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# Pregnancy Options

Continuing the pregnancy and raising the child

## Ensuring a healthy pregnancy

- Begin prenatal care, which is medical care needed during your pregnancy, as soon as possible
- Start taking prenatal vitamins with folic acid
- Avoid alcohol, smoking, and illegal drug use
- Check with your provider which over the counter and prescription medications are safe to take during pregnancy

## Healthcare coverage for pregnancy

If you don't have insurance, Texas has programs that can help pay for prenatal care. For information about those programs go to:

[www.dshs.texas.gov/healthytebabies/duringpregnancy.aspx](http://www.dshs.texas.gov/healthytebabies/duringpregnancy.aspx)

Federally Qualified Health Centers (FQHCs) often provide affordable prenatal care and can assist you in enrolling in pregnancy healthcare programs. To find an FQHC clinic go to: [www.tachc.org/Online/Directories/Find-a-Community-Health-Center.aspx](http://www.tachc.org/Online/Directories/Find-a-Community-Health-Center.aspx)

## Pregnancy/birthing support resources

All Options: [www.all-options.org/](http://www.all-options.org/) or Call: 1-888-493-0092

Just Birth Space: [www.justbirthspace.org/](http://www.justbirthspace.org/)

Choices in Childbirth: [everymothercounts.org/choicesinchildbirth/](http://everymothercounts.org/choicesinchildbirth/)

Texas Nurse Family Partnerships (for first time parents):

[www.nursefamilypartnership.org/locations/texas/](http://www.nursefamilypartnership.org/locations/texas/)

## Practical or financial support resources

Your Texas Benefits: [www.yourtexasbenefits.com/Learn/Home](http://www.yourtexasbenefits.com/Learn/Home)

Texas Women, Infants, and Children (WIC): [www.texaswic.org/](http://www.texaswic.org/)

Texas Diaper Bank: [www.texasdiaperbank.org/programs/#diaper\\_assistance\\_section](http://www.texasdiaperbank.org/programs/#diaper_assistance_section)

Safe Riders (free car seats): [www.dshs.texas.gov/saferiders/](http://www.dshs.texas.gov/saferiders/)

Low Income Home Energy Assistance Program: [liheapch.acf.hhs.gov/search-tool/](http://liheapch.acf.hhs.gov/search-tool/)



## **Pregnancy complications and abortion**

Sometimes pregnancy may result in miscarriage or other medical complications for the pregnant person or fetus. The medical procedures that may be necessary in these situations are abortion procedures (medications or dilation & curettage or evacuation).

Texas has banned elective abortion which has made accessing these medically necessary abortion services difficult. Some healthcare providers and hospitals may not provide these services for fear of being criminalized. While you never want to expect the worst, knowing ahead of time what to expect can be helpful if something happens.

To be sure you are prepared:

- Check with your OB/GYN if they are able and willing to provide this care if needed
- If your medical provider cannot provide this care, ask for their assistance finding a provider that will
- Make a plan for how to leave the state to get appropriate care if denied