

I THINK I'M PREGNANT!?!?

Common Questions of Potential Parents

Did you know?
Any pregnancy test
can detect a pregnancy
as soon as you've
missed your period.

How Do I Know?

You might be pregnant if you:

- › Have a positive pregnancy test (the best way to tell!)
- › Miss your period
- › Have sore boobs
- › Are more tired than normal
- › Feel nauseous
- › Feel unusual or something feels off



Am I pregnant? > bit.ly/maybe-preg



Take a pregnancy quiz > bit.ly/am-i-preg



Common signs of pregnancy > bit.ly/preg-signs

What Are My Options?

- › **Parenting:** Have the baby and raise your child.
- › **Adoption:** Continue your pregnancy but someone else raises your child.
- › **Abortion:** End your pregnancy safely.



Your options in detail > bit.ly/preg-options



Work through your decision > bit.ly/optionsworkbk

I Need Help Deciding

If you're pregnant and not sure how to feel or what to do, connect with someone. A trained peer or professional counselor will help you understand all your options, rights, and responsibilities.

Did you know?
A miscarriage (a loss
before 20 weeks of
pregnancy) is also called a
spontaneous abortion. This
happens in 1 in 4 known
pregnancies.



Talk to Someone about all your options

All-options.org (trained peers): Call 888-493-0092

FaithAloud.org (faith counselors): Call 888-717-5010

PlannedParenthood.org (health educators): Text ppnow to 774636 • Chat bit.ly/chat-pp

Safe2Choose.org (medical counselors): Chat bit.ly/reach-s2c • Email info@safe2choose.org



About The Pregnanting Toolkit™

Every pregnant and parenting person deserves access to reliable information, tools, and resources for successful pregnanting journeys and healthy babies. Gifts from Liam provides education and resources for vulnerable families to reduce preventable stillbirths and infant deaths. This guide brings together trusted existing resources and guidance in one place. PREPRINT 10/2023 - info@giftsfromliam.org

GIFTS FROM
Liam

What is Parenting?

Parenting begins in pregnancy and is a lifelong journey. It's a lot of work that requires taking care of yourself and the baby. There are many important factors to think about, such as relationships, finances, education, career, safety, and personal goals. As you navigate this journey, you'll have many questions, emotions, uncertainties, and moments of joy.



Am I ready for a baby? > bit.ly/am-i-ready



Some things to think about > bit.ly/think-about



Talk to someone or find help with parenting

NationalParentHelpline.org: Call 855-427-2736

FindHelp.org: Call 211

Did you know?
Some birthing
parents choose to
have a family or friend
take care of their baby
without officially
adopting.

What is Adoption?

When you choose adoption, you permanently transfer your parental rights to another person who will raise your child. While pregnant, it's important to take good care of yourself and the baby. There are different types of adoption available for you:

- › **Open adoptions** (the most common type): The birth parent is known, adoptive families and the birth parent may choose each other and have the option of continuing a lifelong relationship.
- › **Closed adoptions**: The birth parent and adoptive parents don't know each other and the birth parent has no relationship with the child after birth.



6 steps of adoption > bit.ly/adopt-steps



Adoption stories > bit.ly/adopt-stories



IL adoption agencies > bit.ly/il-adoption

Did you know?
Nearly half of
pregnancies are unplanned.
Unplanned doesn't mean
unwanted.



Talk to an adoption counselor (24/7)

TheCradle.org: Call 800-272-3534 • Text CRADLE to 66746 • Email bit.ly/reach-cradle

AdoptionCenterofIllinois.org: Call 800-676-2229 • Text 872-588-0757 • Email bit.ly/reach-aci

What is Abortion?

Abortions or terminations are common and people have abortions for many different reasons. There are two types of abortions to end your pregnancy safely

- › **Abortion pill (medication abortion)**: Used early in your pregnancy at home. It usually feels like a heavy period or miscarriage for 1-3 days.
- › **In-clinic abortion (medical abortion)**: A fast procedure done by a medical provider that feels like strong cramps during and after.



Learn more about abortions > bit.ly/ab-learn



Understand abortion options > bit.ly/aboptions



Is abortion right for me? > bit.ly/xyz



Abortion stories > bit.ly/ab-stories



Talk to someone about abortion

AbortionFinder.org: Text Hello to 435-3-FINDER • Web bit.ly/abfinder

NationalAbortionHotline.org: Call 800-772-9100 • Text 872-588-0757 • Chat bit.ly/ABhotline