

We've designed this version of our ten different InCourage pocket guides for you to print on your office printer. We hope this will be a convenient and helpful option.

There are two pages for each guide with four of each guide per page.

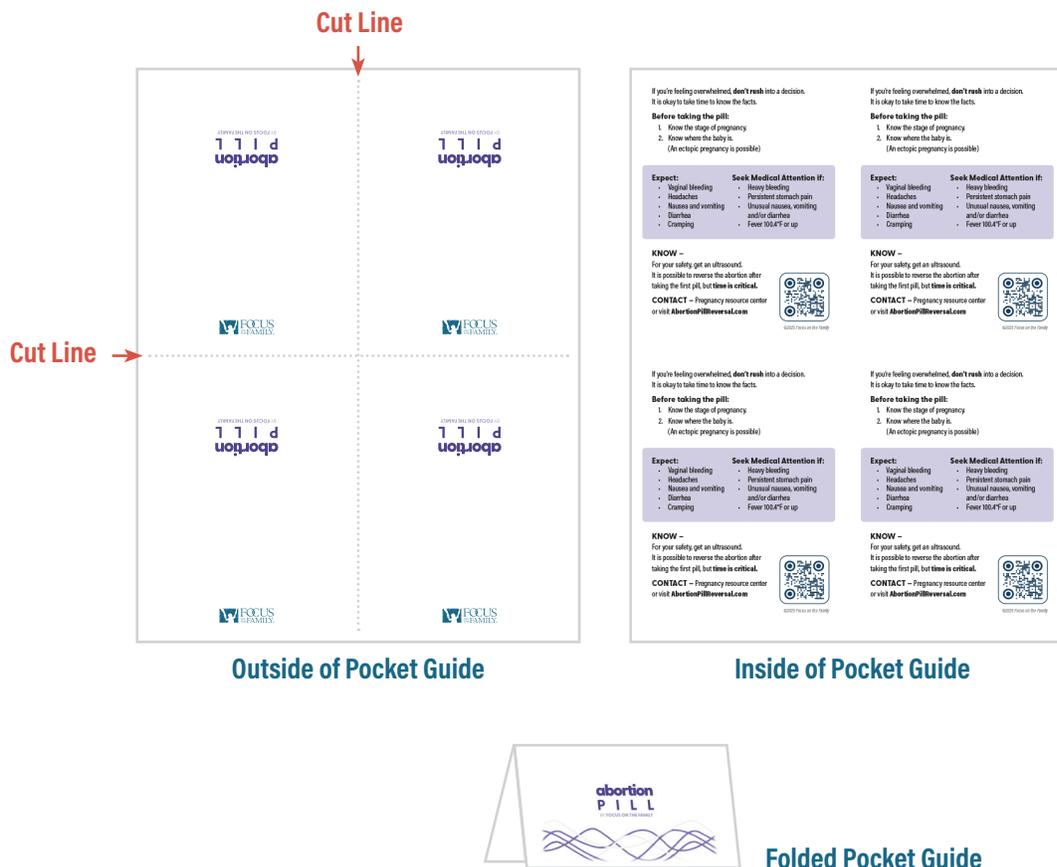
## Print the Document

You will want to print the document as double-sided (flip on long edge).

## Cut and Fold

Using an office trimmer, cut along the dotted, gray lines on the front side of each 4-up sheet. Each guide will be 5.5" high x 4.25" wide after they are cut and 2.75" high x 4.25" wide after you fold them in half with the title showing on the front and Focus on the Family logo on the back.

*We pray this resource will be an extra blessing to your ministry!*







BY FOCUS ON THE FAMILY  
**P I L L**  
**abortion**



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If you're feeling overwhelmed, **don't rush** into a decision.  
It is okay to take time to know the facts.

**Before taking the pill:**

1. Know the stage of pregnancy.
2. Know where the fetus is.  
(An ectopic pregnancy is possible)

**Expect:**

- Vaginal bleeding
- Headaches
- Nausea and vomiting
- Diarrhea
- Cramping

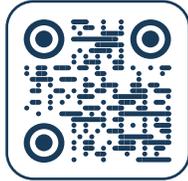
**Seek Medical Attention if:**

- Heavy bleeding
- Persistent stomach pain
- Unusual nausea, vomiting and/or diarrhea
- Fever 100.4°F or up

**KNOW –**

For your safety, get an ultrasound.  
It is possible to reverse the abortion after taking the first pill, but **time is critical.**

**CONTACT –** Pregnancy resource center or visit **AbortionPillReversal.com**



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BY FOCUS ON THE FAMILY

# What I didn't know ABOUT ADOPTION



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# What I didn't know ABOUT ADOPTION



Adoption is a brave choice to provide a family for your child if you are not able to parent.

**Common Fears with Answers:**

- F:** I can't afford it.
- A:** There are no fees or expenses charged to the birthparent.
- F:** I can't support this pregnancy.
- A:** Pregnancy related support may also be provided.

**Three Choices**

*Adoption is not foster care.*

**Open Adoption:**

- Choose the family
- Be in direct contact with the family
- Remain in the child's life

**Semi-Open Adoption:**

- Choose the family
- Receive updates about the child
- All communication is through the agency

**Closed / Confidential Adoption:**

- Remain completely anonymous
- All communication is through the agency
- No communication with the family



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Having an unexpected pregnancy can bring a mix of emotions. You may have questions and uncertainty but **take a deep breath.** Your life is already changed. So, take time to determine your future because pregnancy will impact the rest of your life.

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### Common fears with answers

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- A:** Life is different, but not over. You can have your dreams and your baby.
- F:** I am powerless.
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- F:** I have no options.
- A:** Everyone has three options. Talk about each one.

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### Next Steps:

- Tell someone you trust and that cares for you
- Take good care of yourself
- Make a plan
- Fall in love with Jesus
- Go to a church that will love on you and support you
- Find a community



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# embracing HOPE



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# embracing HOPE



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# embracing HOPE



Usually there is no explanation for a miscarriage. It's okay to grieve and feel a mix of emotions.

### Healing Takes Time

Whatever stage you are in, know that God loves you and suffers with you.

#### Help for You:

- Talking
- Journaling
- Spend time with others
- Creating a memento
- Talking to a therapist and/or pastor

#### Help for You & the Father:

- Talk with each other
- Stay connected
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# first nine MONTHS



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Have questions or concerns? Get the best care by finding a medical professional!

**Conception** - The egg and sperm unite to form a zygote.

**5 weeks** - The heart is the first organ to function.

**11 weeks** - The baby has all of the major organs and is a recognizable human being.

**18 weeks** - Fetal movement can usually be felt.

**20 weeks** - You are halfway through your pregnancy! The baby has a favorite sleeping position.

**24 weeks** - The baby recognizes their mother's voice.

**28 weeks** - With intensive care support, a baby born at this stage can breathe air.

**34 weeks** - The baby's eyes are wide open, and the head is covered in hair.

**40 weeks** - The baby is head-down and ready to be born.

**CONGRATULATIONS!**

You have an incredible adventure ahead of you.



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**gift of a  
LIFETIME**



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A fatal diagnosis may leave you feeling confused and overwhelmed.

**Time is on your side.**

Give yourself a chance to digest and consider all of your options.

**Carrying to Term:**

- Families call this a **“gift of time”** to celebrate their baby’s life

**Perinatal Hospice Care:**

- Begins at diagnosis and continues through delivery
- Focuses on the emotional, physical and spiritual needs of everyone in the family

*Everyone grieves differently.*

**Try:**

- Journaling
- Talking to people who want to help
- Talking to a grief counselor
- Staying active
- Taking it step by step



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# HEALING the hurt



BY FOCUS ON THE FAMILY

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Many women who choose abortion go against their own sense of right and wrong.

It's time to stop judging and shaming yourself and get help.

**You may have trouble dealing with the loss you feel because:**

- You don't believe you have the right to grieve.
- You have no external evidence that your baby existed.
- There is no one to grieve with you.

You are still you and so loved.

There is life ahead of you.

*For your mental health, talk to your pregnancy resource center for care.*



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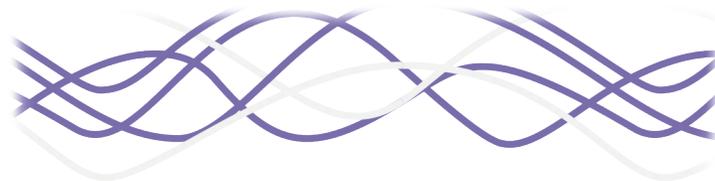
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**healthy**  
**PREGNANCY**



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### Common pregnancy symptoms:

- Nausea and vomiting (*usually stops after 12 weeks*)
- Being tired, thirsty or hungry
- Minor aches and pains
- Headaches
- Bleeding gums when you brush
- Heartburn or indigestion
- Being more emotional

#### Start:

- Drinking plenty of water
- Getting plenty of sleep
- Taking prenatal vitamins
- Eating healthy foods

#### Stop:

- Using tobacco or vaping
- Drinking alcohol
- Taking marijuana or any other drug

#### Avoid:

- Hot tubs
- Cat litter boxes
- Raw meats and eggs
- Excessive caffeine—over 2 cups/day
- Over-the-counter medicine (*unless from medical professional*)
- Gases and fumes



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# LIVING together



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# LIVING together



Couples who live together (cohabitation) instead of committing to marriage tend to experience:

- More volatile relationships
- Breakup rates 5x higher
- Increased violence and/or emotional abuse
- Decreased sense of happiness and/or fairness

**Women:**

Often live with a false hope that their relationship is moving towards marriage

**Men:**

Tend to be less committed to the relationship

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In marriage both individuals are genuinely committed and try to work together.

**You have options.**



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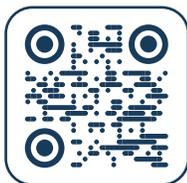
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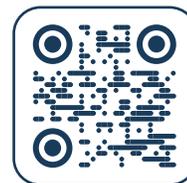
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BY FOCUS ON THE FAMILY

# morning AFTER PILL



BY FOCUS ON THE FAMILY

# morning AFTER PILL



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# morning AFTER PILL



BY FOCUS ON THE FAMILY

# morning AFTER PILL



### What is it?

**IS NOT:** a single drug

**IS:** two drugs that are used as emergency contraception

**IS NOT:** a preventative or eliminator of STDs

**IS:** a disruption to your body to end or inhibit a pregnancy

#### Plan B One-Step®

- Prevents ovulation
- Affects the cervical mucus
- Thins the lining of the uterus

#### ella®

- Prevents ovulation
- Blocks progesterone

### Warning:

- Cramping or abdominal pain can be a sign of an ectopic pregnancy, a potentially life-threatening condition when the embryo grows outside of the uterus. The morning after pill won't end this.
- The morning after might be too late to prevent pregnancy.



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**IS NOT:** a preventative or eliminator of STDs

**IS:** a disruption to your body to end or inhibit a pregnancy

#### Plan B One-Step®

- Prevents ovulation
- Affects the cervical mucus
- Thins the lining of the uterus

#### ella®

- Prevents ovulation
- Blocks progesterone

### Warning:

- Cramping or abdominal pain can be a sign of an ectopic pregnancy, a potentially life-threatening condition when the embryo grows outside of the uterus. The morning after pill won't end this.
- The morning after might be too late to prevent pregnancy.



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