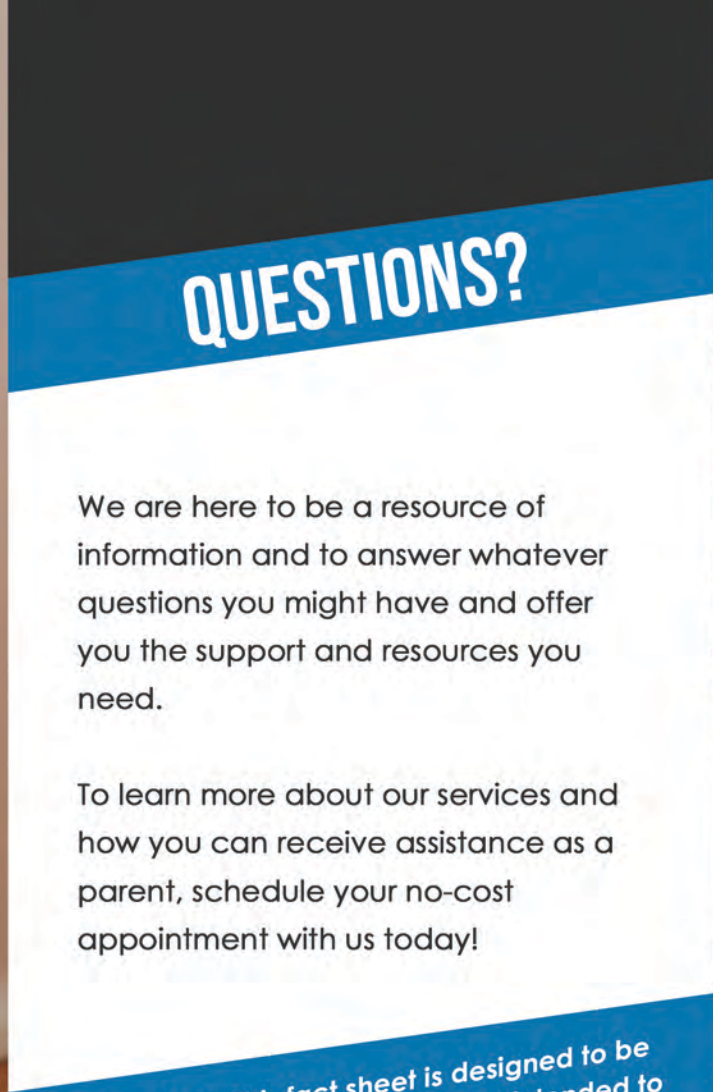




## WE'RE HERE FOR YOU

At **Assure Women's Center**, we are committed to giving you the answers you need. Only you can make the final decision concerning the outcome of your pregnancy. However, in order to do so you need accurate information.



## QUESTIONS?

We are here to be a resource of information and to answer whatever questions you might have and offer you the support and resources you need.

To learn more about our services and how you can receive assistance as a parent, schedule your no-cost appointment with us today!

**DISCLAIMER:** This fact sheet is designed to be an informational tool only. It is not intended to provide medical advice or replace care from a qualified medical practitioner.



## YOUR OPTIONS

# PARENTING

The Best Decision is an Informed Decision



**Assure**  
WOMEN'S CENTER

**(402) 397-0600**

[www.assureomaha.com](http://www.assureomaha.com)



# EXPENSES

## Isn't having a child expensive?

You may be able to work either a full or part-time job. Some jobs offer health care benefits for both you and your child. If you are going to school, you may be able to qualify for assistance that will help with living expenses as well.

# ASSISTANCE

## What other assistance is available?

There are a variety of resources available in your community. Parenting classes, assistance with baby items (cribs, clothes, diapers and other necessities), Medicaid, etc. Your Advocate can offer referrals to local resources that are available to you.

You may have the option of living with relatives or close friends. It's important that you have conversations about bringing a child into your living arrangements and how this will affect your relationships.

# YOUR CHOICE

## How can I know if this is the best decision for me?

The best decision is an informed decision. It is important to take the time to get all the information on your options to know what is best for you and your child.

Talk openly and honestly with your family and friends. Those who know you best can be a source of help for you as you consider becoming a parent and all the many changes it will bring to your life.

Raising a child is a full-time job and thinking through the challenges that

come along with these responsibilities will help you be the best parent you can be.

Taking the time, gathering the information, and seeking counsel will help you feel assured that you have made the best choice.

## Is the father of the baby required to help me?

Fathers do have legal rights established by law in each state. These rights will vary from state to state. If you make a decision to parent, he will have a responsibility to help support your child. Many states will help you pursue court-ordered child support from the father of the baby.

In addition to financial help, you should consider how much your baby's father will be involved in your baby's daily life. Many things will determine his involvement including your relationship with him. How much he desires to be involved and whether you want him to be involved are some considerations you will need to factor in as you think about this decision.

