

# Pregnancy and Parenting

*If you or your partner becomes pregnant there are many choices that you will need to consider.*

*This section tells you about the services that can offer you support through from taking a pregnancy test to confirm the pregnancy to considering the options available – continuing with the pregnancy, having a termination or adoption.*

.....

**Think You Might be  
Pregnant?**

.....

72

.....

**Having a Termination**

.....

74

.....

**Continuing with  
the Pregnancy  
– Becoming a Parent**

.....

76

.....

**Adoption**

.....

77

---

## Think You Might be Pregnant?

There are many places where you can access free pregnancy testing.

**Take a test** – the sooner you know for sure, the sooner you can decide what to do.

**Negative?** This may be good news if you did not want to be pregnant. You now need to consider a form of contraception for you and your partner to prevent this happening again.

If this is disappointing news and you are planning to become pregnant there are a number of people you can talk to. See your doctor, or ask your Connexions adviser about other support.

**Positive?** You need to decide what to do – continue with the pregnancy, have a termination or have the baby adopted. This is a really difficult decision to make especially if you are feeling quite confused and scared. Please read on and refer to the list of support agencies available.

**Take a test  
– the sooner you  
know for sure,  
the sooner you  
can decide what  
to do**





## **Centres offering free, confidential pregnancy testing:**

*All of the young people's clinics on page 65 offer free pregnancy testing. Other places which offer free pregnancy testing include:*

**Connexions Centres** see back cover for addresses

**Loughborough Health Centre** Pinfold Gate 01509 553998

**Watershed Youth Centre** Bede Island, Leicester 0116 223 2397

**Turning Point Women's Centre** 27 Cantrell Road, Braunstone  
0116 282 6918

**City PIPS (Parenting Information and Pregnancy Support)**  
0116 262 7254

*There may be other places in your local area that offer pregnancy testing – ask your Connexions adviser for details, or visit [www.nhs.uk](http://www.nhs.uk) for listings of local sexual health services.*

**[www.likeitis.org/teenage\\_pregnancy.html](http://www.likeitis.org/teenage_pregnancy.html)**  
*guide for pregnant teenagers*

### **Worth Talking About**

*free helpline for under 19 year olds 0800 28 29 30*

---

## Having a Termination

If you have decided not to continue with your pregnancy you will need to see a doctor. If you don't want to go to your GP you can see a doctor at your local young people's clinic (see page 65).

### **A doctor or nurse will:**

- **Work out how many weeks pregnant you are**
- **Talk through your decision and explore your feelings about it**
- **Decide if you are eligible for a termination (also known as an abortion)**
- **Explain the risks involved**
- **Consider your general health**

If a doctor agrees that you are eligible for a termination they may arrange for you to see a second doctor to confirm this.

A girl under 16 can give consent to a termination without telling her parents if the doctor fully believes that she understands what is involved. However, the doctor or clinic is likely to strongly suggest that she does involve a parent or guardian.

### **Early termination (up to 14 weeks) – 90% of abortions are carried out using early methods**

**Early medical termination** – otherwise called the abortion pill can take place up to 9 weeks. This involves 2 trips to a clinic, two days apart and a check up 7-14 days later.

**Early surgical termination** – also known as vacuum aspiration can take place up to 14 weeks. This involves one visit to a clinic and most women go home on the same day.

---

**Later termination (up to 20 weeks) – very few terminations happen after 20 weeks.**

**Medical Induction** – over 9 weeks. This might require one night in a clinic or hospital though usually the termination is complete in one day.

**Dilatation and Evacuation** – over 14 weeks. This usually requires one day at a clinic or hospital but possibly an overnight stay.

You can usually return to work, school or college the next day but you should always follow the doctor's advice. It takes time to adjust emotionally as well as physically, and medication or anaesthetics can cause disorientation for a while. You may want to see a counsellor even if it's a long time after the termination.



---

## Continuing with the Pregnancy – Becoming a Parent

If you and your partner decide to have your baby, you may have to make some changes in your life – but lots of support is available for you and your partner during the pregnancy and after the birth.

There are many local services available that can provide you with advice and support on a range of issues including:

- **Pregnancy and parenting support**
- **Housing and benefits**
- **Education, employment and training opportunities**
- **Sexual health and contraceptive services**

There are many local parent and young parent groups where you could meet other parents in your community.

Speak to your Connexions adviser who can tell you about local support groups for young parents and put you in touch with people who can offer you help and advice.





**Parenting Information and Pregnancy Support (PIPS) Team** *Connexions Centre, 91 Charles Street, Leicester 0116 262 7254 Advice and support for pregnant young women and young parents*

**Care to Learn** *0800 121 8989 [www.direct.gov.uk](http://www.direct.gov.uk) Get with the cost of childcare if you go back to school or college*

**Children's/Family Information Service** *For info on childminding, playgroups, Children's Centres and family centres Leicestershire 0116 305 6545 [www.leics.gov.uk/family](http://www.leics.gov.uk/family) Leicester 0116 225 4890 or Freephone 0800 952 5678*

**[www.childcarefinder.direct.gov.uk](http://www.childcarefinder.direct.gov.uk)** *Search for local childcare providers*

**The Lone Parent Helpline** *0800 018 5026*

**[www.workingfamilies.org.uk](http://www.workingfamilies.org.uk)** *Info for working parents on employment rights and helpful advice on childcare and flexible working*

**Leicestershire Adoption Service** *0116 299 5899*

## Adoption

If you are thinking about adoption you can discuss this at any stage with the hospital social worker or contact Leicestershire Adoption Service for advice and support.