

Decision Making Worksheet

This guide is to help you make the best choice for you and your baby

With whom are you living?

Could the baby live with you there?

Do you believe you have the financial resources to support your child? If so, list those resources.

Can you count on the father/mother for financial support?

Emotional support?

Help with caring for the baby?

Could you manage financial and emotionally without the father/mother even if you feel you can count on him/her?

How much does a child really cost, and how much care do they need?

_____ number of diapers used per day?

_____ number of times or how often a newborn is fed per day?

_____ number of hours a newborn sleeps at a time?

_____ cost of a can of formula?

_____ cost of one package of diapers?

List other physical and emotional care and nurturing a newborn needs.

Birth mother/Birth father:

Has the relationship with your partner changed since the pregnancy? How?

What concerns do you have about the baby?

What concerns do you have about your partner?

How have your family and friends reacted to the pregnancy?

Could your parents accept not seeing their grandchild grow up?

DAY DREAM

How would you describe the absolute ideal time for having a baby: When would it be? Where would you be? What would the father/mother of the baby be like?

How is that different from what actually exists right now?

Write down all the major reasons (pros) you would decide to either parent or place your baby for adoption.

Parenting

Placing your Baby

Circle all of your reasons above that are baby focused. Draw stars by the reasons that are adult focused

List all of the possible worries (cons) that you might have if you decided to parent or place your baby for adoption.

Parenting

Placing your Baby

Circle all of your reasons above that are baby focused. Draw stars by the reasons that are adult focused

What are your worries about parenting?

What are your worries about placing your child for adoption?

Based on your lists and answers to this worksheet, which option do you feel is best for your child?

Based on your lists and answers to this worksheet, which option do you feel is best for you?

Based on your lists and answers to this worksheet, which option would you like to pursue?