



Talking with your parents about your pregnancy

“I’m pregnant.”

The longer you wait, the harder it may be to say those words. Telling your parents may be the hardest thing you’ve ever done. This brochure can help you think about how you will share the news of your pregnancy with your family.

You might be scared to tell your parents that you are pregnant - worried about their reaction, if they will be angry or disappointed in you. But as scared as you may feel, there are some important reasons why you should talk with your parents about your pregnancy.

Your parents may be able to help you think through your options and offer support as you make plans for your baby. They may also assist you in getting medical care and help you prepare for birth.

Plan what you want to say

Make a plan outlining what you would like to say to your parents. You may want to get some information on both parenting and adoption prior to talking with them. Your preparation will show your parents that you understand the seriousness of the situation, and that you want to make an informed, thoughtful decision.

Write it out

You might want to write out your thoughts about your pregnancy and what your plan is for your baby and yourself. This will be helpful to bring with you when you talk to your parents, and may help you understand your own feelings and the options available to you. You could include your thoughts about the sorrow and pain you think this pregnancy may cause.

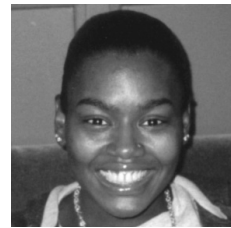
Bring a friend for support

You may want to bring a friend, sibling or other support person with you when you talk with your parents. A support person can give you confidence and add a voice of reason to a difficult conversation. Ask someone you trust to help you, someone who may be able to offer you support throughout your pregnancy.

“I was afraid they’d kick me out and I’d have no place to go. I made all sorts of plans for where I’d go. I was afraid I’d lose my family. That wasn’t the case. They were really supportive, and that helped a lot!”

-Megan, age 16

when she chose adoption for her daughter



Preparing for your family’s reaction

Your parents will probably have a range of reactions and feelings about your pregnancy. They may not think through what they say. Be prepared for their responses by practicing what you will say with a friend or a counselor.

Know that they may take awhile to get used to the idea. You might consider talking to your parents separately if you think that would be easier. As you share your news with friends and family, you will get used to people’s reactions and learn to answer questions in a way that feels comfortable for you.

Making an informed decision

You don’t need your parents’ permission to make a plan of adoption. The decisions you make are up to you and the baby’s father. However, we do encourage you to include your parents in your planning process.

Getting information on all of your options is the first step in making a decision concerning your pregnancy. If you would like to talk confidentially with a counselor, please call 1.800.272.3534 or go online to www.Cradle.Org. The Cradle is a licensed, not-for-profit child welfare agency. We can assist you in exploring your options, and we can put you in touch with women who have been where you are.

WHAT IS THE CRADLE ALL ABOUT?

CONFIDENTIALITY ~ No one needs to know you are talking with us. It's completely private.

COUNSELING AND SUPPORT ~ You'll have a personal counselor and a 24-hour hotline to call if you need to talk.

CONVENIENCE ~ We can meet with you anywhere; you don't have to come to our office unless you want to.

COMMUNITY ~ You'll have the chance to meet and talk with others in your situation.

EXPERIENCE ~ We've been helping people explore adoption for more than 80 years.

RESPECT ~ We respect you and your decision. There is no pressure.



ABOUT THE CRADLE

The Cradle is a licensed, non-for-profit, child welfare agency. We are able to provide pregnancy counseling in Illinois.

The Cradle was founded in 1923. Would you like to talk to someone about adoption?

Call us at 1.800.272.3534

www.cradle.org