

# NEED TO TALK?

So you just found out you're pregnant...



# How do I tell my parents I'm pregnant?

This is for you whether you just found out or you've suspected for a while.

### YOU NEED TO KNOW:

- You are not alone; help is available.
- You have options, including adoption.
- You can have an informed, mature, conversation with your parents.
- You can make a healthy plan for you and your baby.

*Been there...*

I was 17 when I got pregnant. It was a scary, kind of exciting, super confusing, and overwhelming time. I'd planned to go to college, get married, and have kids someday. But my boyfriend had other plans that didn't include raising a child with me. **It was hard to tell my parents, but I'm so glad I did.** They helped me make a decision and a plan.

*Mikaela*



Before you decide, get answers about adoption and your situation.



- Free & confidential
- Nationwide help
- Counseling available
- No pressure support

CALL OR TEXT  
24-HOUR HELP

1.800.923.6784  
LifetimeAdoption.com

**Are you or a friend thinking about adoption?**

Learn about the choices women have with modern adoption!

FREE Adoption App:  
MyAdoptionApp.com



MAKING  
A PLAN  
FOR YOU &  
YOUR BABY



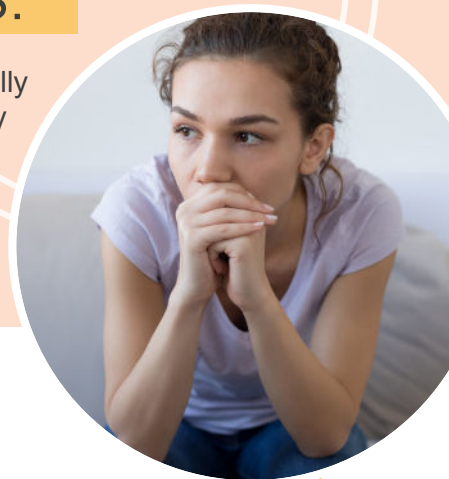
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Talk/text for 24/7 help: 1.800.923.6784



# HOW TO TALK TO YOUR PARENTS:

It may be hard to talk to your parents about your pregnancy, especially if you're not sure how you feel about it yet. Remember your pregnancy could be a shock to them. They may also be surprised to learn you're sexually active. Most likely, your parents want to be there for you, to support you the best way they can! Show them you're taking this seriously and making healthy, responsible decisions at this time.



## Where do I start?

### 1. KNOW THE FACTS & OPTIONS

Before you talk with your parents:

- Figure out how far along you are, or your estimated due date.
- Learn the truth about your pregnancy options.
- Come prepared with facts, not guesses.

### 2. THINK ABOUT YOUR PLAN

No one, not even a parent, can force you to make a choice about your pregnancy. You're the mother of your baby; you make the decisions. Be honest with yourself so you can focus on what you want for you and your baby's future.

Consider:

- How much will my parents help with my baby? Can I live at home? Will they help out financially?
- What are my childcare options?
- Will my baby's father help or be involved?
- Would my parents support me if I choose an option like modern adoption? Would they want to be involved?

You have time to decide what you want to do and you can learn about your options without obligation. Talk with a professional for answers.



### 3. HAVE THE CONVERSATION

- Choose a time when you will have total privacy.
- If needed, bring a trusted friend or adult for extra support.
- As you begin, ask your parents to hear you out before they say anything.
- Be honest and try to avoid arguing. Be willing to listen and answer their questions.
- Share the plan you've made for your baby or ask them to help you make a plan.
- Offer to talk about it again soon, especially if they need to process what you've told them. Remember, all parents have dreams for their children. Just because an unplanned pregnancy wasn't part of their hopes for you, that doesn't mean they won't be there for you.

## What is my baby doing?

By the time you miss a period, your pregnancy is already at least 4 weeks along. Most pregnancies last 40 weeks, when counted from the date of your last period. Here's how she's growing:\*



- 4-7 WEEKS:
- Beating heart
  - Arms & legs
  - Eyes & ears



- 8-10 WEEKS:
- Responds to touch or pain
  - Brain waves
  - Fingernails



- 12-15 WEEKS:
- Fully formed
  - Big as a lime
  - Can swallow & make a fist



- 16-22 WEEKS:
- Start to feel baby kicks
  - Can hear



- 24 WEEKS:
- Weighs over 1 pound
  - About 12 inches long



- 25-36 WEEKS:
- Eyelashes
  - Can blink
  - Size of a soccer ball

Adoption questions?  
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24-HOUR HELP CALL/TEXT

\*Not actual size models. Prenatal care is important for you and your baby. See a doctor for more information.