

# PREGNANCY OPTIONS COUNSELLING

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Deciding next steps when experiencing an unplanned pregnancy is a very personal decision and there is no “one size fits all” answer. It is important you help provide accurate information and support to help your patients make the most well-informed decision for themselves.

## Tips:

**Clarify the facts** – what is the dating of the pregnancy and what options are available to them: adoption, abortion, and parenting.

**Acknowledge feelings** – there is no “right way” to feel. Normalize feelings of ambivalence. Encourage your client to feel however they want or need to.

**Be conscious of time** – some decisions during a pregnancy are time sensitive, such as the time frame to end a pregnancy. Let your patient know about time limitations, but do not rush them to make a decision.

**Don't expect an immediate resolution** – your patient may need more time to make a decision. You can always schedule a timely follow-up visit or you can refer them to SHORE Centre. SHORE Centre has professional supports available to work through all pregnancy options.

**Don't assume anything** – instead ask questions about things like feelings, decisions. Recognize that the decision to end or continue a pregnancy may not be a difficult decision for some

**Ask about other supports** – is there anyone in the patient's life that they feel comfortable talking to? Be aware that your client may not choose to share they are pregnant with anyone else – this is their right.

**Reassure** – encourage your patient to trust their thoughts and feelings. They know their own situation best. Let your patient know they are not alone, and you will support whatever decision they make.

**Be aware of your choices in words** – follow your patient's lead, use the words that they use to refer to the pregnancy. For example, if the patient says baby, you can also say baby. If not, use neutral statements like “the pregnancy”.

**Remember**, even if you do not agree with your patient's decision, you are obligated to provide them respectful care and appropriate referrals. If at any time you would like more information or support for your patient you can contact [SHORE Centre](#) at 519-743-9360.