



## **You are pregnant: Your choices**



**Carry on with your pregnancy and become a parent.**



**Stop your pregnancy with an abortion.**

An abortion is when you stop your pregnancy before the birth.



**Have your child adopted or fostered.**

Your child will be looked after by someone else.



**Carry on with your pregnancy  
and become a parent**



Book an appointment with your doctor or  
midwife.



They will find out when your child will be  
born.



They will explain what happens when you  
are pregnant.



You will see your doctor and midwife for regular check ups.

This is called 'antenatal care'.



Your midwife or doctor will check that you and your child are well.



They may suggest you go to antenatal classes.



Here you will learn helpful things like giving birth...

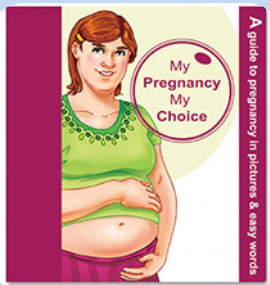


...Staying healthy...



and breast feeding.

Here is some more information about becoming a parent:



**'My Pregnancy, My Choice'** by Change. £24

0113 388 0011

[www.changepeople.co.uk](http://www.changepeople.co.uk)



**'Parenting'** books pack by Change. £80

0113 388 0011

[www.changepeople.co.uk](http://www.changepeople.co.uk)



**'You and your little child 0-1'** by Change. £38

0113 388 0011

[www.changepeople.co.uk](http://www.changepeople.co.uk)



**'You and your baby 1-5'** by Change £38

0113 388 0011

[www.changepeople.co.uk](http://www.changepeople.co.uk)

## Pregnancy and parenting contacts



**BPAS** (The British Pregnancy Advisory Service).

For unplanned pregnancy options, advice, counselling and abortion treatment.

0333 254 9581    [www.bpas.org](http://www.bpas.org)



**NCT** (National Child Trust)

Pregnancy and birth helpline 030 0330 3772

[www.nct.org.uk](http://www.nct.org.uk)



**FPA** (Family Planning Association)

0845 122 8690

[www.fpa.org.uk](http://www.fpa.org.uk)



**Tommy's**

Pregnancy line 0800 0147 800

[www.tommys.org](http://www.tommys.org)

# Stop your pregnancy with an abortion



An abortion is when you stop your pregnancy before the birth.



This can be done by taking 2 different types of pills...



...or having an operation.



You will need to talk to a professional to tell them how you feel about your pregnancy.



If you decide to have an abortion you will need to have some medical checks.



An abortion must be done before you are 5 months pregnant (24 weeks).

This will be explained to you.



## Abortion contacts



BPAS (The British Pregnancy Advisory Service).

For unplanned pregnancy options, advice, counselling and abortion treatment.

0333 254 9581    [www.bpas.org](http://www.bpas.org)



Brook.

0808 802 1234

[www.brook.org.uk](http://www.brook.org.uk)



FPA (Family Planning Association).

0845 122 8690

[www.fpa.org.uk](http://www.fpa.org.uk)



Marie Stopes International.

0845 300 8090

[www.mariestopes.org.uk](http://www.mariestopes.org.uk)



## Have your child adopted or fostered



### Fostering

This is when your child lives with another family for a while or forever.



It may be hard to give your child to someone else.



Your child may be able to come home and live with you when you are ready.



Social Services will talk to you about this.





## Adoption

Adoption is a way of giving a child a new family forever.



Adoption happens when you cannot safely look after your child...

...or don't want to keep your baby.



It may be hard to give your child to someone else.



Once your child has been adopted you cannot have your baby back.



Social Services will talk to you about this.



It may be helpful to speak to someone you trust.

# Fostering and adoption contacts



Adoption UK

0844 848 7900

[www.adoptionuk.org](http://www.adoptionuk.org)



After Adoption

0800 0 568 578

[www.afteradoption.org.uk](http://www.afteradoption.org.uk)



BAAF (British Association for Adoption and Fostering)

020 7421 2600

[www.baaf.org.uk](http://www.baaf.org.uk)



PAC (Post-Adoption Centre)

020 7284 5879

[www.postadoptioncentre.org.uk](http://www.postadoptioncentre.org.uk)



Cafcass

0844 353 3350

[www.cafcass.gov.uk](http://www.cafcass.gov.uk)



Family Rights Group

0808 801 0366

This leaflet was made by the Easyhealth team at Generate Opportunities Ltd.



NHS choices

Easyhealth was given permission by NHS Choices to use their health information.



The '**Quality Checking Group**' at Generate checked that the information is easy to understand.

This is a group of advisors with learning disabilities.



### **Stop your pregnancy with an abortion**

was checked for accuracy by Beth Kelly, Teenage Pregnancy Coordinator, Wandsworth and representatives of British Pregnancy Advisory Service (BPAS).



### **Carry on with your pregnancy and become a parent**

was checked for accuracy by Beth Kelly, Teenage Pregnancy Coordinator, Wandsworth.



### **Having your child fostered or adopted**

was checked for accuracy by Steve Pearson, Fostering Manager, Wandsworth Children's Specialist Services.



This information was made in  
**March 2013.**