

Contents

Foreword by Helen M. Alvaré	ix
Introduction	1
Chapter One: What If I'm Pregnant?	3
Chapter Two: What Now? Your Future as a Young Mom	6
Chapter Three: What Do I Say? How to Tell Your Parents	21
Chapter Four: What about Daddy? Things to Consider before You Tie the Knot	30
Chapter Five: What Did I Do? Navigating Your Feelings of Guilt	47
Chapter Six: How Does This Work? The Truth about Giving Birth (Including the Good, the Bad, and the Baby)	59
Chapter Seven: Who Am I Now? How to Reclaim Your Life	68
Chapter Eight: What Did She Just Say? How to Deal with Rude People	78
Chapter Nine: Is There a Syllabus for Parenthood? Being a Student and a Mom	93
Chapter Ten: What Else Do I Need to Know? What No One Tells You about Unplanned Pregnancy	99

Additional Resources

<i>Early Mama's</i> Questions to Consider before Marriage	112
Thirteen Steps to Changing Your Campus	116
Talking Guide for Religious and Pro-life Organizations	135
Six Lessons from an Unwed Mother	144