



## Your Baby's Diagnosis

This can be a very heartbreaking time, and the situation can cause a great deal of stress and anxiety for you and your family. Some feelings that you might be experiencing include shock, disbelief, anxiety, guilt, sadness and anger.

Making decisions during this time can be very confronting and stressful, both for you and for your family. This folder has been created to provide you with information on the different pathways that you can choose. You may wish to use this information to guide the conversations that you have with your partner, family members and medical staff.

When diagnosed, you will most likely be confronted with the decision of whether to continue with your pregnancy or terminate your pregnancy. This is a very personal and individual decision, and there is no right or wrong answer. You may consider your own baby's diagnoses, your beliefs, religion, and cultural values.

### **Things you might want to discuss with your medical staff**

Ask your doctors all the questions that come to mind, and do not worry about whether you think it sounds silly. If it is important to you - and you think it may prepare you for the decisions that you need to make - then go ahead and ask. You may find some of the following questions useful to ask your medical staff:

- Is our baby's condition compatible with life?
- Will our baby survive the pregnancy and birth?
- If so, what medical needs will our baby have in the future?
- How long could our baby survive after being born?
- Is there a possibility that our baby may suffer or be in pain during pregnancy?

### **Questions you may like to ask yourself, your partner and/or your family members**

- Is your baby's diagnosis compatible with life? How do you feel about continuing with the pregnancy? How do you feel about termination?
- If your baby's condition is compatible with life, is it a life that you could support as a family long term?
- If your baby was in NICU (Neonatal Intensive Care Unit) after birth, and you were given the option to turn off life support, how would you feel about such a decision?
- Is there a Pastor or a religious person you would like to speak to, to discuss your situation and seek advice?