

YOUR *child*

YOUR *choice*



lifeline 

children's services

A person's hands are holding a small, square photograph of a young child. The child is smiling and looking towards the camera. The background of the photo is slightly blurred. The person holding the photo is wearing a light-colored shirt. The overall image has a soft, blue-tinted overlay.

Adoption, Parenting, Abortion.

There is NOT an “easy” option.

So, you're pregnant, and you didn't expect this?
We know you must have many thoughts and emotions about what you should do. We are here to help you make a decision you feel good about.

Take a deep breath and know that no matter how far along you are, you do not need to feel pressured or rushed into any decision. Many women find it helpful to journal their thoughts about each option, or talk to a trusted professional who can provide truthful information about all three options.

You can ask yourself:

How is my emotional state impacting my ability to make this decision?

Do I need to take some time to process my emotions before I am able to logically think through my options?

Before I found out I was pregnant, what did I think about adoption, parenting, and abortion?

What are the pros and cons of each option?

What questions do I have about each option?

What goals do I have for my life?

What do I hope for my life to look like in 10 years?

What do I hope for my child's life to look like?

Is anyone pressuring me to make a certain choice?

Am I committed to thinking about how this decision will impact me and my baby long-term?

These are the types of questions that your pregnancy counselor will help you think through. We are here to provide **free, confidential counseling** for you as you consider your options!

Why Lifeline?

FOUNDED FOR YOU: Most agencies or attorneys exist to help adoptive families find children. We were founded to make sure you have the support and care you need as you consider adoption for your baby.

FOCUSED ON YOU: At Lifeline, we view every woman we come in contact with as a whole-being with spiritual, emotional, social, and physical needs. Therefore, we desire to serve and support women in every area of their lives, not only in the area of pregnancy.

INFORMING YOU: We believe that every good decision begins with good information. Our workers are passionate about providing pregnancy options counseling in a way that is supportive, understanding, and non-pressuring. We desire to equip you with the knowledge needed to make the best choice for you and your child's long-term well-being.

EMPOWERING YOU: Lifeline empowers you, the expectant parent, by allowing you to choose the family for your child, choose the amount of openness you desire, and create an individualized hospital plan, while receiving coaching on your post adoption goals and dreams for your life. You truly are in the driver's seat when it comes to making an adoption plan!

RESPECTFUL OF YOU: We believe that adoption is a beautiful thing, and a wonderful option for someone facing unexpected pregnancy! However, we understand that adoption is not the best option for every expectant parent. We will never attempt to persuade you into making a decision you are not comfortable with.

AVAILABLE TO YOU: Every option in an unexpected pregnancy can prompt feelings of grief and loss on the part of birthparents, which is why Lifeline desires to be available to you for a lifetime of support after placement. Lifeline is committed to walking with you as you navigate the joys and hardships of the adoption journey.

ADOPTIVE FAMILIES THAT RESPECT YOU: Because we were founded for you, our adoptive families chose to work with us because they care about you and want to know you (if you desire a relationship with them). We equip our families to honor and respect you in how they care for the child you place in their home.

QUESTIONS

expectant mothers ask about adoption

Do I get to choose the family for my baby?

Absolutely (if that is your desire)! We have lots of prepared families who are already screened and trained. You will share with your local counselor all your desires for a family, and then look at profiles of families that meet your desires. If you would like, you can meet the family, or ask them questions so you are confident they are the right family for you and your baby. You can find out things like what they like to do, how they will parent, what life in their home would be like, and much more! You decide what's important to you (Will they have siblings? Do they travel? etc.) and then take the time to learn about, and even meet, the families you consider. We want you to be informed and confident about your decision.

Can I have contact with my baby after adoption?

You get to choose the amount of openness you want in your individualized adoption plan. Every adoption looks a little different, but many women desire a relationship with the family and their child, and Lifeline's families desire to know their child's birthmom. If you desire, you can receive letters and pictures, and even have scheduled visits, with the family. Lifeline can help facilitate and navigate the relationship between you, the adoptive parents, and the child.

Would it be too sad or painful to place my child with another family?

While placing your child into an adoptive family comes with sadness, loss, and grief, each option (parenting, adoption, or abortion) is a difficult one and comes with difficult feelings. Most women who make an adoption plan say those tough feelings are paired with great hope, peace, and possibility. You will know you've made a responsible, loving decision for your child. We are committed to helping you think through these feelings and how you may experience grief before making a final decision. Our post-adoption support team is available to you for a lifetime after you place your baby.

What if my family or friends think I should parent this baby?

It can be hard to make a decision that isn't supported by family and friends. It is good to listen to people you trust and seek input. Family and friends can do that for you; we advise you seek input from a professional like Lifeline, as well. While family and friends may have good intentions, they may not understand adoption. We can help you find the words to share your decision with them, whether in conversation or through a letter, and we will be here to talk afterward. We can help educate your family about newborn adoption so they know the control you have in the choice of family and long-term contact with your child, if you choose.

If I choose adoption, what will my child think of me?

Mothers who put the care and well-being of their child before their own desires are self-less, loving, and courageous. Your child will know that it was because of your great love for them that you chose their family. Through open adoption, you can write letters or tell your child in person how much you have always loved them! We also train our families to celebrate their child's adoption story and to honor you, the birthmother, in their home.

Will I know how my child is doing and if they're having a good life?

If you choose to have an open adoption, you can decide how much you'd like to hear about your child as they grow. You can receive pictures and updates, and even visit them, if you want to!

Is adoption selfish?

Adoption is courageous and sacrificial, but it is not the easy way out. It takes thoughtfulness, commitment, and selflessness. You are making a responsible decision by considering all your options for the health and well-being of your child and placing them with loving, prepared parents.

How can I trust the adoptive family?

Our adoptions are not done online or over the phone. You get to meet your worker and the family face to face. All of our adoptive couples have been carefully and thoroughly evaluated to ensure their readiness to provide a stable and loving home for a child. Additionally, they are trained in the value of an open adoption. In the same way we serve you as a whole person, we assess our adoptive families. We do not stop at background checks and financial assessment, we assess their marriage, parenting abilities, and ability to care for the child emotionally, mentally, spiritually, and physically.

Wouldn't abortion be easier than carrying my baby and placing them for adoption?

It's tempting to think of abortion as a "quick" answer to an uncertain situation, but the decision to abort your child is permanent. The grief and finality of this decision may last your entire life. Adoption, on the other hand, while certainly extremely difficult, provides you with the peace that comes from providing your child with a safe, stable, happy life as long as you live. No situation is perfect, but we support you in considering ALL the options for your baby!

If I call Lifeline, will I be pressured to place my baby for adoption?

Absolutely not! Your counselor is separate from the adopting family social worker, so their whole job is to care for YOU. They go at a pace you feel comfortable with, and don't match you with a family until you are ready. In most cases, legal paperwork is not signed until after the baby is born, so you will have plenty of time to change your mind at any point during the process. In fact, we help you think through each of your options so that you are confident in the decision you make! Regardless of your decision, we will work with you to get you connected to the resources you need.

how to make AN ADOPTION PLAN

- Connect with your local pregnancy counselor and begin getting to know them.
- Your counselor can connect you to resources to meet your needs for medical care, transportation, housing, legal counsel, etc.
- Your counselor will talk through your options to help you decide if you want to make an adoption plan.
- Work with your counselor to make an adoption plan that fits your preferences for you and your child.
Talk about your goals, your desires for an adoptive family, and what level of openness you desire.
- Choose from our many waiting families by looking at profile books!
Profile books are scrapbooks made by our adoptive families with pictures and notes that will give you a glimpse into their lives.
- Get to know the adoptive family, if you desire.
- Prepare for your hospital stay with your pregnancy counselor.
- At the hospital, your pregnancy counselor will be there to support you (as much as you desire). You will not sign legal paperwork until after your baby is born.
- Meet regularly with your pregnancy counselor (if you desire) and receive grief support while you transition to a new normal.

You do not need to do this alone! Women call us at all stages of their pregnancy, or even after their child is born.

Our pregnancy counselors desire to get to know you and support you at any point on your journey.



your first meeting

While many expectant parents feel nervous before their first meeting, we want you to feel as comfortable as possible when you meet your pregnancy counselor for the first time! It is our joy to sit with you and hear your story! Here are a few things you can expect during your first meeting:

Where will we meet and how long will it last?

You will meet at a location that is convenient for you (this may be at the office or at a local coffee shop of your choosing). Most initial meetings last about an hour.

What will we talk about?

The purpose of the first visit is for you and your worker to get to know each other. We want you to walk away feeling confident in your support person and that all your questions about the adoption process were answered. We will get to know you through some helpful questions so that we can know how we can best serve you. We encourage you to make this a two-way interview! We are here to answer any of your questions, no matter how big or small.

Will I fill out paperwork?

Your worker will talk through some intake paperwork that helps you understand the adoption process. This paperwork is very minimal and does not commit you to making an adoption plan.

Whether you are anxious to get started with the process of adoption, or want to take things slowly, let your worker know and we will make sure to go at a pace that makes you comfortable.

The first step is reaching out!

We look forward to getting to know you!

So, you're pregnant, and this wasn't part of your plan for your life.

This isn't how it was supposed to be.
You never saw your story going this way.

You may feel like your life is spinning out of control,
and unsure of what to do next.

Friend, we are so glad you are reading this brochure.

If you are facing an unexpected pregnancy, Lifeline is here with free help
and answers as you explore your choices. You are not alone.
Our pregnancy counselors are committed to meeting you where
you are and providing you with compassionate and
confidential support throughout your pregnancy and beyond.

We want to equip you with information about all your options so
you can decide which option is a good fit for you and your baby.

Please feel free to live chat, email, or call if you have any
questions about our services.



1.800.875.5595

pregnant.lifelinechild.org

Our services are FREE to you.

A local advocate is available to you in Alabama,
Florida, Georgia, Kansas, Mississippi, North Carolina,
South Carolina, Tennessee, and Texas-DFW.