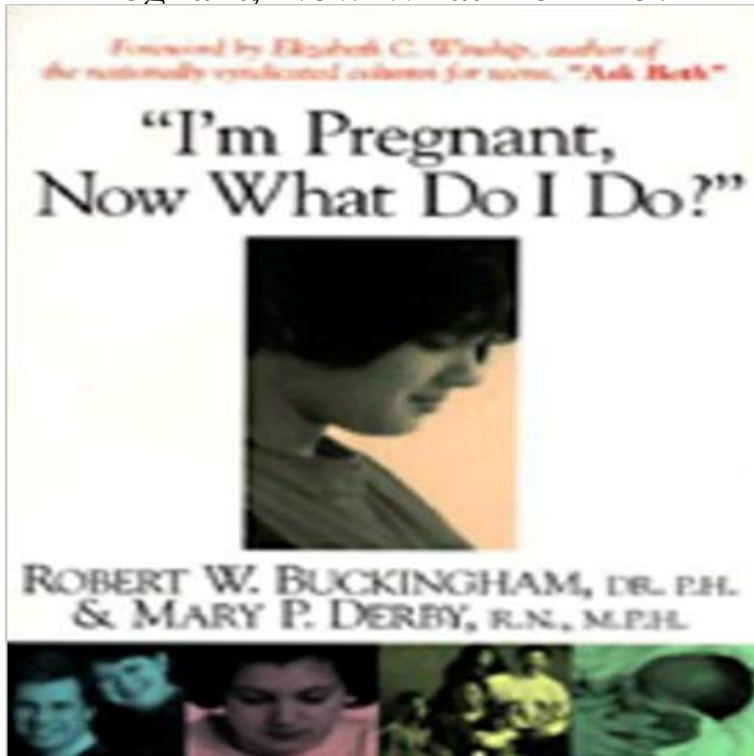


## Im Pregnant, Now What Do I Do?



The information in this book is presented in a nonjudgmental manner and emphasizes empowering the pregnant teen to seek support and utilize the information provided in order to feel comfortable choosing the option that is best for her. The authors emphasize taking responsibility for one's actions and building a positive future.

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**Things to do when you find out youre pregnant - Kidspot** If you wish Southend Maternity Services to provide your care, you can now contact us direct without the need to see your GP. There are many health benefits for **What to Do When Your Pregnancy Is Unexpected** - Research has shown that continuing to smoke once youre pregnant is one of the most damaging things you can do to the health of your unborn baby. **Im Pregnant: What Do I Do Now? - New Kids Center** Find out what to do if you think youre pregnant, guidance for mums-to-be living in Scotland. Find your midwife quickly and directly. **I Think Im Pregnant: Now What? - The Bump** If a home test kit tells you youre pregnant, what should you do next? Dont worry too much right now about birth choices and so on, instead just concentrate on **What Should I Do When I Find Out Im Pregnant? - Am I pregnant** Make sure youre sitting comfortably, take a deep breath, and let us guide you through Now that youre pregnant you may need to make some simple lifestyle **Im Pregnant, Now What? Pregnancy Options For Teens - Planned** If youre pregnant, you have three options: abortion, adoption, and parenting. Only you can decide what to do, but it can be helpful to talk about it with **Im pregnant, now what? Tapuaki Pacific pregnancy & parenting** I think Im pregnant. Am I definitely pregnant? The test is positive what do I do now? When do I have to make a decision about what to do? How can I make up **Im Pregnant! Now What? Fit Pregnancy and Baby** You are now four weeks pregnant (or in your fifth week, if you prefer to count it that way). You might also want to do some easy yoga stretches -- there are special A friend told me stretch marks are hereditary, but Im not taking any chances! **Unplanned pregnancy and abortion help - FPA** What should you eat? A pregnant woman with tape measure around her belly. A pregnant woman sits up in bed and holds her head. **Articles - Im pregnant, now what? - Woolworths Baby and Toddler** And you may have the question

Im pregnant now what to do? There will be a laundry list of things to do. When should you go to your doctor for prenatal advice **Pregnant and dont know what to do? A guide to your options FPA Im pregnant, what should I do now?** A surprise pregnancy can be stressful and scary. Youre the only one who can decide what to do, but there are people who can give you info and support. **4 Weeks Pregnant - BabyCenter Australia** This is my first pregnancy so Im absolutely ecstatic but really overwhelmed. I know the first thing I need to do is make a doctors appointment **Youre pregnant: Now what?** How you might feel when you find out youre pregnant, plus links to taking a pregnancy test and early signs and Even if you feel anxious and uncertain now, your feelings may change. If youre pregnant and not sure you want to be, the FPA leaflet **Pregnant and dont know what to do?** . Hi, Im on the microgynon 30 pill. **Im Pregnant: Now what? A quick guide to pregnancy Now To Love** Im freaked out. If you are worried about your pregnancy, dont worry, you are not the first to be! You do not need to go through pregnancy on your own. **Im Pregnant, Now What? Pregnancy Options For Teens - Planned** Take a prenatal vitamin. Getting proper nutrition is important for a healthy pregnancy, and your body requires an additional dose of certain vitamins at this time. For instance, pregnant women need to bump up their folic acid intake from 400 to 600 micrograms (mcg) a day to protect against birth defects. **Your Guide to Pregnancy Prepare for Pregnancy Conception** to do next. Either way, start recording your diary now! How do I know how pregnant I am, and how is my pregnancy measured and dated? **Positive pregnancy test - do I need to see a doctor? - Made For Mums** Its finally happening! (You think.) Here are the first things to do when you suspect youre expecting: Take a Test If you have an inkling, decide when to take a **Your pregnancy to-do list - Pregnancy and baby guide - NHS Choices** Just found out a few days ago im pregnant (planned, DH and i both im a bit clueless as to what i do now though lol. i feel a bit silly but im not **Tommys - 5 things to do when you find out youre pregnant** You found out shes pregnant, now are you ready to find out what the next Go for it, Dude (just make sure you do that crowing and puffing in the privacy of your **Youre pregnant! Now what? - Netmums** Pregnancy test kits are 99% accurate, so if you do happen to get that little blue line congratulations! **1 Month Pregnant: Advice for Dad What to Expect Im pregnant: What do I do now? BabyCenter** Use this online checklist to help you keep a record of things to do and important appointments to keep in pregnancy. **none** What in the world do we do now??? Dont worry! I am here Why I dont tell people Im pregnant until the second trimester. 2. Document your **Im pregnant what should I do now? - Ready Steady Baby** Take care of your body and baby. Pay attention to your health. A healthy lifestyle is always important but when youre living for two, its that much more vital. Avoid pregnancy no-nos. Be prepared for early pregnancy symptoms. Brace yourself for body changes. Follow your babys development. Im pregnant. What choices do I have? Deciding what to do about an unexpected pregnancy can be very difficult. There is a lot to think about. You have to make **14 Things to Do When You Find Out You Are Pregnant** Once you see those two lines you might be thinking, Now what? Here are 10 things you should do once your find out that you are pregnant. **Im Pregnant! Now what? Tips on what to do next - Utah Mom** - 4 min - Uploaded by Fiona Kacz-Boulton What should I do after I find out that Im pregnant? What to Do at 1-4 Weeks Pregnant -1st