



Children by Choice
Association Incorporated

Providing pro-choice
counselling, information
and education services on
all unplanned pregnancy
options – abortion, adoption
and parenting

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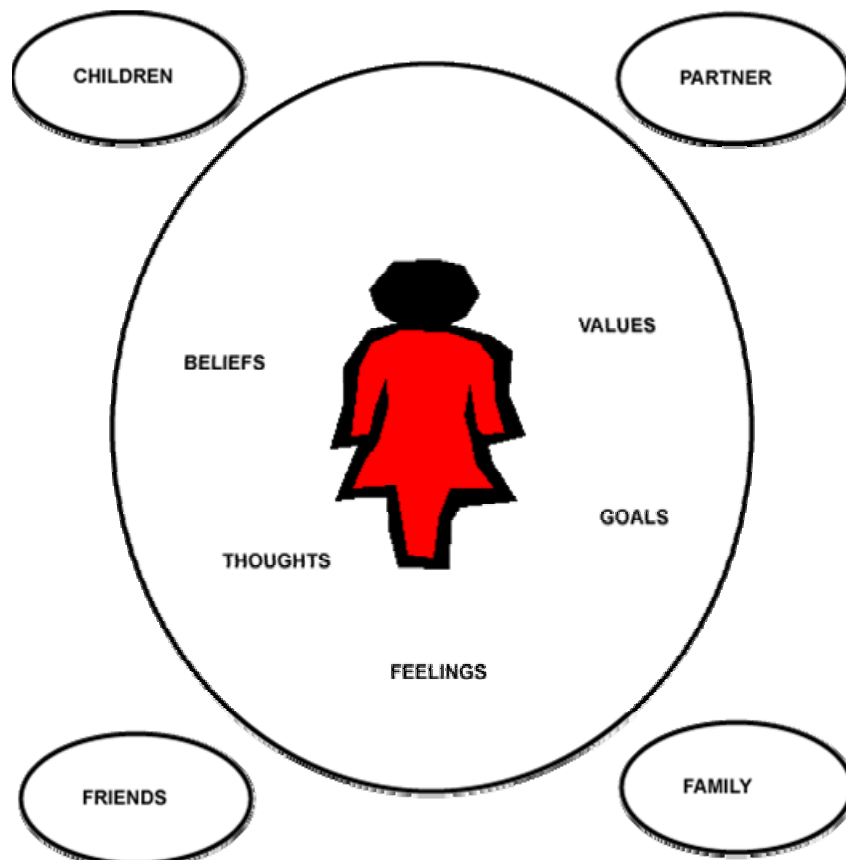
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Making a Decision... A woman centred approach to looking at pregnancy options

This approach focuses on you, the woman, by looking first at you and your needs, thoughts, feelings and beliefs in relation to the options available to you with an unplanned pregnancy. The reason that you need to focus on yourself first of all is that you are the most important person in this process of decision-making. This is not to say that others are not important, but that it is vital that you don't forget yourself and your own needs in making this decision.



How do I feel about this pregnancy?

Sometimes the first place to start is with how you feel about this pregnancy. Often an unplanned pregnancy raises a lot of different and sometimes confusing feelings and thoughts. These feelings are confusing as they often conflict with each other. For example, you may feel *anxious* since you cannot possibly consider having a baby (or another baby) until you are financially able to support the child, *scared* because you don't know how to parent or *concerned* since your current relationship is not very stable. While at the same time you may also be *overjoyed*

My goals, plans, dreams:

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- How would having an abortion change these plans?
- What interests and activities do I feel are important to me?
- If I was to parent would I have to give up any of my interests and activities?
- How would having a child affect my health and wellbeing?
- Would having a child change my educational plans?
- Do I have the energy to raise a child and further my education at the same time?
- Would having a child change my career plans?
- Do I have the energy to raise a child and continue to develop my career at the same time?
- Am I willing to give a great part of my life, at least 18 years, to being responsible for a child?
- Am I willing to spend a large portion of my life being concerned for a child's well being?
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On a scale of 1 (for abortion) to 10 (for continuing), where would you say you are right now? Why?

1-----5-----10
Abortion Continuing

On a scale of 1 (for abortion) to 10 (for parenting), where would you say you are right now? Why?

1-----5-----10
Abortion Parenting

On a scale of 1 (for adoption) to 10 (for parenting), where would you say you are right now? Why?

1-----5-----10
Adoption Parenting

Do I need more information on any of these options?

Sometimes not having enough practical information on all the options makes it difficult to decide. If you have access to the internet you may like to explore our detailed website pages on the three options, which include links to relevant organisations. Alternatively, you can contact us to discuss any issues or

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deprivation, physical tiredness and emotional upheaval?

- Do I have the energy to raise another child?
- Who would support me if I have another child now?
- How would having another child now affect my health and wellbeing?
- Would having another child change my educational or career plans?
- Could I handle another child considering my current workload?
- How would my child/ren deal with another child?
- What would my child/ren gain if I had another child?

Future Children

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Future Children

Sometimes women are concerned about the risks associated with an abortion and if having an abortion will affect their ability to have children in the future. A review of the medical evidence shows that there is no increased risk of infertility from having an abortion in Australia, where abortion is provided safely and lawfully by a skilled doctor. The Royal College of Obstetricians and Gynaecologists has stated that "abortion is safer than carrying a pregnancy to term and that complications are uncommon." However, the surgical abortion procedure does carry some risks, such as infection and perforation of the uterus, and it is very important that you understand these fully if you do opt to have an abortion.

Thinking about my partner

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Partner

This section is for those women who want to include the man involved in the pregnancy in the decision-making process. It is important to remember that the final decision rests with you, the pregnant woman.

- Does my partner want to have a child? Another child?
- Have we talked about our reasons for wanting/not wanting a child? Another child?
- Is our relationship a happy and strong one, which would give a child a good home?
- Could we share the work of looking after a child? Another child?
- How well do we know each other – especially in relation to our views on parenting?

Children by **Choice**
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Support us ...

Make a donation today and ensure that we can continue to make a positive difference for women.

Membership of the association is open to all who agree with our aims.

Call us to explore opportunities to volunteer.

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battleground, with one party winning and another losing with whichever pregnancy outcome is chosen.

Making a decision about whether to continue a pregnancy or not can be extremely stressful for all involved in that decision. The shock of an unplanned pregnancy or a pregnancy that has had medical complications can greatly add to this stress. This may be placing an enormous strain on you and those around you and making it difficult for everybody to act as understanding, considerate and supportive friends to one another.

Remember, seek out people who will be supportive and understanding of you, without pressuring you to make one decision or another.

Can I make a decision now?

Now that you have considered and explored your choices and feelings, values and beliefs, expectations and previous experiences regarding all of the options, and obtained more information, you may be ready to make a decision which is best for you.

Throughout your decision making process, know that many women have decided for and against abortion, adoption and parenting. An abortion, adoption or parenting decision does not put you into a world of simple good and bad. However you reach your decision, whatever choice you make may leave you with some qualms and uncertainty. Therefore, although you may believe you have made the best decision for you, it still may feel that it is not perfect decision. It is natural to continue to have some mixed feelings. What you will have to do in this case is ask yourself, "Can I live with this decision?" and maybe "What can I do to manage these feelings?"

If you are as yet undecided, you may like to explore the information on our website or you may like to call Children by Choice to discuss the situation further. Take your time, while remembering that it is important for your health to decide as soon as you can – to access pre-natal care if you are continuing or to access an earlier termination.

Remember, you have considered this decision and you have done your best. Despite the fact that others around you may be trying to make the decision for you, the decision is yours and you will make the best decision possible.