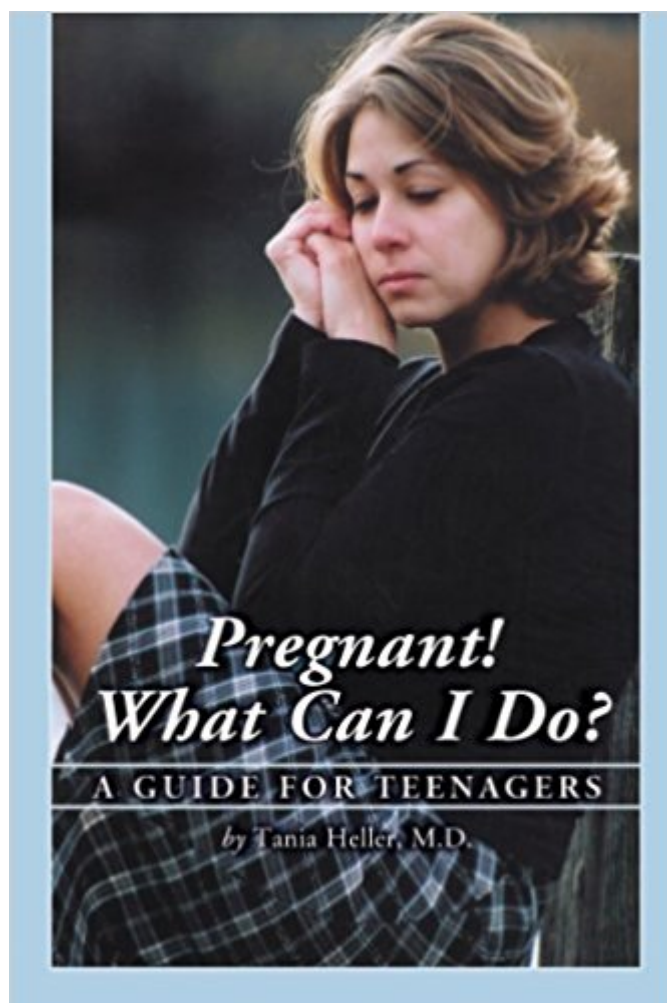


The book was found

# Pregnant! What Can I Do?: A Guide For Teenagers



## Synopsis

Each year in the United States, just under a million teenage girls become pregnant. Approximately three-quarters of these pregnancies are unintended, and more than a quarter of them end in abortion. A small percentage of teen parents choose adoption. This work serves as a guide for the pregnant teenager in getting help, making the right choices, and building a better future. It provides in-depth discussion of the three choices--adoption, parenting, and abortion--available to pregnant teenagers and presents interviews with teens who chose each of these options. This work also provides information for teenage girls about discovering that they are pregnant, the thought processes and reactions they may have, what they can do, where they can go for help, what they can do to take control of their situation, the role of their child's father, and the prevention of unwanted pregnancies. A listing of numerous resources for pregnant teens is also included.

## Book Information

Paperback: 150 pages

Publisher: McFarland & Company (January 15, 2002)

Language: English

ISBN-10: 0786411694

ISBN-13: 978-0786411696

Product Dimensions: 5.4 x 0.4 x 8 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 3 customer reviews

Best Sellers Rank: #6,873,755 in Books (See Top 100 in Books) #88 in [Books > Teens >](#)

[Social Issues > Pregnancy](#) #220 in [Books > Teens > Personal Health > Sexuality & Pregnancy](#)

#238 in [Books > Children's Books > Growing Up & Facts of Life > Health > Sexuality](#)

Age Range: 12 - 17 years

Grade Level: 7 - 12

## Customer Reviews

Grade 9 Up-Teens who need information regarding pregnancy will find Heller's conversational tone easy to read and reassuring. After a brief discussion about the "surprise" of conception, the author focuses on showing readers how to take control of the situation and of their lives, learning how to parent, and seeking support from those who care about them and their babies. Separate chapters are devoted to discussing the advantages and disadvantages of teen parenting, adoption, and abortion. The chapter on what to expect during the pregnancy, how to take care of oneself, and

labor and delivery is not detailed but is clearly written. The book concludes with information regarding contraception and sexually transmitted diseases. Appendixes include a Pregnancy Action Plan and five pages of resources that address each possible decision. There are many recent additions to this subject including three books with the same title-Teen Pregnancy-by Jennifer Hurley (Greenhaven, 2000), Patrice Cassedy (Lucent, 2001), and Myra Immell (Greenhaven, 2001). The advantage to Heller's offering is its straightforward, warm, and can-do approach. Joanne K. Cecere, Monroe-Woodbury High School, Central Valley, NY Copyright 2002 Cahners Business Information, Inc.

"easy to read and reassuring...straightforward, warm and can-do approach"--School Library Journal;  
"a solid book"--VOYA.

Almost a million teenage women become pregnant each year. Before they found out they were pregnant, a lot of these young women were probably dealing with other important life decisions such as what college to attend and what career to follow, while also dealing with outside influences from family and friends. That's a lot of pressure for any teenager but add being pregnant to the mix, it must be overwhelming. This book and all of the important information contained within it, will inform any teenager about a pregnancy, how to get through it, what options/alternatives are out there and how to make the right decision. The author, Tania Heller, was really thoughtful with the information she included in this book because there were chapters on taking control, dealing with the thought process and the reaction after finding out you're pregnant, parenting, adoption, abortion, what to expect during the pregnancy, sexually transmitted diseases to name just a few. But what's great about this book is that Heller also includes the questions a typical teenager who cares about her appearance might ask such as "what will being pregnant do to my looks?" This book gives information about the options that are out there and what steps need to be taken. It's highly recommended and should be available within all YA library collections, school libraries, teen centers, etc.

Almost a million teenage women become pregnant each year. A lot of these young women are probably also juggling other important life decisions such as what college to attend and what career to follow, while also dealing with outside influences from family and friends. That's a lot of pressure for any teenager but add being pregnant to the mix, it must be overwhelming. This book and all of the important information contained within it, will inform any teenager about a pregnancy, how to get

through it, what options/alternatives are out there and how to make the right decision. The author, Tania Heller, was really thoughtful with the information she included in this book because there were chapters on taking control, dealing with the thought process and the reaction after finding out you're pregnant, parenting, adoption, abortion, what to expect during the pregnancy, sexually transmitted diseases to name just a few. But what's great about this book is that Heller also includes the questions a typical teenager who cares about her appearance might ask such as "what will being pregnant do to my looks?" This book gives information about the options that are out there and what steps need to be taken. It's highly recommended and should be available within all YA library collections, school libraries, teen centers, etc.

This is the most descriptive book on teen pregnancy yet, and I recommend this book to any teen who may be in such a situation, or anyone. This book gives many options for the teen to pursue, which the teen may not have thought of. Dr. Heller is the best pediatric author of the time, and it would be great if she would come out with another book.

[Download to continue reading...](#)

Pregnant! What Can I Do?: A Guide for Teenagers Fertility: How to Get Pregnant - Cure Infertility, Get Pregnant & Start Expecting a Baby! (Childbirth, Gynecology, Fatherhood, Natural Birth, PCOS, Ovulation, Fertility Foods Book 1) Getting Pregnant While Breastfeeding: Breastfeeding While Pregnant Pregnant & Lush: Sam (Pregnant & Lush Book 1) Dear Diary, I'm Pregnant: Teenagers Talk About Their Pregnancy Summer Opps for Kids & Teenagers 2005 (Peterson's Summer Programs for Kids & Teenagers) Summer Opps for Kids & Teenagers 2004 (Peterson's Summer Programs for Kids & Teenagers) Summer Opps for Kids & Teenagers 2003 (Peterson's Summer Programs for Kids & Teenagers) Peterson's Summer Opportunities for Kids and Teenagers 2000 (Summer Programs for Kids & Teenagers) Summer Opps for Kids & Teenagers 2002 (Summer Programs for Kids & Teenagers) It Starts with the Egg: How the Science of Egg Quality Can Help You Get Pregnant Naturally, Prevent Miscarriage, and Improve Your Odds in IVF Yes, You Can Get Pregnant: Natural Ways to Improve Your Fertility Now and into Your 40s A Guide To Having A Healthy Vegan Pregnancy and Breastfeeding: Transitioning to and Maintaining an Ethical Plant-Based Vegan Lifestyle When Pregnant and Breastfeeding The Impatient Woman's Guide to Getting Pregnant What to Expect Before You're Expecting: The Complete Guide to Getting Pregnant How Men Have Babies: The Pregnant Father's Survival Guide What to Eat When You're Pregnant: A Week-by-Week Guide to Support Your Health and Your Baby's Development Tell Your Cat You're Pregnant: An Essential Guide for Cat Owners Who Are Expecting a Baby

(CD/Downloadable MP3s Not Included) Tell Your Dog You're Pregnant: An Essential Guide for Dog Owners Who Are Expecting a Baby Your Pregnancy & Newborn Journey: A Guide for Pregnant Teens (Teen Pregnancy and Parenting series)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)