

## Crisis Pregnancy Info

To find yourself in a crisis pregnancy situation, can be extremely stressful and daunting. It is important to know that there is support available to you in many areas, even though it may not seem like it at this stage.

It is important, at this stage, to receive crisis-pregnancy counselling, which is free, confidential and non-judgemental. During this counselling the following is covered:

- Help and support with dealing with the shock of finding out you are pregnant.
- Working through your feelings about the pregnancy
- Obtain assistance in how to tell your partner, family and friends about the pregnancy, if this is something you wish to do.
- Discussion of all your options available to you, in order for you to make an informed decision as to the steps going forward.

### Adoption as an option

*"When I was 16 I fell pregnant.... I was one of the typical girls that said it would never happen to me. But it did and it was the scariest and loneliest time I have ever experienced. I didn't know what to do or where to turn to. But in my heart I knew abortion isn't an answer. I knew my options as my mother was adopted. I didn't know what the process was but it wasn't what I thought it was.. you hear all the horrible stories but it's not like that any more. It's such a beautiful process.. you have much more say than before. I truly believe that I did the best I possibly could do for my daughter at the time. I know that she's in a loving, happy home. Much better than what I could give her. She will always be in my heart and I know one day when she's old enough she will come meet me." - Biological mother*

Making the decision to embark on the adoption journey is not one that anyone takes lightly. For biological parents and prospective adoptive parents alike, adoption may seem daunting and overwhelming, but it is the social worker's duty to place a guiding hand over you through this endeavour. Through adopting a child-centered approach, foundations are laid on the importance of children needing permanent, secure and safe care.

### FAQ

#### ***How will i know if I am making the right decision?***

Considering adoption is a very serious decision to make. It is essential for people finding themselves in crisis pregnancy situations, to explore all of the options available to them before making any decision. It is important to make informed choices, that you are in no influence influenced or pressurised into making.

#### ***Will I know where my baby goes?***

If you would like to, then most definitely yes! It is important that you feel 100% comfortable with your decision. In most situations, you will be provided with a number of profiles of prospective adoptive parents and you decide where your child will be placed.

#### ***Will I know how my child is doing?***

If you would like to receive updates as to how your little one is doing and it is in the best interest of the baby, then of course. All updates are handled through the Social Worker as a mediator.

#### ***Will I get to see my baby?***

Most Social Workers feel that it is a part of the healing process that biological parents see, hold and spend special time with their baby before personally handing baby over to the prospective adoptive parents. This however, is not set in stone and each adoption is treated in its own individuality.

#### ***Does adoption cost me anything?***

No it does not. Adoptive parents cover the costs of the adoption process, including your counselling, as well as the legal process.

#### ***Will I be paid for my baby?***

No, most defiantly not! Trying to "sell" your child is highly illegal.

