If you are reading this article I want you to know your worries, fears, feelings, and all the signs you are experiencing are real. You may or may not be the person who thinks they are pregnant. But, perhaps you are the trusted friend, parent, grandparent, sibling, co-worker, or boyfriend who knows what you are feeling. The symptoms may vary, but the pregnancy test confirms you are pregnant. Your emotions are all over the place! You think your world is falling apart, and you are overwhelmed. How can you care for a little baby when you aren’t even done being a teenager yet? However, your biggest fear is thinking you can’t tell anyone, that you are alone. You are not alone there are so many people and services that can help you through this pregnancy. When we found out our daughter was facing an unplanned pregnancy; she found great comfort in talking with an adoption agency. That is not to say she wasn’t having all those feelings I just described. Our daughter talked with us once she had the positive pregnancy test, but if there is someone else you can trust and confide in, it is better to open up and know you have someone to confide in to all throughout this pregnancy. Not everyone has a family that can or will be supportive, but support can be anyone that cares about you; a support group, church, social service agencies, teachers, mentors, friends, or even your friends’ family. There is always support for every young girl or woman faced with an unplanned pregnancy. Abortion is not your only option, even if that is what you have always been told. Have you ever thought about adoption? Do you know what adoption is? Our two daughters are adopted and our youngest daughter who made the decision to placed her baby with a loving family last year. The blessings of adoption, especially an open adoption, are truly amazing! It allows another family to become parents. It gives peace of mind to the pregnant girl or woman knowing this child is in a safe and loving home. In an open adoption you can, if you choose, to have ongoing communication which can include: pictures, letters, texts, or even get-togethers with the adopting family. All of these choices are made by the birthmother together with the adopting family. All of this is done with the guidance, support, love, and compassion from an adoption agency of your choice. Should anyone reading this want to find out more about our adoption story, learn about support services, or just wants a listening ear, please contact the church office for my contact information. Your feelings are yours and will always be heard without judgment.

Kathleen Whitacre