

# .....Adoption

## Did you know?

- Studies show that most adoptions work out happily.
- Your child could have a 'life book' that tells him or her what you would like them to know.
- Through adoption, you can provide your child with both a father and mother.
- You can say what sort of people you would like to have as parents for your child.
- Adoption means you care about your child, giving him or her what you are unable to give right now.

## What happens?

- A social worker will visit you to talk about it. You don't need to decide now.
- The baby goes to foster parents for about six weeks. You can visit during this time.
- The baby then goes to live with the adoptive family. After three months with them, the adoption order can go through.
- You do not have to go to court – a social worker will visit you and ask you to sign a legal document.
- Once an adoption order has been made by the judge, it cannot be changed.

**Adoption is not an easy choice, but it does mean that you give your baby a good start in life.**

**An advisor from your local pregnancy counselling centre can support you for as long as you need.**

## Take time to think...

**The choice you have to make about your pregnancy is not an easy one. It's not just about the day-to-day problems a child can bring, it's also about what's important to you as a person.**

Read through the leaflet *Pregnant, what now?* to help you take some steps forward. This is obtainable from your local pregnancy centre or through our national freephone helpline:

**CAREconfidential 0800 028 2228**

Or visit our website:

**[www.careconfidential.com](http://www.careconfidential.com)**

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# Parenting Adoption Abortion

what shall I choose?.....



# ..... Becoming a parent

## Help is available that may make having a baby easier...

- If you have money problems, benefits may be available from the Benefits Agency.
- If you have housing problems, the Local Housing Office can help you.
- You will receive health care from your midwife, GP and health visitor.
- Baby clothes and equipment may be available from your local pregnancy counselling centre.
- It is possible to have a child and return to school, college or work.
- If you are on your own, a befriender from the centre can support you for as long as you wish.

**Becoming a parent is more than just the practicalities – your feelings and beliefs about it are important too!**

**Caring for your child is both challenging and rewarding. Take time to think carefully what it means to pursue your pregnancy.**

# ..... Abortion

## What's involved?

- Abortions are done for free under the NHS, either in the hospital or private clinics.
- There are various methods of abortion and you will need to sign a consent form to say that you agree to the procedure.
- If you are under 35 and less than nine weeks pregnant, you may be offered RU486. You are given a tablet to take, followed later by a vaginal pessary which leads to an abortion.
- More usually, up to the 14th week of pregnancy, you are given a general anaesthetic and a suction abortion.
- Later abortions mostly involve going through labour and delivery, but you will have to check this as it varies from hospital to hospital.
- Be aware that availability of services varies across the country.

## There may be some risks involved:

- Infection
- Bleeding
- Damage to the cervix or womb
- Possible risk of breast cancer

## Afterwards, some women may experience:

- A sense of loss
- Grief
- Guilt or regret
- Anger

## As well as:

- Tearfulness
- Wanting another baby
- Problems on anniversary dates
- Relationship problems
- Bad dreams
- Problems being near babies

## You are more likely to have these problems if:

- You are being pressurized into an abortion.
- You feel you have no choice.
- You have strong motherly feelings.
- You have had depression.
- You have a late abortion for a diagnosed abnormality.
- Or if you don't feel very comfortable with the idea of abortion.

**You may want to know more about how a baby develops in the womb, as this can affect how you feel about abortion. Your advisor can give you a leaflet about foetal development if you want to know the facts.**