

The Maybe A Baby Questionnaire

Questions to Ask Yourself if You are Undecided About Having a Child

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- I. Do I have the urge to have a child? If so, why? Has there been an event or revelation that made me think about having a child now?
- II. How will pregnancy impact my health? Am I in good enough health to become pregnant?
- III. How will it change my body? Can I accept these changes? Would I resent these changes in a way that could impact the child?
- IV. Can I handle the labor and delivery? Am I afraid of pregnancy and/or delivery? If so, why?
- V. Can I meet the extra expenses and financial responsibilities of a baby (all the expenses: crib equip, diapers, formula); Can I have budget for all of the extra expenses?
- VI. What if I have a colicky baby or an unhealthy baby, can I adapt; will I be able to cope with something like this?
- VII. How will a baby affect my career? Will I need or be able to stay home for a while, work part time, or work flexible hours?
- VIII. Can I do it all? If not, can I live with giving some of my favorite things up
- IX. How will a baby affect my Relationships:
 - a. Partner
 - b. Friends
 - c. Family
- X. Do I have enough of a support system to:
 - a) help when I first come home with a baby
 - b) help transition into my new role
 - c) help create a balance in my life
 - d) catch up on sleep or errands
- XI. What kind of changes do I think I will go through as a person, once I become a parent? Will my self image change? Will I be able to separate my role from my other roles in life?
- XII. Can I, as a woman, be complete without a child?
- XIII. Regarding personal goals — Have I been able to accomplish what I want in my career, my travels before I have a baby? Or do I think I will be able to accomplish these things after having a baby?
- XIV. Will I regret it if I do not have children?
- XV. What advantages are there in not having children?
- XVI. What would be the disadvantages of having children before the time is right?
- XVII. What do I imagine will be different when I have a child and how does that impact wanting to have a child?