

Your Pregnancy, Your Options

A Guide for Expectant Mothers



WWW.NEWLIFEADOPT.COM

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You are pregnant. What are your options?

Understanding Your Options

Option 1

Parenting

Parenting allows you to build a lifelong relationship with your child and experience the joys of raising them. However, it requires careful preparation and significant adjustments to your lifestyle.

Pros:

- Forming a strong, lifelong bond with your child.
- Making choices for your child (such as where they will go to school).
- Witnessing your child's milestones and personal growth.

Cons:

- Financial pressures and the need for stable income and housing.
- Emotional and physical demands, especially as a single parent.
- Challenges in balancing work, education, and parenting responsibilities.
- Not always having a support system.

Option 2

Adoption

Adoption provides your child with a loving, stable home while allowing you to pursue personal goals. It can be an empowering choice to give your child the life you envision for them.

Pros:

- Your child is raised in a 2-parent, loving family.
- You can choose the adoptive family and maintain a relationship through open adoption.
- Emotional and practical support is available throughout the process.
- Having an advocate for you as you walk through your journey.

Cons:

- Emotional difficulty in placing your child with another family.
- The process can feel overwhelming at times without support.
- Feeling grief and loss at the beginning of the adoption process.

Option 3

Temporary Care

Temporary care (such as guardianship or foster care) allows someone else to care for your child temporarily while you work toward stability. It can be a valuable option for short-term support.

Pros:

- Your child remains within your circle of trust.
- Provides time to improve your circumstances.

Cons:

- Can create complex family dynamics.
- May lack the permanence and stability adoption offers.

Option 4

Abortion

Abortion is a medical procedure that must be discussed with a physician. It is important to seek professional medical advice to understand the physical and emotional implications of this option.





Understanding Adoption

Types of Adoption:

Here at New Life Adoptions, we focus on helping women who are choosing adoption.

As you consider adoption, keep in mind these three types of adoption:

1. Open Adoption
2. Semi-Open Adoption
3. Closed Adoption

Open Adoption:

Open adoption gives you the opportunity to stay connected with your child and their adoptive family. This can mean visits, phone calls, photo updates, or even regular communication.

If you want to remain a part of your child's life, open adoption allows you to build a relationship with them as they grow. At New Life Adoptions, we encourage open adoption because we know how important it can be for both you and your child to maintain that bond.

Choosing adoption doesn't have to mean saying goodbye forever. It's about finding a way to ensure your child is cared for while still being part of their life.

Semi-Open Adoption:

If you want to know how your child is doing but prefer some distance, semi-open adoption may be a good fit. Communication and updates go through an adoption agency or another trusted intermediary, rather than being direct.



You could receive photos, letters, or emails that help you stay informed about your child’s well-being while still maintaining personal space.

This option provides reassurance without the ongoing contact of fully open adoption, allowing you to decide what level of connection feels right for you.

Closed Adoption:

If you need privacy and a fresh start, closed adoption ensures that your identifying information is not shared with the adoptive family, and there is no direct contact with your child. Some women find comfort in having a clear separation, allowing them to move forward with their lives.

While closed adoption was once the standard, many adoption professionals, including New Life Adoptions, encourage at least a small level of openness to support emotional well-being. However, if privacy is your priority, this may be the best option for you.

	Open Adoption	Semi-Open Adoption	Closed Adoption
Will I have contact with my child’s family?	Yes, regularly	Some	None or very little
Can I choose my child’s family?	Yes	Yes	Yes, if you’d like
Will I receive updates about my child?	Yes	Yes	No
How much personal privacy will I have?	Less	Some	Complete
How emotionally connected can I be to my child?	Very	Somewhat	None or Little

Agency Adoption vs. Private Adoption

Choosing how to place your child for adoption is a deeply personal decision. You may be wondering whether to work with an adoption agency or pursue a private adoption. Each option provides a different experience, and it's important to understand what each entails so you can make the choice that best fits your needs.



Agency Adoption:

Agency Adoption means working with a licensed adoption agency like New Life Adoptions. Most agencies provide full support, including counseling, financial assistance for pregnancy-related needs, and help with medical care. They also thoroughly screen adoptive families and continue post-placement services to ensure a smooth transition for everyone involved.



Private Adoption:

Private Adoption typically involves finding an adoptive family through personal connections or an attorney. While this option may offer more flexibility, it often lacks the structured support and post-placement services that agencies provide. If you pursue a private adoption, it is crucial to ensure that legal and ethical guidelines are followed.

Let's compare agency adoptions and private adoptions:

	Agency Adoption	Private Adoption
Your Needs	Choosing an agency like New Life Adoptions means you don't have to go through this journey alone. We offer more than just legal guidance—we help with housing, medical care, emotional support, and building relationships to make sure you feel cared for every step of the way.	In a private adoption, financial assistance for expectant mothers is regulated by law. Be cautious if someone offers you money to place your baby for adoption, as this could raise legal and ethical concerns.
Your Wishes	Your New Life Adoption Specialist will take time to understand what matters most to you. She'll help you create a plan that respects your wishes and will be there for you before, during, and after your baby's birth.	You are responsible for making sure your wishes are heard and respected. Without an agency to advocate for you, it's up to you to ensure that your voice is valued throughout the process.
Choosing a Family	With an agency, you'll have access to adoptive families who have been carefully screened, including background checks and training on adoption. After placement, New Life Adoptions continues to check in with families to make sure your child is thriving in a loving home.	You might learn about an adoptive family through a friend or personal connection, but they may not have gone through a thorough screening process or received education about adoption and birth parent needs.
Personal Information	You decide how much personal information you want to share with the adoptive family. New Life Adoptions ensures that your story is shared with love and respect, in a way that feels right for you.	Your full contact information may be shared, and you won't have control over how your story is told to your child.
Continued Contact	If you want to stay connected with your child, we will help you create a plan that works for you and the adoptive family. New Life Adoptions is here to support that relationship for the long term.	There's no one to advocate for you if the adoptive family doesn't follow through on promises of ongoing contact.
Birth Father	If you and the birth father don't agree on adoption or are no longer in contact, you may not have to involve him in the process.	If the birth father's rights need to be addressed, you'll need to work with an attorney or mediator to determine how to proceed.
Attorney and Legal Fees	You don't need to worry about hiring an attorney or navigating the court process. Your agency will handle all the legal details at no cost to you.	You will need to find a trusted attorney to guide you through the legal process, ensure that all requirements are met, and protect your rights.

You may be wondering...

How much does adoption cost?

If you choose adoption through New Life Adoptions, all of our services - including counseling, medical referrals, and legal support - are completely free to you.

When can I decide if adoption is right for me?

You can make this decision anytime before or after your baby is born, depending on your comfort level.

Will my child know I chose adoption out of love?

Yes, absolutely. We understand that a mom who chooses adoption is making this decision out of unconditional love for her baby. It's important to us that your child and their family know and respect your choice.

What if I change my mind?

Your adoption plan is flexible until legal relinquishment is signed by you. In Texas, your baby must be at least 48 hours old for you to sign legal relinquishment papers.

How do I choose an adoptive family?

You can review profiles and meet potential families to find the best match for your child. This is 100% your decision to make.

Real Life Stories From Other Women

Many women have walked the path of unplanned pregnancy. Here are a few real life stories from a few of those women.



Emmah

Too often these days, adoption is the choice left unsaid and forgotten.

But not for Emmah.

Emmah is a 17-year-old high school student from a small town. Outgoing and fun, she plays volleyball and loves hanging out with her friends.

When she first learned she was pregnant, Emmah didn't want to have a baby. But then she realized, "I don't want to take a child's life away whenever they can be an amazing person — a person I can get to know."

Emmah didn't know how everything worked with adoption. But then she went online and watched real stories of birth mothers. From there, she connected with us at New Life Adoptions and we helped her find a family.

You can watch a 20-minute documentary of her story at <https://www.bravelove.org/stories/emmah>.



Dominique

When Dominique, a single mom, found out she was pregnant, she felt stuck. She was doing ok parenting one child, but what was it going to look like to now financially support two?

Her first thought was to have an abortion or try to parent another child.

When she thought about adoption, she thought it meant signing her rights over and never seeing her second-born again. She was overcome by the fear that she'd be judged for being a bad mom or for 'giving up' her child.

After seeking to find the facts, Dominique learned that with adoption she could still see her son.

She could still love him.

She could still hold him.

And she could still be present in his life.

Dominique decided to place her second son for adoption and her journey has been so different than she ever thought possible.

You can watch a 3-minute video from Dominique's at <https://www.bravelove.org/stories/dominiquestory/>.

Rainisha

This story is from Rainisha, one of the many mothers we've had the opportunity to support. She says:

"When I was introduced to New Life, I didn't know what to expect. I had just given birth and was lost.

I knew that I couldn't take care of my baby alone and that I wanted the best for him, even if I wasn't the one that would give him that.

All I knew was I wanted him to be cared for, loved, and I wanted him to have the best of everything. I knew that I wouldn't be able to give him that.

The day after I had given birth I met the New Life staff and they helped me through everything. They made me feel at ease and reassured me that I would be able to have contact with my baby through open adoption.

And now after a year I still can't imagine a better place to turn to when I needed help the most.

Not only am I happy about seeing my son grow to be loved and cared for but I also love seeing my new extended family grow as well.

I really couldn't ask for a better happy ending."

More Stories

Whatever situation you're in, other women have been there too. For more stories from mothers who chose adoption, visit our website at www.newlifeadopt.com

We're Here For You

At New Life Adoptions, we're here to walk with you every step of the way. Our team is here to listen, support, and guide you through this journey with compassion and care.

Adoption is a big decision, and we want to make sure you are fully supported. Our adoption specialists can help you explore your emotions, provide guidance, and offer ongoing support even after placement.

Here are a few other ways we can support you:



Choosing a Family for Your Child:

You will have the opportunity to choose from carefully screened adoptive families who are prepared to provide a loving home for your child.



Making a Hospital Plan:

Planning for your hospital stay can feel overwhelming, but we will be there to help you create a plan that respects your wishes and provides comfort and clarity.



Ongoing Practical Support:

We offer resources to help you through pregnancy and the adoption process, ensuring that your needs are met.



Housing Referrals:

If you need assistance with housing during your pregnancy, we can connect you with resources and referrals to safe, supportive living environments.



Transportation Assistance:

Getting to medical appointments or meetings with your adoption specialist shouldn't be a burden. We can help coordinate transportation as needed.



Medical Service Referrals:

Your health and your baby's health are a priority. We will help connect you with medical providers who understand your situation and provide compassionate care.



Legal Resources:

You don't need to navigate the legal aspects of adoption alone. Our team will ensure that all legal steps are taken care of so you can focus on your well-being.

So, What's Next?

As a nonprofit ministry and licensed adoption agency, New Life Adoptions is here to help you understand your options and support you as you make the best choice for you and your baby.

There are options that honor your life and your baby's life. And there are abundant resources available for pregnant moms. We'll help you navigate these options and resources with referrals, counseling, and material assistance.

Remember - it's not selfish to consider what's best for you at this point in your life. If you choose to make an adoption plan, we'll help you find an adoptive home that will love your baby and honor the level of involvement you want in your child's life.

As women and mothers ourselves, we know how emotional, complex, and overwhelming pregnancy can be. We see you, and we're here to help you make the best decision for yourself and your baby.

Call or text us at (281) 955-1001 to speak with an adoption specialist. You can also fill out the Expectant Mom Form on our website or send us an email at LetsTalk@newlifeadopt.com. We have adoption specialists around the state of Texas ready to hear your story and support you.

Contacting us does not commit you to making an adoption plan. We will simply guide you through your options and then support your decision.

Your plan is your choice. You don't have to face this life-changing decision alone. We can't wait to meet you, hear your story, and support you in your decision.





Additional Resources For You:



BraveLove

A nonprofit dedicated to empowering women considering adoption through stories, resources, and support.

Visit www.bravelove.org.



Her Plan

Her PLAN (Her Pregnancy and Life Assistance Network) is a directory of over 5,000 life-affirming services. You'll find organizations who can provide medical, social, financial, legal, emotional, and material support. Visit directory.herplan.org.



New Life
— ADOPTIONS —

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