

## About my partner...



*Does my partner want to have a child?*

*Does my partner want to have a child and does my partner want to be a parent to our child?*

*Is our relationship a happy and strong one?*

*Is my partner ready to give time, energy and money to raise our child?*

*Do I know my partner's feelings about discipline, family, child-raising, religion, work and his/her future goals?*

*Will a child fit into our hopes and plans?*

*If my partner is unable/unwilling to parent, am I capable of raising a child by myself?*

*Am I comfortable with my partner being a part of my child's life?*

These are just a few of the questions you should be asking yourself and your partner.

Discuss these things with your partner, relatives, friends and counselor.

Those who care about you will offer their thoughts, but still give you the freedom to make your own decision.

***You want to make the right choice for you and your baby, and AFTH can help.***

*To speak with an Adoptions From The Heart adoption counselor call*

**IN CONFIDENCE  
24 hours a day  
(800) 355-5500**



[www.afth.org/pregnant](http://www.afth.org/pregnant)

## Am I ready to be a parent?



Taking responsibility for a child can be overwhelming.

Take some time to consider the questions in this pamphlet. They may help you determine whether you are ready to parent.

## *My goals/priorities*

*What are my goals in life?*

*How would a child fit into those goals?*

*How would a child affect those goals?*

*Am I willing to give up my goals for a time to take care of a child?*

*Would I have time & energy to parent a child and work or go to school?*

*How would having a child impact my social life?*

## *My support system*

*Do I live in an environment where my decision to parent would be accepted?*

*If not, would I be okay with that and how would I deal with it?*

*Do I get along with my parents & family?*

*Will I need their help?*

*Would they support a decision to parent?*

## *About myself*

*Do I expect my child to make my life happy?*

*Am I willing to spend at least the next 18 years of my life taking responsibility for and caring about my child's health, happiness and well-being?*

*Do I like doing things with children and enjoy children's activities?*

*Do I know how to care for a child and provide for his or her needs? (cleanliness, food, affection, stimulation, limits and discipline)*

*Do I know anything about child development? (What is appropriate behavior, discipline for different ages of children?) Am I willing to learn about those things?*

*Do I want to have a child of a certain sex? What if I didn't have a child of that sex?*

*How do I act when I get angry/upset?*

*Would having a child show others how mature I am and make others think of me as an adult?*

## *Financial Resources & Expenses*



*Can I afford to financially support a child?*

*Do I know how much money it requires to provide for a child's needs or to raise a child?*

*Did you know?*

*The estimated cost of*

*Birth Medical Expenses...\$24,000*

*Diapers...\$20-\$35 per package*

*Car Seat...\$60-\$150*

*Baby Equipment...\$1,500-\$2,000*

*Baby formula **per week**...\$30*

*Clothing **per season**...\$200-\$250*

*Baby sitting **per hour**...\$10-\$15*

*Doctor's visit...\$75-\$100*

*Day care **per week**...\$250*

*Do I want to raise my child in the neighborhood or situation I am living in now?*

*If not, where and how would I move, and how much would it cost per month?*