

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 pregnancy signs** > bit.ly/preg-signs

What Are My Options?

Finding out you're pregnant brings up a lot of feelings from excitement to fear and everything in between, regardless of your situation. Know you have 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/opts-wkbb

DID YOU KNOW?
A miscarriage is also called a spontaneous abortion. This loss before 20 weeks happens in 1 in 4 known pregnancies.

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.

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 774-636 • Chat bit.ly/chat-pp

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

TeenLine.org (trained teen peers): Call 800-852-8336 • Text TEEN to 839-863



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. See more at pregnanting.org. Apr 2024 ©Gifts from Liam

What is Parenting?

Parenting begins in pregnancy and is a lifelong journey that's a **lot of work**. There are many factors to think about: relationships, finances, education, career, safety, personal goals and more. Also, parenting doesn't always go as planned. Babies can be born too early, born with disabilities, you may be a single parent, or other challenges may complicate your parenting. As you parent you'll have many questions, emotions, confusion, and joy.

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

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

DID YOU KNOW?
Some birth parents have a family or friend take care of their baby without officially adopting.

»»» Talk to someone or find help with parenting

NationalParentHelpline.org: Call 855-427-2736

FindHelp.org: Call 211

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:

- **Open adoptions** (the most common type): The birth parent is known, and 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)

Cradle.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 them for many reasons. There are two types of abortions to end your pregnancy safely. The best option for you will be determined by talking with your medical provider:

- **Medication abortion:** Prescribed pill taken at home.
- **Medical abortion:** Procedure done by a medical provider at a doctor's office or clinic.

The morning after pill is emergency non-prescription contraception. It can stop a pregnancy before it starts when taken up to 5 days after sex.

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

 **Understand abortion options** > bit.ly/aboptions

 **Is abortion right for me?** > bit.ly/maybe-ab

  **Abortion stories** > bit.ly/ab-stories

 **Emergency contraception?** > bit.ly/er-pill

»»» Talk to someone about abortion

AbortionFinder.org: Text HELLO to 435-334-6337 • Email bit.ly/reach-abfinder

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