



Are You Pregnant and Considering Adoption?

Here are Three Steps to Getting the Help You Need

Facing an unplanned pregnancy can be an emotional, overwhelming, and stressful time. People may be coming at you from all sides with advice on the “right thing to do.” Or perhaps you’re doing it all on your own and don’t even know where to begin to sort it all out to make the best decision for you and your child.

You may have considered contacting an adoption agency but haven’t made any decisions yet and are concerned you’ll be pressured to make an adoption plan, even if you’re not yet sure that’s the route you wish to take. What you may not know is that adoption counseling is designed to help expectant parents explore **ALL their options** and learn if adoption is right for you and your child.

1. Choose an adoption agency

A reputable adoption agency can help you sort through all of your options and decide if adoption is the right choice for you and your child. Choosing an agency that you are comfortable with and is aligned with *your* values and wishes can ease stress. The agency can provide resources and compassionate support throughout the adoption process, if that is the option you choose. A list of state licensed agencies and a tip sheet on choosing an adoption agency are [available on our website](#).

2. Meet with an adoption counselor

An experienced adoption counselor will meet

with you in a confidential setting to discuss your situation and address your questions, concerns, and needs. If you decide adoption is right for you and your child, your assigned counselor stays with you and guides you throughout the adoption process. You will not be asked to make any immediate decisions, will not be pressured into a decision, and you are free to change your mind at any point up until the Termination of Parental Rights after your child is born.

3. Create an adoption plan

Your adoption counselor will work with you in creating an adoption plan you’re comfortable with. Birth parents are more empowered than ever to make their own decisions, from choosing the adoptive family to determining the nature of the relationship they would like to have with the child and family, if any. Considerations may include how close by you want the adoptive family to live, what level of communication you’d like to maintain, and even whether or not you want a family who has other children or pets.

For additional information please contact the Coalition for Children, Youth & Families.

info@coalitionforcyf.org

Phone: 414-475-1246

Toll Free: 1-800-762-8063



6737 W. Washington St., Suite 2353
West Allis, WI 53214
800-762-8063
info@coalitionforcyf.org

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