




OPEN
THE DOOR
WHEN
HAPPINESS
COMES
CALLING

PLANNED & UNPLANNED PREGNANCY





Pregnancy and child birth is a very important phase of life for all couples who are preparing and planning to have a baby. As we plan for all the major events of life, so should the case be for pregnancy and child birth, so that the couple is ready for a larger responsibility.

PLANNED PREGNANCY

"Let's have a baby," say the planners. You are ready. You have the finances lined up, a toy filled nursery and a savings account with the baby's name on it. You decide to start trying to conceive.

The pros to planning your pregnancy are great.

- You are prepared financially
- You start taking your prenatal vitamins early
- You ditch any bad habits that may harm the baby and are generally excited about the adventure ahead

UNPLANNED (SURPRISE) PREGNANCY

An unplanned pregnancy can be one of the scariest feelings in the world. The good news is that nine months from now you will be holding a "bundle of joy." And at that point, you may not even remember the stress you felt when you first saw that positive pregnancy test.

Unfortunately, having an unplanned pregnancy doesn't always give new mothers time to quit unhealthy habits and take prenatal vitamins. The first few weeks are a very critical time in the baby's development. Unhealthy habits and not getting enough folic acid during this time can cause birth defects. Sometimes it takes weeks for women to realize they are pregnant, especially those who have irregular periods. This is why it is important for women of childbearing age to take vitamins and live a healthy lifestyle.

HOW TO PLAN FOR AN UNPLANNED PREGNANCY

FOR THE MOTHER

- **Start taking folic acid:** Taking folic acid during pregnancy can reduce your baby's risk of neural tube defects
- **Make a doctor's appointment:** It is important to figure out how many weeks along you are and get an accurate due date of delivery
- **Let it sink in:** You might be elated, but it's normal to also feel shocked, scared, anxious - even angry
- **Take action:** The best way to deal with the unknown is to create an action plan. Think about returning to work or going back part time, how much leave you and your spouse can take, or if you will need childcare. Take a look at your finances and factor in how your financial situation will change
- **Be positive:** Instead of thinking of it as an unplanned pregnancy or an accident, think of it as a gift to cherish





FOR THE FATHER

- Ask her what she thinks
- Tell her what you think
- Be honest
- Give good reasons for your opinion
- Don't make threats
- Don't withdraw
- Stand by your decision
- Turn baby blues into a prenatal plus

Dealing with the issue of unplanned pregnancy is never an easy task, but these steps can make a very big difference in the outcome. This can be a very emotional decision, and your partner is going to need your support in making it.

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