Women often have mixed feelings when they are faced with an unplanned pregnancy. Any decision you make—keeping the baby, having an abortion, or planning an adoption—will come with changes in your life.

If you are involved with the baby’s father, it may be helpful to talk with him about your feelings regarding your options. He may also have strong feelings about the pregnancy.

You will actually be making two decisions if it is early in the pregnancy:

- Do I want to continue the pregnancy?
- Do I want to parent a child?

### Ask Yourself These Questions

- Am I able to give a child what he/she needs—emotionally and financially?
- Will I have to count on my parents or family for help? Are they willing and able to do so? Will they pressure me to do what they want?
- Can I raise a child and meet my own needs: Finishing school? Supporting myself? Starting a career?
- Am I ready to become a parent on my own? Will the baby’s father be there for me now or in the future?
- What kind of help can my husband/baby’s father give me? Financial? Emotional? Will he help me care for the baby?
- Am I too young or too old to have the responsibility of a baby?
- Do I have problems, like drinking or using drugs, which will keep me from being the kind of parent my baby needs?
- Will my religious or cultural beliefs influence what choice I make?