

TO PARENT OR TO PLACE?

The decision you make to place your baby for adoption, or to parent your baby, will be one of the most important that you will ever make. It will affect the rest of your life. **It is important that you actively make a decision** and not just let things happen. The following questions are designed to help you come to the decision that is best for you and your baby.

What would happen if you took no positive steps to decide what to do about your baby?

Write down two or three major decisions you have made in the past.

How were these decisions made? Did you take definite control of your situation, or did you let events carry you along?

If you decide to parent, you will need to support yourself and your baby. What would you like to do to for a living?

Describe what steps you would need to take to make this happen.

List other goals you would like to achieve.

How would the responsibilities of parenthood affect your pursuit of a career and other life goals?

List all the problems you might have if you raise your baby. List all the problems you might have if you place your baby for adoption.

Raise My Baby	Place My Baby

In one column, list the things you are looking forward to in raising your baby. In the other column, list the things that you are not looking forward to.

Looking Forward To	Not Looking Forward To Do

Write down all the convincing reasons why raising your baby is the best alternative. Write down all the convincing reasons why placing for adoption is the best alternative.

Raise My Baby	Place My Baby

List all the important people in your life presently. Beside each name, write what they think you should do and why they think you should do it. How important is this person's opinion to you?

Significant Person	What They Want	Why they Want It	How Important?

Of the persons you listed above who think you should parent, are they willing to help? How much support could they provide, financially and emotionally, when you needed it?

How much do you know about adoption?

Would you want to talk with a family who has adopted a baby?

Do you know any single parents?

Would you like to talk to a single parent about her experiences?

Would you like to talk to a birth mother who has placed a child for adoption?

After answering the questions on this worksheet, how do you feel?