

It would be helpful for you both to read through the leaflets called **What shall I choose?** and **Pregnant what now?** These give you basic information about the three options. Better still, visit your nearest pregnancy counselling centre to talk through your situation with a trained advisor.

For further help, or to find your nearest centre, ring our national freephone helpline:

CareConfidential 0800 028 2228

A trained advisor will be pleased to help you and refer you and your partner to a local pregnancy counselling centre for a free pregnancy test (if needed) and time to talk.

Or visit our website:

www.careconfidential.com

When your partner is unexpectedly pregnant...



A guide to finding a way forward together



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A guide to finding a way forward together...

An unplanned pregnancy can happen to anyone.

You may both still be feeling the shock of it and not know what to do, but how you respond to the situation is important.

What can you do?

Men often feel at a loss about how to help. Sometimes, because of the way society has labelled the issue as 'a woman's right to choose', men can feel as if they have no part in making a decision.

Some men feel left out; others seem glad to be relieved of the responsibility. You may even feel that your partner should make the decision by herself.

'Whatever you choose, I'll support you.'

A common response is to say, 'Whatever you choose, I'll support you'. Whilst this sounds like a positive thing to say, the woman often feels as if the weight of the decision is on her shoulders alone. Few women want to make a choice without the involvement of their partner.

Face it together, not apart.

Some couples respond by pulling apart from one another and placing the 'problem' between them. This can cause a great deal of tension, even conflict.

It can be more helpful to stand with your partner and face this painful situation together.

Your partner needs to know what you **really** think. You may feel as if sharing your feelings will 'trap' your partner and some women are reluctant to talk, but it will help you both when you talk openly and honestly regarding your feelings about being a father.

A sense of urgency can rush you into making a quick, but not well thought out, decision. Ensure you have all the information you need about all the options – parenting, adoption, abortion – and take time **together** to think things through.

None of the options is easy.

None of them turns the clock back.

