



*Reflective*  
**DECISION-  
MAKING**

CHILDREN BY **CHOICE**  
ASSOCIATION INCORPORATED



## Why reflective decision making?

**Making decisions about your body and your pregnancy can be deeply personal and complex. Self-reflection can be an important part of this process. You can use this document to help guide your self-reflection and decision-making process.**

Working through the guide will hopefully help you clarify how you feel about the pregnancy and how you might wish to proceed. There is no right or wrong decision. The law is clear – it is a human right to make decisions about your body, your pregnancy and what will be best for you at this time in your life.

Our clients have taught us that for every pregnant person the decision is uniquely their own, it is not selfish to focus on your health and well-being, your safety, and your current circumstances.

# Check-in Activity

Starting from a place of uncertainty is completely valid, especially when faced with the news of a pregnancy. It's okay not to have all the answers right away. Sometimes, the best place to start is with a check-in – a moment to pause and reflect on how you're feeling both mentally and physically.

**If you feel comfortable doing so, we encourage you to take a moment to engage with the following activity.**

Find a quiet spot, sit comfortably, and close your eyes. Take a moment to focus on your breath – notice each inhale and exhale.

Scan your body for tension or discomfort, without judgment.

Identify your current emotions – just acknowledge them without analysis.

Consider any specific needs you might have right now – physical or emotional.

Open your eyes when you're ready, carrying this awareness with you.

Remember, this check-in is about connecting with yourself without any pressure for specific answers.

# Who are the supportive people in my life?

When possible, it can be valuable to have a support person you can confide in. Supportive people are those that you trust and can be friends, family, a partner, colleague or a professional.

It is important to remember that a supportive person should not try to influence, guilt, shame, or coerce your decision. A safe and supportive person will recognise that the decision is your own and will make and hold space for you to explore different options.

Please remember that you are not alone in this process and if you are unsure of who is safe to speak to you can always call the counselling team at Children by Choice on 1800 177 725.

**On the next page are some examples to of supportive (green) and unsupportive (red) statements.**



If you or someone you know is experiencing domestic or family violence, you can contact [1800RESPECT](https://www.1800respect.org.au) on 1800 737 732.



# Green Flag, Red Flag

## Red flag

"Well, you should have been on contraception, this is what happens."

## Green flag

"This is a big decision and can be overwhelming. It is okay for you to have such different thoughts and feelings."

## Red flag

"Do what you want, I hope you don't regret it" (/pa — passive aggressive)

## Green flag

"This is your decision to make, tell me how to best support you during this time (or I know it's hard, let's work together to explore your options)."

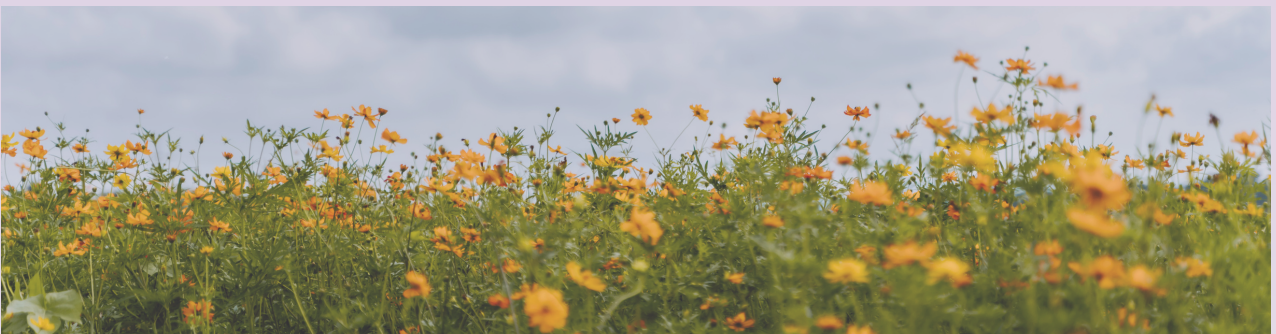
## Red flag

"If you won't [option], then I will hurt myself."

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# Exploring Options

*On the next pages, you'll have the opportunity to consider and explore all the choices available for your pregnancy. Each individual's circumstances are unique, and it's common to feel a mix of emotions and a desire to explore different options.*





# Continuing a Pregnancy

Exploring your feelings about continuing this pregnancy is a personal journey that only you can navigate. Allow yourself the space to acknowledge and reflect on your thoughts, feelings, and circumstances.

2 SHORT ACTIVITIES COMING UP

While for some women and pregnant people the decision of whether to proceed with a pregnancy or not might be a clear one, for others the process is more complicated. Whatever decision you make, it's important that it sits well with your own values and beliefs. You are the expert in your own life, and you know best which option is going to work for you.

On the next couple of pages, you'll find statements about continuing the pregnancy and either parenting or not. As you are thinking about your options, you might relate to some of these statements. **Please circle the boxes that resonate with you.**

# Activity

## Continuing & parenting



I can imagine having a child and taking on the responsibility of parenting.



I feel safe and secure enough in my life to be able to bring a child into my inner and outer world.



My physical & mental health provide me with the capacity to parent.



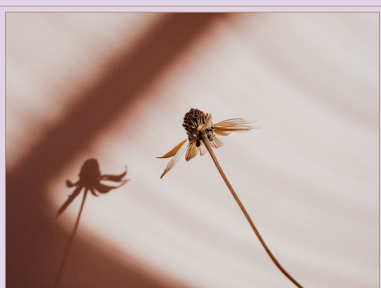
I believe I can continue working towards my goals & have a child.



Continuing the pregnancy can be a part of the goals and aspirations I have for my life now.



I identify parenthood as a significant part of my present narrative identity; I value being a parent.



Having a biological child is important to me.



I would like to share my culture and background with a child.



I feel that bringing a child into the world could be a beautiful and fulfilling experience.



# Activity

## Continuing & not parenting



I could be a parent later in my life. Now is not the right time.



I like my lifestyle too much to change for a child as I believe parenting would require me to.



Being a parent is not a part of my narrative; I do not wish to be a parent.



My physical & mental health do not provide me with the capacity parent.



My life has meaning and purpose without the presence of a child at this time.



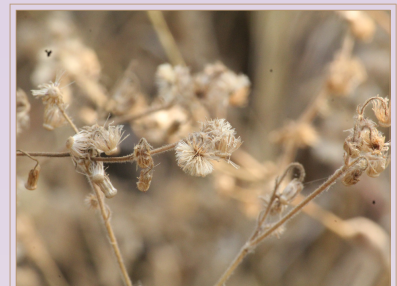
In order to sustain myself and/or my family, continuing the pregnancy is not the best option for me.



Having a biological child is not important to me.



Continuing the pregnancy will hinder the goals and aspirations I have for my life now.



I learned about my pregnancy later than I'm comfortable with for an abortion.



# Abortion



The following activity involves reflection on personal beliefs, a vital component of reflective decision making. It can help with self-awareness, consistency, authenticity, and can help resolve internal conflicts between beliefs and attitudes.

Reflecting on your beliefs can provide a framework for evaluating choices, reducing stress, and making decisions that are more consistent with your values.

ACTIVITY COMING UP

An abortion, termination of pregnancy, is a safe and common medical procedure that 1 in 4 Australian women of reproductive age report having had in their lifetime. When you decide not to continue the pregnancy, you can choose to have an abortion.

You may be able to choose between surgical or medication abortion based on your preferences and care availability, depending on the pregnancy's gestation.

At Children by Choice, we advocate for all-options and view access to abortion as a necessary component of healthcare.

On the following pages, you'll find statements about abortion relating to your life.

As you are thinking about your options, you might relate to some of these statements. **Please circle the boxes that resonate with you.**

# Activity

## Abortion (1)



I do not want to be pregnant.



I believe it is important to be financially ready to have a child.



Access to safe abortion is a public health matter.



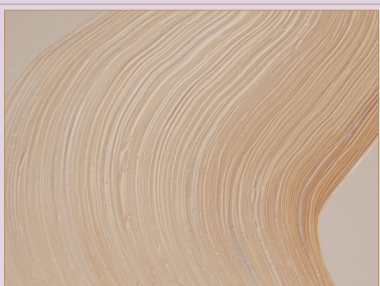
I believe that abortion access is affected by barriers like cost and restrictions.



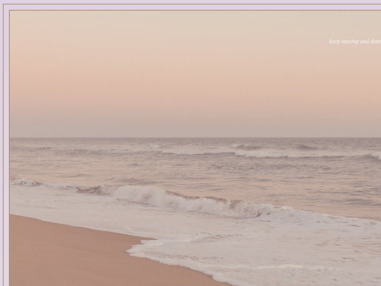
I believe that abortion decisions should align with an individual's life circumstances.



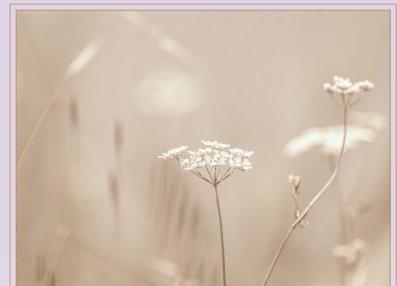
I believe in individual and autonomous reproductive choice.



Everyone should have access to compassionate abortion care.



I believe safe abortion care is an integral part of reproductive health care.



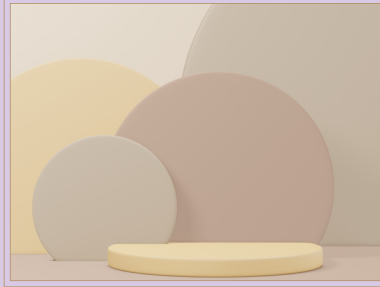
I will have the support I believe I need during an abortion.

# Activity

## Abortion (2)



I think an abortion is a private matter and do not want to talk about it.



My family is opposed to abortion.



My cultural background informs my perspective on abortion.



My religious belief and/or philosophy are opposed to abortion.



My partner is opposed to abortion.



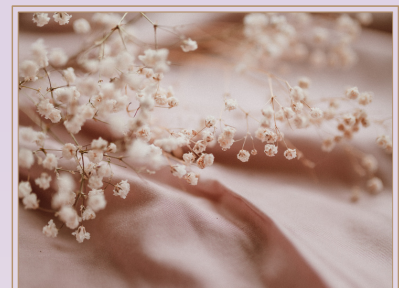
I am afraid I may not be able to get pregnant again.



I consider the potential impact of abortion on my physical and mental health.



I had an abortion some time ago and I think I won't cope with another abortion.



I do not feel safe and secure in my life to be able to bring a child into my life.



# Adoption & Kinship Care

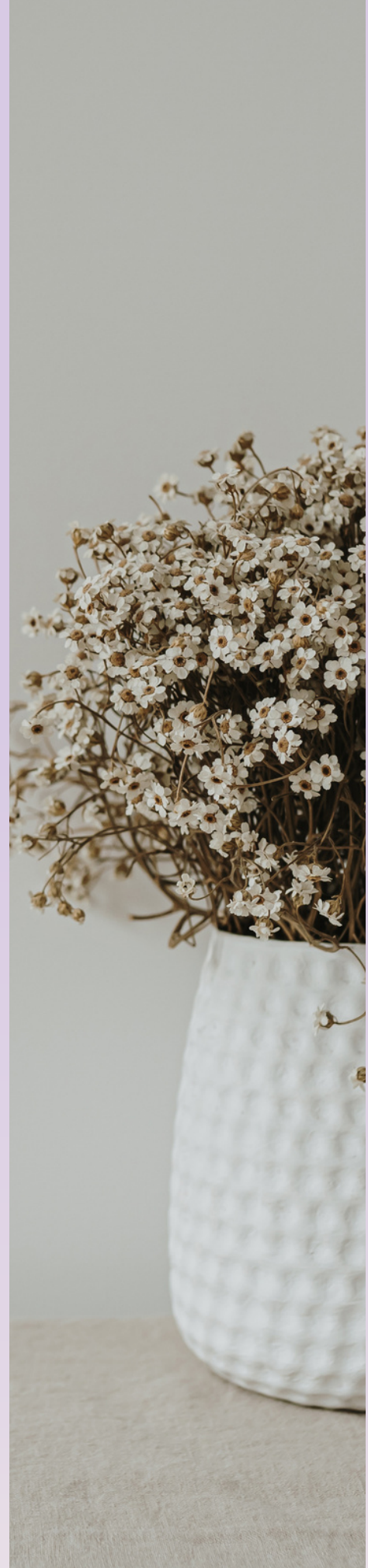
You may wish to continue the pregnancy, but not parent the child. Some individuals feel that they are not ready or able to take on the role of parenting, which is absolutely valid.

## Adoption

can be an alternative option where a person who is pregnant places the child up for adoption after giving birth. There are various adoption agencies and support networks available to help individuals through the adoption process.

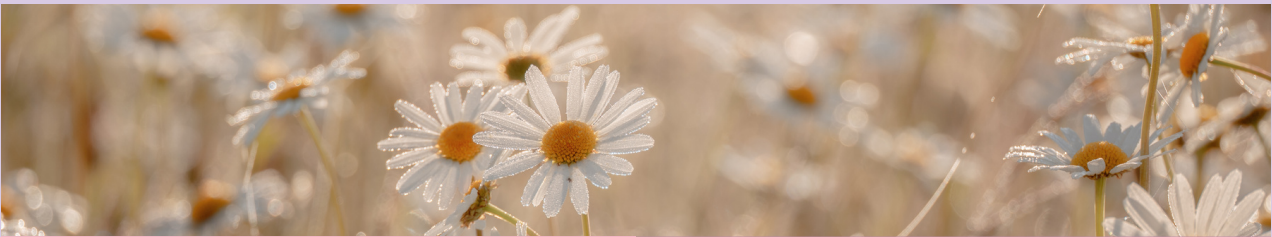
## Kinship Care

Is another option. This is where a relative or close friend becomes the child's caregiver. It's an alternative to consider if you want to keep the child within your family but don't want to parent yourself. Important considerations include the caregiver's ability to provide a safe environment, as well as any legal or financial implications.



# Adoption & Kinship Care

The statements below might resonate with you if you are considering these options.



## ADOPTION

I am not ready or do not want to be a parent.

I believe that it is important to be financially ready AND I believe I am not.

The adoptive family may be able to provide better care than I am at this time.

There are a lot of great people out there who would like to have a baby but cannot.

## KINSHIP CARE

I value family bonds and kinship care allows me to maintain them.

Considering my own life experiences, I feel that kinship care is the right choice for me and my child.

Kinship care aligns with my cultural values and traditions, which I want to pass on to my child.



# Making a decision

After taking time to think about your choices, feelings, values, beliefs, expectations, and past experiences, and gaining more information about the available options, you might be in a position to make a decision that feels right for you. However, it's also perfectly okay if you're not quite ready to make that decision just yet.

Remember throughout the decision-making process that many women and pregnant people have decided for and against abortion, adoption, alternative or kinship care and parenting.

You might be working towards making the right decision for you, but that does not always make it an easy one. Remember – you are the expert on your own life.



# Activity: Decision Making

You are welcome to use the following activity to clarify your current standing. **Mark the spots that reflect your thoughts and feelings.**

Continue

Abortion




Parent

Not Parent



Parent

Adoption



Parent

Kinship Care



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# Next Steps & Support

Remember that you've carefully considered your decision and given it your best thought. Even if others are offering input, know that the choice is yours. You'll make the best decision for your unique circumstances with the compassion and care you deserve. Here are some resources you might find helpful as your next steps.

**Pregnancy** [information and support](#)

**Parenting** [information and support](#)

**Abortion** [information](#)

[accessing care](#)

**Adoption & kinship care** [information](#)

**Violence & control** [support and information](#)

If you're still unsure, please feel free to reach out to us for counselling support. It's important to remember that taking your time is okay, however making a decision sooner could be beneficial.

We're here to support you.

For more information on each of your pregnancy options, please visit our [website](#).

You can contact us for Queensland-wide counselling, information, and referrals on 1800  
177 725



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[www.childrenbychoice.org.au](http://www.childrenbychoice.org.au)



Contact us

1800 177 725

(07) 3357 5377

[admin@childrenbychoice.org.au](mailto:admin@childrenbychoice.org.au)