

MY CHILD

Many young women, like Angela in the TV/Radio message (**Click to view the My Child video**) have tried to solve an unwanted pregnancy by trying to kill their unborn child. Most young women know their choice to abort is not right, but they are afraid. Angela was afraid. She was pregnant and alone. She could not imagine life as a single parent at the tender age of sixteen. Angela was afraid of what her parents would do to her if they found out she was pregnant. It was fear that drove Angela to arrange for the abortion.

Fear clouds our judgment. It often leads us to make decisions we later regret. Information helps us make good decisions. This web site provides help and information for teens and young adults who face the crisis of unplanned pregnancy or know someone who is in this crisis. You will find information about alternative courses of action you can take and the consequences of each alternative so that you can make a decision you can live with.

Following is a list of the topics covered:

What is the first thing I should do when I find out I am pregnant?

My friends say having an abortion is the easiest option...What actually happens during an abortion?

What are some possible consequences or effects of abortion?

What are my options if I choose not to have an abortion?

Your future may be changed, but it is not finished. With careful thought and some help, opportunities still lie ahead. *Make a wise choice and you will make a difference.*

The Real Issue – A Spiritual Perspective

The decision to abort is really a decision about the value of human life. What makes a human being valuable? Who should determine whether a human being has a right to live? Why should one value life? Angela in the TV/Radio message didn't really know how precious life was until after she almost lost her life and her baby. Life born or unborn is precious because it is God who made us and not we ourselves. (Psalm 100:3) (Genesis 1:27) (Colossians 1:16) All life belongs to God.

God knew you even before you were born. His hands shaped you and formed you skillfully for His purpose (Job 10:8-12)(Psalm 139:13-16)(Isaiah 49:1)(Ephesians 1:3-4). Your life and the life of an unborn child is precious, not because the world or people consider you valuable or beneficial, but because God considers you precious. God created you and has a wonderful and specific role for you to play in society(Ephesians 2:10). Remember God created life and God alone has the right to take life. (1 Samuel 2:6)(Ezekiel 18:4)

Wait...Do you have all the facts?

Most Frequently Asked Questions

Facing an unplanned pregnancy can be extremely stressful. It is important to remember that in any situation of an unwanted pregnancy, there are two lives to consider. Your life and the life of your unborn baby. The decision you make in the early months of your pregnancy will affect both of you forever. Don't rush to make a decision until you have considered all the options. What follows are some common questions most often asked by those faced with the challenge of an unplanned pregnancy and some answers to consider as you make this important information.

What is the first thing I should do when I find out I am pregnant?

My friends say having an abortion is the easiest option. What actually happens during an abortion?

What are some possible consequences or effects of abortion?

What are my options if I choose not to have an abortion?

Q. What is the first thing I should do when I find out I am pregnant?

A. The first thing you should do once you have been tested and found to be pregnant is to tell someone about your pregnancy. Think carefully about whom you will tell.

The logical place to begin, of course, is with your partner and parents, as difficult as that may be. Parents may become violently angry, but that is often because parents tend to blame themselves when things like this happen. Your pregnancy is a crisis in their lives as well as yours. They may react angrily, but allow them time to think it through and offer their advice.

You may also want to consider sharing your situation with a responsible adult like an aunt, school counselor or older neighbor. If you are involved in a church, talk to one of the spiritual leaders. Many of them are trained to counsel in a crisis situation and can offer you hope, help and words of healing.

At the end of this web site you will find names of people and places where you can receive guidance as you make your decision. The value of going to a trained counselor or social worker is that they can be objective and help you deal with negative feelings like guilt, anger, and frustration. They can also help you consider the important issues regarding your future and how to prepare for it.

Q. My friends say having an abortion is the easiest option. What actually happens during an abortion?

A. Abortion is the removal of the fetus or unborn baby from the womb before it's time for delivery. Some of the more common methods used to terminate pregnancy are described below:

Chemical Abortions. One of the most common types of abortions used by untrained medical practitioners is chemical abortions. Chemical abortions are abortions caused by the utilization of medicines, for example potassium permanganate tablets, poisons and other household substances in quantities likely to cause death to the unborn baby and very often also to the mother. This by far is the most dangerous method both for you and the unborn baby because it is illegal and life threatening.

The Suction Aspiration Method This method of abortion is used during the first three months of pregnancy. In this method an instrument called a *dilator* is used to stretch open the cervix (mouth of the womb). A powerful suction tube is inserted in the womb. When the suction is applied the cells of the developing baby are torn apart and sucked from the womb along with the placenta, into a holding container for disposal. This is the most common method of abortion. Unfortunately, this method is also very dangerous because it often causes tearing of the womb, which can lead to more bleeding and eventually lead to death.

The Dilation and Curettage (D&C) This method is another common method of abortion used at the end of the third month of pregnancy. The cervix is dilated, ring forceps are inserted into the womb and the baby is extracted piece by piece. Then a loop-shaped knife (curette) is inserted to scrape away any of the baby or the placenta that remains. This method is also very dangerous for the mother as profuse bleeding follows.

Dilation and Evacuation (D&E) This method of abortion is used from the fourth to sixth month (after 13 weeks) of pregnancy. In this method, the cervix (mouth of the womb) is stretched open. Then, the unborn child is dismembered with pliers-like forceps. Force is needed to pull the baby apart. The instrument is used to seize a leg or other part of the body and then, with a twisting motion, tear it from the baby's body. The baby's spine is snapped and the skull crushed. After the baby parts are removed, they are reassembled outside the womb to make sure that all parts have been removed. Often baby parts are left inside the mother's womb. This can cause serious complications and sometimes death.

Saline Solution (Saline amniocentesis) This is a chemically induced abortion used usually after 16 weeks. In this method, a concentrated salt solution is injected into the sac and amniotic fluid surrounding the baby. The baby inhales and swallows it, and dies one or two hours later of acute salt poisoning and dehydration. The mother then delivers a dead or dying burned baby 24 to 48 hours later. This method is on the decline because of dangers to the mother, but sometimes the baby survives.

Prostaglandin Abortion This is another chemically induced method of abortion used usually after the 5th to 8th month of pregnancy. Prostaglandin are hormones that induce labor. These hormones are injected into the amniotic sac to induce premature labor and delivery of a dead baby. Sometimes poisonous salts are injected with the prostaglandin to prevent a live birth.

Partial-Birth This abortion process is used from the 4th month through to the 9th month of pregnancy. In this operation, an ultra sound is used to locate the baby's legs, then forceps are used to pull the legs through the birth canal, delivering the baby feet first. Scissors are then used to puncture the base of the baby's head. A suction device is then used to suck out the baby's brain, so that the skull will easily collapse. The dead baby is then removed.

Q. What are some possible consequences or effects of abortion?

A. With every abortion there are possible immediate and late complications that can arise. In addition, there are

mental and emotional disturbances that occur as well.

Immediate physical effects Some of the possible immediate physical complications of an abortion are intense pain, excessive bleeding and sometimes deposits of ovular debris cause infections. Cervico-vaginal sores can result from the utilization of potassium permanganate tablets and perforation of the uterus caused by curetting are also potential problems. Shock, coma and death may also result immediately following an attempted abortion.

Long term physical consequences Long term consequences of a serious nature can follow an abortion including the inability to become pregnant, recurring miscarriage or stillbirths, and increased risk of breast cancer.

Emotional Effects The most common consequences of an abortion, however are long term mental and emotional disturbances. After an abortion, many women are likely to experience profound guilt, depression, crying, and inability to forgive oneself. These are some of the symptoms of what is often called the *post abortion syndrome*.

Post abortion syndrome (PAS) is a term used to describe a woman's inability to: (1) process the fear, anger, sadness and guilt surrounding her abortion experience, (2) grieve the loss of her baby, and (3) come to peace with God, herself and others involved in the abortion decision.

Many women who experience the *post abortion syndrome* suffer intense grief and sadness and desire to get pregnant again. They are also likely to experience emotional numbness, sexual problems, lowered self-esteem, nightmares, a rise in drug and alcohol abuse and suicidal urges.

It is normal to grieve a pregnancy loss, including loss of a child by abortion. Many women who have had an abortion are told that an abortion is no different from any surgical procedure, so when women experience some of these symptoms in their grief and loss they think their grief is abnormal. If you or someone you know is grieving after having an abortion, don't keep it to yourself, seek help. Healing is possible. Contact one of the relevant organizations listed under **(For Further Information.)**

Q. What are my options if I choose not to have an abortion?

A. The more safe and rewarding choice for you is to choose to allow the baby to live. Making the choice to allow the baby to live, is the same choice your mother made when she was expecting you...and it was a wise choice! Having made this choice, however, there are some real challenges ahead. You can choose to keep your baby or release your child for adoption and care.

You can choose to keep your baby If you choose to keep your baby there are several things you will have to settle regarding your pregnancy.

If you are currently a student and you can continue to live with your parents or an understanding relative or friend, you will need to work out your school situation. Following the new ministry of education policy for public schools, the student is allowed to attend classes until she is ready to give birth. You may need to consider enrolling as an independent student

Try to work out an arrangements with your parents or church to sponsor you through this period and commit yourself to pay back or contribute what you are able to once you are able to support yourself. Remember, this is your baby, not your parent's baby or your grandmother's baby, nor the church's baby. Treat those who choose to help you through this challenging process with great respect and cooperation. It is advised that you do not throw away your educational plans or career dreams just realize that it will take longer than you anticipated. You will need your education to help support your child.

Being a single parent is challenging but not impossible. In order to help you understand the realities of single parenting you should visit a crisis pregnancy center near you. **(click For Further Information)** Try to join single parent groups in a local church. By listening to other's share their joys, problems and feelings, you can gain a better perspective on single parenting. Other mothers may present ideas, problems or possibilities you had not previously considered.

Help is available! If you want to keep your baby and need guidance to meet your specific needs, help is available. To find out who to call for guidance and counseling. **(click For Further Information)** Do visit them. They have a lot of practical advice based on their many years of experience in counseling women who are young, pregnant and unmarried.

You can choose to release your child for adoption The decision to release your child for adoption is a tough alternative to consider and obtaining complete information about adoption is extremely important. Adoption is a way of providing a child with new legal parents. It ends the legal relationship between the child and his or her natural parents and establishes a new one with the adoptive parents. Adoptions are arranged by adoption agencies but are made legally binding by the courts. Once granted, an adoption order is final and cannot be revoked. The registered agencies that can help you with adoption, employ social workers who will be able to talk to you about adoption and explain the process before you make up your mind. If you decide that adoption is right for your baby, the adoption agency will help you find a suitable parent and care for your child. A partial list of organizations which can assist you in the adoption process or offer you relevant help are included below. **(Click For Further Information)**

None of these decisions you will need to make are easy. Any decision you make will require a sacrifice. It will help to think through these issues with a trained adult. Most institutions, Crisis Pregnancy Centers and Counseling Centers listed in the section of further information will gladly take time to help you resolve some of these issues we have outlined and others which may be specific to your case. At these centers you will find people who care about your well-being and that of your baby.

Make a Difference

Women who have had abortions have to deal with a lot of painful repercussions, which hinder them from living a normal and happy life. Abortion may seem like the 'solution' to the 'problem' but it may cost you a lifetime of pain. Pregnancy is only for a season, it is hard work, but at the end of the day you reap fruits of joy. Give your unborn baby the greatest gift ... a chance to live.

Your choice to give another human being a chance at life is in keeping with God's plan. You might believe your pregnancy is a stumbling block, an obstacle. But God desires to turn your experience into a stepping stone toward Him. It is true, you are never going to be the same person you were before pregnancy. God knows those changes are frightening, but He wants you to know He will travel the road right beside you all the way. Remember your future may be changed but is not finished!

Make the wise choice and it will make a difference. Do the right thing!

For further Information

Counseling and guidance on unplanned pregnancy and Post Abortion Syndrome

Amani Counseling Center and Training Institute, Mbagathi Way, next to the Caltex Service Station. P.O. Box 41738. Tel: 602672 or 602673 or cell: 0722-626590 or Email: accti@africaonline.co.ke **(Back)**

Christian Medical Fellowship, P.O Box 20954 Nairobi 00202 Tel: 2710768 or Email: admin@cmfkenya.org or Website: www.cmfkenya.org **(Back)**

Crisis Pregnancy Ministries (Kenya), Ngumo Estate, Nairobi near Kenyatta Market, on your way to Little Friend School, Hse. No. 249. P.O. Box 66633, Nairobi 00800, Tel: 254-2-4445997, E-mail: cpmk@yfcafrica.org **(Back)**

Dr. (Mrs) Jean W. Kagia of Protecting Life Movement Tel: 342844/5 or Email: kagia@africaonline.co.ke **(Back)**

Life Spring Counseling Center, Normandie Court, Lenana/Ralph Bunche Road, Off Valley Road, Nairobi. P.O. Box 42905, Nairobi, Kenya. Tel 723237, E-mail: june@africaonline.co.ke Contact: June W. Koinange. **(Back)**

Oasis Counseling Center and Training Institute, Ufungamano House, State House Road, 5th Floor, P.O. Box 76117 Nairobi, Kenya. Telephone 715023/721157/726494. E-mail- oasiscc@maf.or.ke **(Back)**

Wholistic Caring and Counseling Center, P.O. Box 975 Ruiru, Mobile Telephone 0722-73931 Kenya **(Back)**

Information on abortion methods, Post Abortion Syndrome and other consequences of abortion.

Crisis Pregnancy Ministries Kenya, P.O. Box 66633, Nairobi. Tel 254-02-445997

E-mail: cpmk@yfcafrica.org **(Back)**

<http://www.prolife.com> (**Back**)

<http://www.Lovematters.com>(**Back**)

Information on adoption

Child Welfare Society of Kenya, P.O. Box 43982, Nairobi, Kenya. Tel 254-2-605854,
E-mail: cwsk@nbi.ispkenya.com (CWSK has 21 branches countrywide) (**Back**)

New Life Home Trust. Corner of Lenana Road & Turbo Road, Kilimani, Nairobi. P.O. Box 25341, 00603, Nairobi, Kenya. Tel. 02-564743, 02-569514. E-mail: newlifehome@insightkenya.com Web address: www.newlifehometruster.org (**Back**)

Thomas Barnado House, Kenya Christian Homes, P.O. Box 44261, 00100 GPO, Nairobi, Kenya.
Email- collinsfam@todays.co.ke (**Back**)

Most hospitals employ social workers who could advise you regarding adoption.

Information on temporary accommodation, long and short term assistance for women faced with difficulties related to unwanted pregnancy, miscarriage, abortion or inability to conceive.

Family Life Counseling Association of Kenya (FLACK) exactly 200 meters from Mater Hospital, P.O Box 18077 Nairobi, Kenya. Telephone 558926/544640.

Gem Counseling Services, P.O Box 44128 Nairobi, Kenya. Telephone 729922.

Jamaa Home at Uhuru Estate along Buru Buru road, P.O Box 17153, Nairobi, Kenya. Telephone 792579.

Kenya Catholic Secretariat Family Life Department at Waumini House Annex, Westlands, P.O Box 48062, Nairobi, Kenya. Telephone 4443918/4444145.

Kenyatta National Hospital, P.O Box 20723 Nairobi, Kenya. Telephone 2726300 Ext. 212.

Maria House Behind St. Theresa's Catholic Church Eastleigh, along Captain Mungai Street, next to Juja road, P.O Box 50504, Nairobi, Kenya. Telephone 761699.

Mater Misericordiae Hospital South "B", P.O Box 30325 Nairobi, Kenya. Telephone 556666.

Nazareth Hospital near Limuru, P.O Box 49682, Nairobi, Kenya. Telephone 0154 -335685.

Women's Centre at the Kariobangi Catholic Church on Outer ring road, P.O Box 47714 Nairobi, Kenya. Telephone 791734.

The Nairobi Womens Hospital. Commitment to Women's healthcare.

Dr. Sam Thenya, Chief Executive.

Hurlingham Medicare Plaza, Arwings Khodek Road, P.O.Box 10552-00100, Nairobi, KENYA, cell:0722-520858, 0733-918226, Tel:2712886/ 724802, 2726821 /4 /6 /7, Fax:716651, Email:info@nairobiwomenshospital.org

Medicare Wellness Center(s) LTD. Dr. Paul Wangai Jr., Director

Medical Clinics, Post Bank House, 3rd Floor & Aga Khan Hospital, Drs Plaza, Ground Floor, Rm. 15, P.O.Box 62610, Nairobi, Kenya. Tel: 220787 / 339031 / (3749991 / 3742113 Afternoons) Email: pmwangi@compuserve.com

Sources used.

Focus on the Family Booklets, Colorado Springs, CO 80995, U.S.A.

"Abortion: A Moral Outrage" (LF018/1269);

"Help for Pregnant Teens" ,by Linda Roggow and Carolyn Owens (LF119/1360)

"Identifying and Overcoming Post-Abortion Syndrome" , by Teri K. Reisser, M.S. and Paul C. Reisser, M.D. (LF146/2239)

"The Decision of Life" (LF117/1358);

Crisis Pregnancy Ministry Brochure: P.O. Box 66633, Nairobi, Kenya

"Men and Abortion"

<http://www.prolife.com>

Disclaimer

Good News Production International – Africa does not provide specific medical advice or a medical diagnosis for any particular condition described, nor verify the authenticity of any information described in the questions presented. Readers and patients should always consult their physician to discuss any specific symptoms, conditions, or modes of therapy for any particular mental or physical difficulties, diseases or conditions.

Back to home page.