

How to Tell Someone You're Pregnant . . .



A very important and sometimes challenging question is how to tell someone you are pregnant. Many young girls might face this dilemma and are unsure of what to do. We understand that the news of your pregnancy might be quite shocking to you, and that you may find it difficult to tell others. There are certain tips that can guide you through the process of breaking the news of pregnancy to your husband, boyfriend, or family. At our center there are counselors who will help and assist you. There are many ways to go about telling others about your pregnancy, but planning what to say and keeping calm will help make things easier. These steps may not work for every person, but use them as a guideline for whatever you feel comfortable doing. Remember, timing is important.

1. You should sit down with the father-to-be and discuss whether to parent or consider adoption. If the father-to-be is no longer in the picture, it's best to have an idea of what you want to do, but allow those you trust to share with you from their own insight and experience. Do not try to handle this alone – you'll be surprised what your family and friends can handle. Communication is key.
2. If you feel uncomfortable talking directly to your parents about the pregnancy, tell a trusted family friend, or close relative first. It may be easier to practice what you are going to say to your parents by practicing with someone else. Tell them how you are feeling, what your concerns are, and if you have any sort of plan, and consider asking them to be there when you discuss it with your parents
3. Telling your parents might be challenging, primarily because you do not know how they will react. Start by sitting down with them and explaining the situation. Calmly tell them that you are pregnant and give them a moment for that to sink in. They may yell at you or even cry, but let them get out their emotions. Talk to them about your plan for the pregnancy. If you plan to parent the baby, talk to them about how you will care for the child after it is born and how the father-to-be plans to be involved. Start by talking about jobs, the possibility of welfare, living arrangements, and transportation. If you do not have a definitive plan, this is where you can ask others for help. Discuss your options. However, if they are adamant about you having an abortion, explain to them that it is your body, and therefore ultimately your decision. Don't be afraid to tell them that you too are scared, nervous, embarrassed, or whatever emotions you are feeling. During your entire pregnancy it is important to communicate these feelings. They might tell you that you are too young and changing your life forever, but remember you need make the decision that is best for and your baby. Tell them you understand how they feel, and allow them to communicate while you listen, but remember ultimately the decision is yours.

4. Telling the rest of your immediate family is slightly easier, but still not something most look forward to. Asking for help can again make things easier. Do not worry about telling cousins, or aunts and uncles you do not see often. Eventually, especially if you are planning to keep the baby, your family is going to find out whether it is from you or someone else in the family.

5. The most important thing to remember is you are not alone your situation. If you look on the internet you can find support sites from all over the world. It is essential to stay calm, prepare yourself for the journey that lies ahead, and to remain focused on the path that you have chosen as best for you.

**We are here to help you in any way we can,
please don't hesitate contact us.**



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