




dos & dont's



Do's

-  **Listen.** The situation involves more than just you. There are now three lives to think about.
-  **Stay Calm.** Freaking out will only magnify the negative. You're not the first couple ever to be in this spot.
-  **Talk about it.** Hiding the news from people who can genuinely help you only increases the stress.

AND

Don'ts

Don't bail. The more you run from this, the harder it becomes to think and act clearly.

Don't pressure her. Applying pressure will only push her away and possibly into a regretful situation. Both of you would do well to work as a team.

Don't forget. This is a new life. Your life started at conception the same way several years ago. Every child deserves a chance to live.



**It's true,
we're here to help.**

My name:

How you can reach me:

Best time to reach me: