

Sharing the Good News



When is the right time for you to make your pregnancy announcement?

You're expecting and you're thrilled, but when is the best time to start sharing your good news? It's different for every woman. It depends on how you feel and who you want to tell first. Of course, there's one person you can tell right away, that is, if he wasn't sitting right beside you when you found out. That's the easy part. But what about everyone else like family, close friends, acquaintances and colleagues? And what about work? You need to think about when you should tell your company – especially because many employers require you to give notice by a certain date. That's why we've created a checklist to help you decide when to make your big announcement.

Check the statements that most apply to you and how you feel. The number of checks will help you to decide the best time to announce your news.

- You're outgoing
- You have a hard time keeping a secret (especially when it's a good one)
- You welcome the idea of support from family and friends early in your pregnancy
- You're bursting to tell someone - everyone
- You want advice from those around you and not to be left to make decisions on your own, early in your pregnancy
- If you miscarry, you will need support from family and friends
- You consider yourself a private person
- You're excited, but you need time to digest the news that you're expecting
- You feel overwhelmed by unsolicited advice
- You want to be the one who tells everyone you're expecting
- If you miscarry, you want to choose who knows
- You want the opportunity to make your own decisions without the input of others
- You love your family, but sometimes they can be a little intrusive

Mostly yellow – You're absolutely thrilled and you're ready to spread the news and celebrate with family and friends. Now for the fun part – deciding on all of the creative ways you can let everyone know that you're expecting.

Mostly blue – You're delighted and you want to savour the moment. Something this special is worth keeping private for a little while. After all, it's the first secret you, your baby and your partner will share. So enjoy this special time in your life – and keep them guessing about why you're starting to glow.

Somewhere in the middle – You're so excited, you just have to tell someone but you're not sure if you're ready to share the news with family and friends. Go ahead and tell that special person in your life – you know she'll keep your secret for as long as you need her to.

