

Support Her, Protect Them

We must protect unborn children and support their mothers through pregnancy and motherhood. Pregnant women may be afraid to go through the process of pregnancy and giving birth. If she is not married, there may be fear of judgement and shame. Young mothers in particular may fear missing out on their youth. There are solutions to all of those concerns that do not result in death.

Many women, whether their pregnancy was planned or not, are nervous about giving birth because of the pain that they may experience, and the possibility of complications. However, there are resources, such as blogs, books and videos, as well as support groups to help educate women about their pregnancy and prepare them for giving birth. Lamaze class is one example. These classes help women feel prepared and more confident about giving birth.

Single mothers may fear being judged for having a baby before marriage. The truth is, their sin is no greater than those who may be judging them and God still loves them unconditionally. He is a father of mercy, grace, and redemption. As Christians, we are responsible for speaking this truth. I am thankful for organizations like the Hope Clinic for Women who provide expecting mothers with love, support, resources and services to help them through their pregnancy, all without judgement.

Young, expecting mothers who are worried about missing out on their youth, can ease that worry by practicing mindfulness, gratitude, and reflecting on the joys and

achievements of motherhood. There are support groups for new parents that may be helpful in making friends with other new moms, and it never hurts to ask for help.

Discussing your feelings with someone you trust, or a therapist, may give you the support and guidance you need. Limiting social media use may also be necessary, to reduce that feeling of missing out. However, the truth is, there is nothing that will bring joy into your life like the love of your child.

These worries and fears are all valid, but never a reason to take the life of an unborn child. This is why our love and support for expecting mothers is so important to help protect the lives of their babies. We can support them by sharing helpful resources, reminding them that they are loved, or simply being a friend. The world could always benefit from more love and support.