

Psychological Adaptations To Pregnancy

- **Impact On The Father**
 - Processes
 - Go through developmental stage known as "Growth and Development of a Parent."
 - Announcement Phase
 - Begins with pregnancy being confirmed.
 - Resentment – if pregnancy was not wanted.
 - Adjustment Phase
 - Financial planning, doing baby's room, listening to FHT.
 - Rejection – baby taking all of the attention.
 - Focus Phase
 - Plans for labor, birth, and feeling like a father.
 - Rejection – supporting the woman and not being a parent.

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- **Impact On The Adolescent**
 - Feelings
 - Anxiety to tell parents and FOB.
 - Denial
 - Personal Problems
 - Financial problems, shame, guilt, problems with father, and feelings of low self esteem.
 - Alcohol and substance abuse.
 - Support System
 - Age plays important aspect in care.
 - Cope with being adolescent and mother.
 - Separate prenatal classes for younger adolescent.

Psychological Adaptations To Pregnancy

- **Impact On The Older Couple**
 - Age Factors – pregnant for first time after 35 due to effective birth control, increasing career options, high cost of living, and fertilization technique to enable pregnancy.
 - Adjustments – adjust well due to being financially stable, well educated, and able to adjust to lifestyle changes.
 - Concerns – meeting child's needs for college during retirement years .
 - High Risks – may not be able to choose their hospital.

Psychological Adaptations To Pregnancy

- Impact On The Single Mother
 - Emotional Needs
 - Has father left her.
 - Does he acknowledge the pregnancy.
 - Does she care to have a relationship with father.

Psychological Adaptations To Pregnancy

- Impact On The Single Father
 - Interest – will they be getting married in the future.
 - Financial Concerns – will he be able to support the child.
 - Care of The Child – may want to care for the child and may be rejected by the woman.
