



montana  
FAMILY PLANNING

# Pregnancy Options - Adoption

Continuing the pregnancy and placing the child with an adoptive family

## Ensure a Healthy Pregnancy

- Begin prenatal care, the 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 doctor about which medications are safe during pregnancy, and for advice on managing chronic conditions – like diabetes or high blood pressure – during pregnancy.
- Mental wellbeing is as important as physical health during pregnancy. Tell your doctor if you have had mental health challenges in the past and about any mood-related concerns.

## Healthcare Coverage for Pregnancy

Medicaid has higher income limits for pregnant people and covers prenatal care throughout pregnancy until 60 days postpartum. Cover Montana can help you learn about your options and enroll in health insurance: [covermt.org](https://covermt.org)

Federally Qualified Health Centers and Urban Indian Clinics often provide affordable prenatal care. Find a clinic at [mtpca.org/about/montana-health-centers](https://mtpca.org/about/montana-health-centers).

## Adoption Basics

- Different types of adoption exist – from open, to semi-open, to closed – and allow for varying levels of contact between the birthing and adoptive parents.
- Adoptions can be facilitated through agencies or independent lawyers. Agencies offer added support like helping you find healthcare and navigate the relationship with the adoptive family.
- Adoption cannot be finalized before a baby is born.
- Learn more at [bedsider.org/pregnancy\\_options/adoption](https://bedsider.org/pregnancy_options/adoption) and [pregnancyoptions.info](https://pregnancyoptions.info).

## Adoption Agencies

Adoption agencies come in all shapes and sizes. You get to decide which type is the best fit for you.

- Adoption Connection: [adoptionconnection.jfcs.org](https://adoptionconnection.jfcs.org)
- Choice Network: [justchoice.org/adoption-process](https://justchoice.org/adoption-process)
- Catholic Social Services of Montana: [cssmt.org/pregnant](https://cssmt.org/pregnant)
- Open Adoption and Family Services: [openadopt.org](https://openadopt.org)
- PACT Adopt: [pactadopt.org](https://pactadopt.org)
- St. John's United Family Services: [stjohnsunited.org/services/family/adoption/](https://stjohnsunited.org/services/family/adoption/)

## Support for Birth/First Parents

- MPower Alliance: [mpoweralliance.org](https://mpoweralliance.org)
- Concerned United Birthparents: [concernedunitedbirthparents.org](https://concernedunitedbirthparents.org)

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Learn more at [www.montanafamilyplanning.org/pregnancy-resources](https://www.montanafamilyplanning.org/pregnancy-resources)