

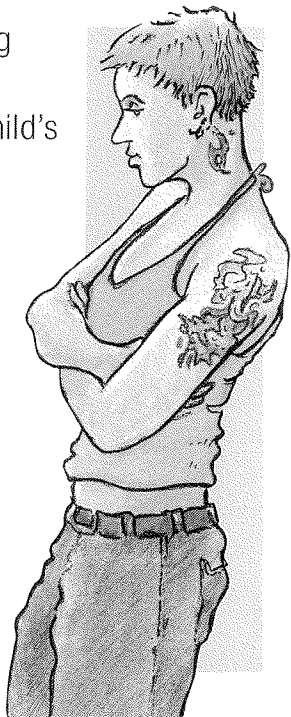
Being a mom can be one of the most meaningful things you can do. But if it happens too soon, it can be hard for you and your baby. Ask yourself these questions.

? What would it be like to have a baby?

Am I aware of both the good and the hard parts of being a parent?

How would I learn to be a good mom? Would I talk to my own family or other parents? Would I need to take a parenting class?

Am I ready to put my child's needs before my own?



? Am I ready to be pregnant?

How will my body change?
Will I feel tired or nauseated?
Am I willing to eat healthy foods?
Can I stay away from cigarettes, secondhand smoke, alcohol and other drugs?
What about the pain of childbirth?
What about breastfeeding?



? Can I afford a child?

Will I have enough money for:

- Food?
- Diapers and clothes?
- A safe place to live?
- Doctors and medicine?

Who will take care of my child while I am at work or school? Will I have to pay for childcare?

Will I be able to save money for a car, house or other things?

Will the father help? What if he doesn't?

? Am I ready to take care of a baby 24/7?

Am I ready for extra housework, laundry and changing diapers?

What if:

- I don't get enough sleep?
- My baby won't stop crying?
- I get angry, frustrated or overwhelmed?

What if my child has health problems or special needs? Could I handle that?

? Is my relationship ready for a child?

How does my partner feel about having a baby?

Are we ready for a lifelong commitment?

Will having a baby put a strain on our relationship?

What will happen if we split up or if one of us dies?

Would I be able to raise a child by myself?



? What do I want from my life?

Do I want to finish school or start a career?

Do I have other goals like to play a sport or travel?

Do I want to be able to stay home when I have a baby?

? What if I decide to wait?

Will I be able to give my child a better life if I wait?

Will my family give me more support if I wait?



Am I ready to be a mom?

Inside are some questions that can help you think about it. If you are not ready, it is best to wait. For more information about pregnancy prevention and family planning talk with your parents, a health care provider or another trusted adult.

Or visit: stayteen.org

This pamphlet is not a substitute for medical care. If you have questions or concerns, please talk with a health care provider.

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