

Some Things to Ask Yourself If You Are Thinking About Raising a Child
An Online Resource Created by Planned Parenthood

- Am I ready to help a child feel wanted and loved?
- Am I ready to cope with a tighter budget, less time for myself, and more stress?
- Do I have the support of family and friends?
- Am I ready to accept responsibility for all of my child's needs?
- Would I prefer to have a child at another time?
- Is anyone pressuring me to continue or end the pregnancy?
- How do I feel about other women who have children from unplanned pregnancies?
- Can I afford to have a child?
- What would it mean for my future and my family's future if I had a child now?
- How important is it to me what other people think about my decision?
- Can I handle the experience of pregnancy and raising a child?

If you are already a parent, ask yourself how bringing another child into your family will affect your other children.

Think about what your answers mean to you. You may want to discuss your answers with your partner, someone in your family, a friend, a trusted religious advisor, or a counselor.

Some Things to Ask Yourself If You Are Thinking About Adoption
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- Am I ready to be a parent?
- Can I afford to be a parent right now?
- What would it mean for my future if I had a child right now?
- Can I accept not being my child's primary parent?
- Does adoption feel like what I should do, not what I want to do?
- Would I consider abortion?
- Is someone pressuring me to choose adoption?
- Am I prepared to go through pregnancy and childbirth?
- Will I be able to cope with the feeling of loss that I may have?
- Do I have people in my life who will help me through the pregnancy and adoption process?
- How do I feel about other women who choose to place their children for adoption?
- How important is it to me what other people will think about my decision?

Think about what your answers mean to you. You may want to discuss your answers with your partner, someone in your family, a friend, a trusted religious advisor, or a counselor.

Some Things to Ask Yourself If You Are Thinking About Abortion
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- Am I ready to become a parent?
- Can I afford to have a child?
- Can I afford to have an abortion?
- What would it mean for my future and my family's future if I had a child now?
- Would I consider putting the child up for adoption?
- Do I have strong beliefs about abortion?
- How do I feel about other women who have abortions?
- How important is it to me what other people will think about my decision?
- Can I handle the experience of having an abortion?
- Is anyone pressuring me to have an abortion? Am I being pressured not to have an abortion?
- Would I be willing to tell a parent or go before a judge if my state requires it?

Think about what your answers mean to you. You may want to discuss your answers with your partner, someone in your family, a friend, a trusted religious advisor, or a counselor.

