



Every family is different.

If your parents have a hard time expressing their love, you may need to turn to other family members for emotional and practical support. However, your pregnancy is an opportunity for your family to draw closer to one another.

In many cases, the family will bind tightly together to provide you with positive reinforcement. Hopefully, this will be true for you and you will be able to observe your parents' loving support.

Remember, even if this isn't true for your family, you have a family at A Door of Hope. We're here to help you get the support you need and to cheer you on.

You are not alone!



Have questions? We can help.

- * What are my options?
- * What are the different types of abortion?
- * What are the risks of having an abortion?
- * How can I tell my parents?
- * What about my baby's father?
- * How can I afford the doctor bills?
- * What about school?
- * What if I need a place to live?
- * What if I took drugs?

All Services Are Free And Confidential



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DON'T PANIC

HOW TO TELL YOUR PARENTS YOU'RE PREGNANT

A DOOR OF HOPE PREGNANCY CENTER
ADOOROFHOPE.ORG

What Do I Say?

It's not easy to go to your parents with hard news, especially something as big as an unexpected pregnancy. You might be afraid of how they'll respond, but communicating clearly and maturely can help them be calm.

▪ Plan your words:

Think about how to express what you're feeling and what you need from them.

▪ Write down your words:

Make notes about what you want to say and how to say it.

▪ Practice your words:

Role play your conversation with a friend or in front of a mirror.

▪ Reinforce your words:

If you're concerned they will be upset, ask a support person to come with you. Having someone present who is trusted by both you and your parents can be very helpful.

▪ Use respectful words:

When talking with your parents, showing respect can help keep the peace.

How Do I Say It?

Consider how your parents deal with problems and plan accordingly.

When are they most stressed?

When are they most relaxed?

What is meaningful to them?

Do

DO have plans in place to present to them: pregnancy test & ultrasound results, a doctor's appointment, finances, education.

DO let them know it would really help you to have their love and support.

DO give them some time and space to process the news.

DO listen to what they have to say.

DO have a strategy for when and where to tell them.

Don't

DON'T wait too long or until they hear the news from someone else.

DON'T expect immediate positivity.

DON'T text this news! It's not a good way to have a serious conversation.

DON'T go alone if you're afraid. Your safety is important!

DON'T ambush them, especially when they're tired or stressed.

What if they want me to get an abortion?

Your parents may be overwhelmed or even angry at first. It will help them to know that you have thought about your options and outcomes.

Tips to be strong:

- Talk with someone at our office.
- Learn about your options and resources that may help with pregnancy, parenting, or adoption.

You can:

- Share with your parents what you learned.
- Explain what help is available to you. Being informed can help you and your parents to have hope.

This is your decision to make.

- No one can force or intimidate you to have an abortion. That's not loving and it's illegal.
- Tell someone you can trust or someone in authority if you're being pressured to abort.