



Parenting

The choice is yours.

YOUR OPTIONS
THE BEST DECISION IS AN INFORMED DECISION

How can I know if this is the best decision for me?

It's essential to take the time you need to understand all of your options to know what's best for you and your child. Taking the time, gathering the information, and seeking counsel will help you feel assured that you have made the best choice.



Talk with Family and Friends

Talk openly and honestly with your family and friends. Those who know you best can be a source of help for you as you consider becoming a parent and all the many changes it will bring to your life.

Raising a child is a full-time job, and thinking through the challenges that come with these responsibilities will help you be the best parent you can be. There are a variety of resources available in your community; including parenting classes, assistance with baby items (clothing, diapers, formula, and other necessities), Medicaid, etc. Your advocate can offer referrals to local resources that are available to you.

Is Having a Child Expensive?

You may be able to work either a full or part-time job. Some jobs offer healthcare benefits for both you and your child. If you are going to school, you may be able to qualify for assistance that will help with living expenses as well.

WHAT TO KNOW

Is the Father of the Baby Required to Help Me?

Both parents have legal rights and responsibilities, and these can vary from state to state. If you choose to parent, your baby's father may have a legal responsibility to help support your child, and many states offer services to help families establish court-ordered child support when needed.

In addition to financial support, it's also important to consider the role your baby's father may have in your child's life. Every family situation is different, and involvement can depend on many factors, including your relationship, each parent's desire and ability to participate, and the kind of co-parenting relationship you hope to build. Thinking through these possibilities can help you make the decision that feels best for you and your child.

DISCLAIMER: This fact sheet is designed to be an informational tool only. It is not intended to provide medical or legal advice or replace care from a qualified medical practitioner.

We are here for you!

We are committed to giving you the answers you need. Your final decision regarding the outcome of your pregnancy lies with you. In order to make the best decision, you must have accurate information.

We offer the following resources at our Lexington Park and Lusby Centers:

- Materials Support (diapers, wipes, formula, baby food, clothing, etc)
- Maternity Clothes
- No-Cost Classes (from pregnancy through the toddler years, we have a class for that!)
- Community Resource lists and brochures are available upon request

To learn more about our services and how you can receive assistance as a parent, schedule your appointment today at no cost to you.

