Decision Making Worksheet

This guide is to help you make the best choice for you and your baby

With whom are you living?

Could the baby live with you there?

Do you believe you have the financial resources to support your child? If so, list those resources.

Can you depend on the baby's father/mother for financial support? For emotional support? For help with caring for the baby?

Could you manage financial and emotionally without the baby's father/mother - even if you feel you can depend on him/her?

How much does a child really cost, and how much care do they need?

_____ number of diapers used per day?

_____ number of times or how often a newborns is fed per day?

_____ number of hours a newborn sleeps at a time?

_____ cost of can of formula?

_____ cost of one package of diapers?

List other physical and emotional care and nurturing a newborn needs.

Birthmother/Birthfather:

Has the relationship with your partner changed since the pregnancy? How?

What concerns do you have about the baby?

What concerns do you have about your partner?

How have your family and friends reacted to the pregnancy?

Could your parents accept not seeing their grandchild grow up?

DAY DREAM

How would you describe the absolute ideal time for having a baby: When would it be? Where would you be? What would the father/mother of the baby be like?

How is that different form what actually exists right now?

Write down all the major reasons (pros) you would decide to either parent of release your baby for adoption.

Parenting	Releasing your Baby
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Circle all of your reasons above that are baby focused. Draw stars by the reasons that are adult focused

List all of the possible worries (cons) that you might have if you decided to parent or release your baby for adoption.

Parenting	Releasing your Baby
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

Circle all of your reasons above that are baby focused. Draw stars by the reasons that are adult focused

What are your worries about parenting?

What are your worries about releasing your child for adoption?

Based on your lists and answers to this worksheet, which option do you feel is best for your child?

Based on your lists and answers to this worksheet, which option do you feel is best for you?

Based on your lists and answers to this worksheet, which option would you like to pursue?