

Am I ready to be a father?

It may be helpful to think about how being a father will affect you. The following questions may help you to work out whether you feel ready to be a father:

- Your relationship with your partner. Will we be able to cope with tough times?
- Your responsibilities - Are you ready to take on these new, long term responsibilities?
- Your long term plans - Do you see yourself finishing your education, training, traveling or earning a living?

These questions may be hard to answer. It is OK, to take a bit of time to think about them. It may also be a good idea to talk to someone you trust like your girlfriend, your parents or someone else who has had a child.

Life happens.. Mistakes are made. We have to live with our mistakes. A helpful thought is one of worthy consideration .

Worth Reading

Involved Fathers: Expectations , Experiences & Contributions

<http://www.parentscanada.com/>

The nature of connections: young fathers and their children

<http://www.findarticles.com/>

Family Service Canada

<http://www.familyservicecanada.org/>

Healthy Fathers : Canadian Men Talk about the Rewards and Challenges of Beings "Dad"

<http://www.canadian-healthnetwork.ca/>



My Girlfriend is Pregnant



Box 403, 203 Patricia St.
Hudson Bay, SK S0E 0Y0
Phone~ (306) 865-3064
Fax~ (306) 865-3391

hbfamilyandsupport@sasktel.net
www.hbfamilyandsupport.ca

24 Hour Crisis Line
(North East Region)
1-800-611-6349

Some Things That You May be Feeling

Finding out your girlfriend is pregnant may take you by surprise and it is normal to feel a range of emotions such as disbelief, anger, joy or happiness.

There are a number of options available to you and your girlfriend. Talking these over with your girlfriend may help you both decide what you can do. It may help to remember that your girlfriend could be feeling as confused and uncertain of the options as you are.

I'm Confused About Being a Dad

Having mixed feelings about the possibility of being a dad is NORMAL. It is not uncommon to feel excited and happy about the idea of being a dad. It is amazing to think that you have created another life with someone.

You might find it hard to deal with the idea of being a father because you feel:

- Not ready
- Too young
- Not settled enough in life to take on this role
- Scared of missing out on university
- I don't want to go through the same struggles my parents made by having me young

It may take time to understand these feelings and taking time to think about them is a good idea. However, try to keep in mind that there is a limited time period to consider the options, especially if the option is to have an abortion (termination of pregnancy).

Talk to your doctor as soon as possible for more information.

What Can I do?

Be supportive and compassionate . Do not blame her (remember it takes two)

Talk (with your Girlfriend, a Doctor, Parents, School Counselor)

Explore all options:

- Agree to help parent the child
- Marry the girl and raise the child together
- Abortion
- Adoption

Make a list of everything that will change or how you will both be affected by your decisions.

She Doesn't Want to Keep The Baby

Unfortunately, there is not much that you can do as the father, if she has decided to terminate the pregnancy. There are a number of different things that you can attempt. Remember before doing so that you have people who can support you and give you proper advice.

Try talking with her and reassuring her that you will fully support her and the baby.

Look into taking legal custody of the child once it is born.

