

Envisioning Your Housing Options While Pregnant

Safe housing is important for both you and your child. It is important to explore what options are available to you to insure secure housing. It may be helpful to identify what your current housing situation looks like and then envision your housing options for the future.

Snapshot of My Current Housing Situation

Where am I currently living? _____

How does my current housing situation make me feel? _____

Is this living situation possible with a new baby? _____

Is it safe and comfortable for you? _____

What would you like to change about your current situation? _____

What does safe housing look like for you and your baby?

CLOSE YOUR EYES AND IMAGINE WHAT YOU WANT YOUR HOUSING SITUATION TO LOOK LIKE WHEN YOUR BABY ARRIVES.

Do you see your current situation?

What is different about this than your current situation?

What are things you can change about your current living situation to help you get to what you want your housing to look like?

Let's talk about some options.

You may be wondering what exactly are your housing options. This looks different for every person. For some, living with family may not be an option but it may be for someone else. You may be exploring what it looks like to move in with your partner or a roommate. Whatever your situation may be, there are options you can consider.

HOUSING OPTIONS YOU MAY BE CONSIDERING:

LIVING WITH FAMILY

LIVING WITH YOUR PARTNER

LIVING ALONE

LIVING WITH A ROOMMATE

OTHER OPTIONS

Now that you have identified which options you may be considering, let's explore those options. First, start with the pro's or benefits of your option. Then you can tackle the cons or barriers that come with that option.

Once you have done this, sit with it for a bit. How does exploring this option make you feel? Do you feel excited, stressed, anxious? Do this for every option you are exploring.

PROS OF

CONS OF

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Reflection:

GO BACK AND REVIEW YOUR PRO/CON LIST(S):

- 1 Circle the pro's or benefits that you feel are most important
- 2 Underline or highlight con's or barriers you feel you could overcome.
- 3 Which option are you most comfortable with exploring or moving forward with?

- 4 What is the first thing you can do to move towards this option?
