your baby up for adoption, it is important to build a healthy baby. Linking up with Health Unit programs like, Healthy Babies, Healthy Children and registering for prenatal classes are great ways to start caring for you and your baby. Also contact your health care provider to talk about your plans and begin early prenatal care.

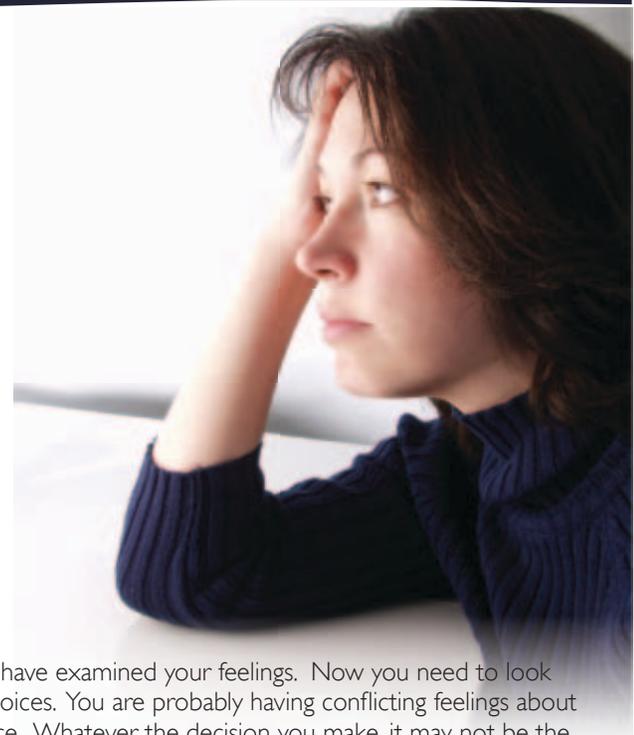
Your feelings.....

Many women have mixed feeling when informed they are pregnant. Making a decision about what to do can be scary. It is important to know your feelings, name them and look at them. Spend a few moments and answer these questions.

The thought of becoming a parent makes me feel _____
_____ because _____

The thought of arranging an adoption makes me feel _____
_____ because _____

The thought of having an abortion makes me feel _____
_____ because _____



Now you have examined your feelings. Now you need to look at your choices. You are probably having conflicting feelings about each choice. Whatever the decision you make, it may not be the "perfect decision".

If you cannot decide, you may need to explore your feelings more fully. You may need to talk to someone you trust-not to decide for you, but to help you decide what is best for you. That support person could be:

- a parent or family member,
- a teacher or counsellor,
- a close friend,
- a health care professional like your doctor or public health nurse.

No matter what decision you make, you need to decide soon. If you decide to continue the pregnancy, it is important to begin early prenatal care. If you decide on an abortion, the earlier you obtain it, the safer it will be.

Reference: *Unsure About Your Pregnancy*, National Abortion Federation, 2001

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