



Courtesy of Pratima Gupta

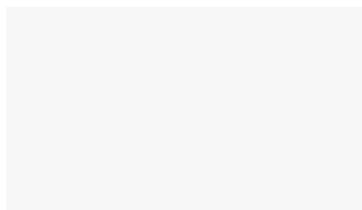
I'm Pregnant. I'm A Mom. I'm Also An Abortion Provider.

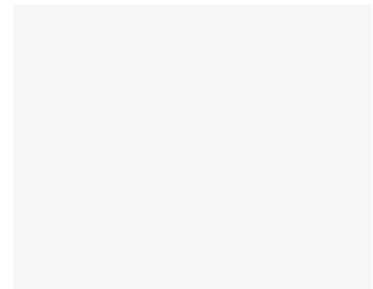
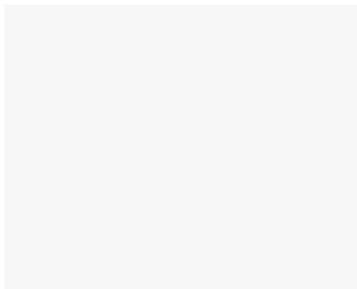
By Pratima Gupta 21 hours ago

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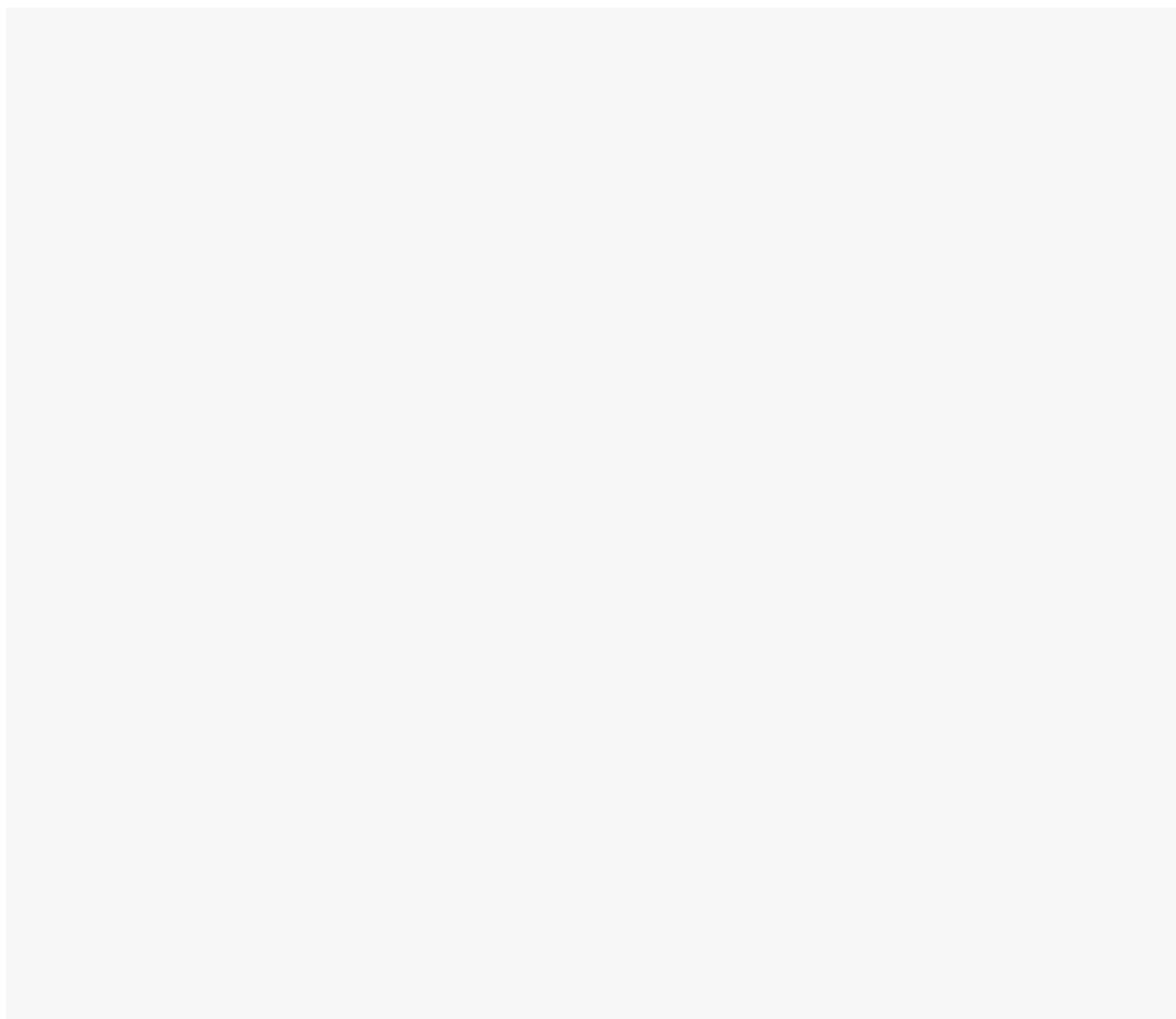
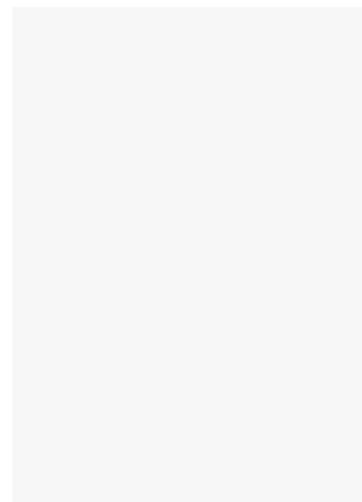
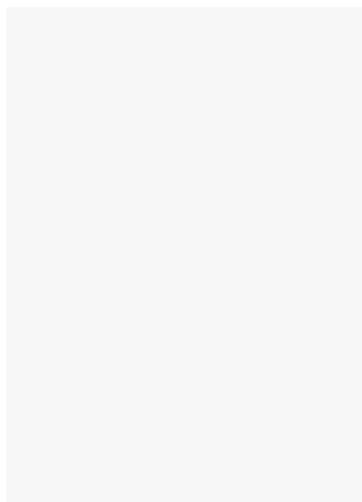


I am a pregnant abortion provider who is pro-life. By that, I mean that my work as an obstetrician/gynecologist in the Bay Area is conducted in service of women's lives, not just those of their unborn children. I provide care with respect, compassion, and dignity, whether my patient needs an abortion or prenatal care, a cancer screening, or if she's in labor. When I say I'm "pro-life," I mean that the literal sense of the word "life," not the way it's been twisted by anti-choice advocates who want to shame, punish, and control women, their bodies, and their choices.

In my opinion (and in my work), there is nothing "pro-life" about policies that force clinics to close and put women's health at risk. There is nothing "pro-life" about denying women the ability to make decisions about their own lives. There is nothing "pro-life" about taking away a woman's health coverage for abortion, forcing her to the economic, emotional, and physical brink. On the contrary, abortion providers like me give women and families their lives back, save women's lives, and help to ensure the health and safety of their current and future children. Though some may argue that being a pregnant mom who's also an abortion provider somehow makes me a "hypocrite," I'll say this: I see no conflict of interest. I have a duty to my patients. I also have a duty to myself, and mine is very much a wanted pregnancy.

In the course of my work recently, there have been moments when I've been at the same stage in my pregnancy as patients I'm providing an abortion for. It gives me cause for reflection, especially when I consider the anti-abortion myths that have helped shape the way we talk about abortion, and the assumption that women aren't "smart" or "thoughtful" enough to make their own decisions about an unwanted pregnancy. But the reality is this: Women *are* smart and thoughtful enough to make those choices. In fact, women who have made the decision to

have abortions do so carefully, seriously, and with full awareness of what it means to end a pregnancy. After all, according to the Guttmacher Institute, 59 percent of women who have abortions are already moms.



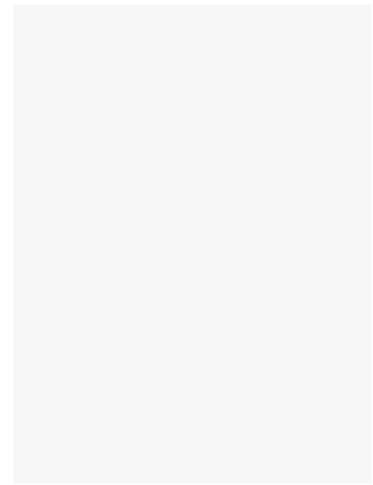
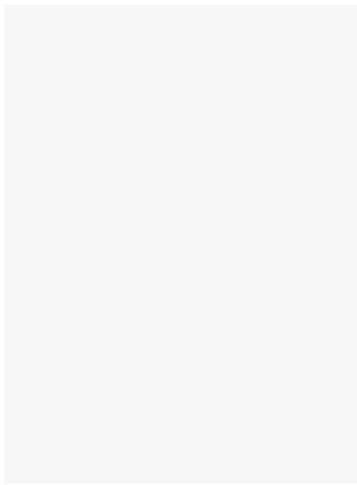


Courtesy of Pratima Gupta

Recently, I've felt my fetus kick mid-procedure, and it reminds me that I am on this pregnancy journey as well as my patients — I'm just taking a different path. It can be jarring to be so physically reminded of my own pregnancy as I am ending the pregnancy of another woman, but it doesn't make me any less committed to being an abortion provider, and it doesn't change or alter my opinion of my patients by any means.

I WAS PARTICULARLY DRAWN TO THE FIELD OF FAMILY PLANNING BECAUSE I BECAME A DOCTOR TO HELP PEOPLE LIVE THEIR LIVES WITH HEALTH AND DIGNITY. MY WORK AS AN ABORTION PROVIDER ALLOWS ME TO DO THAT.

Patients often ask me if it is difficult for me to provide their abortions because of my own pregnancy, and my response is simple and honest: “It's not your time now, but it is for me. If and when you decide to become a parent, I will be by your side then, too.” And I will. I am fortunate in knowing that mine is a planned and desired pregnancy. And precisely because I know how profound and personal the decision to continue a pregnancy is, I continue to support all women who seek an abortion. All too often we frame the reason for an abortion as reactionary — something *had* to happen to these women for them to want to end the developing fetuses inside them. But in my opinion, the only “good” or “necessary” reason they need to give — if they even feel comfortable giving one at all — for wanting an abortion is that they no longer want to be pregnant. Some of my colleagues will give preferential treatment or priority to women seeking abortions for fetal anomalies, but this is contrary to my medical and ethical practice of beneficence.



Right now my 4-year-old son understands what I do for work as “helping ladies.” When he's old enough to ask more detailed questions, I'll be proud to tell him that I help women realize the decisions they've made about their lives, pregnancies, and futures. I'll tell him that I'm there for women who want to end a pregnancy as well as those who want to become parents because I want to normalize abortion as part of the health career I willingly chose.

NO ONE SHOULD BE FORCED TO CONTINUE A PREGNANCY AGAINST THEIR WILL — CERTAINLY NOT BECAUSE SOME POLITICIAN WANTS TO INTERFERE, THEIR LOCAL PROVIDER HAS BEEN DEFUNDED, OR BECAUSE THEIR INSURANCE DOESN'T COVER THEIR CARE.

I've often been told by my patients and their partners that I don't look like an abortion provider, and that I'm “much nicer” than my patients were expecting. I've been an abortion provider for nearly 12 years, and I respond to each comment in the same way: I support my patients in a non-judgmental manner, whatever their decisions, whatever their reasons. I add that I was particularly drawn to the field of family planning because I became a doctor to help people live their lives with health

and dignity. My work as an abortion provider allows me to do that.

In fact, many of the patients who see me for abortion care will then request that I provide their prenatal care in a subsequent pregnancy. To me, this means I'm truly giving women quality care that respects their decisions and safeguards their health and lives. Women who give birth and women who seek abortion are not “different” women — they're the same women, only at different points in their journeys, operating under different and unique circumstances. In my career as an obstetrician and gynecologist, I serve patients for life. Over time, I can care for (and protect) the same patient for sexually-transmitted infection screenings, pap smears, birth control, prenatal care, deliver their baby, end a pregnancy, and consult on menopause. There are often days when I'll provide an abortion for one woman and deliver a baby for another within a few hours of each other — this is the continuum of my life.

I TRUST MY PATIENTS TO MAKE THE RIGHT CHOICE FOR
THEMSELVES, JUST AS I HAVE MADE THIS ONE FOR
MYSELF.

As I embark into this new world as mother of a newborn, I am readying myself for the sleepless nights, dirty diapers, stresses, worries, and toll on my mind and body. I am doing my best to plan for the logistical, financial, and social supports my family will need to thrive, all while I juggle the demands of a baby and toddler. All of this serves to remind me that no one should be forced to continue a pregnancy against their will — certainly not because some politician wants to interfere, their local provider has been defunded, or because their insurance doesn't cover their care.

To those who might critique the decisions of my patients, or my own decision to provide abortion care, the commitment to become a parent (or have another child)

is one of the most important decisions a person can make. I trust my patients to make the right choice for themselves, just as I have made this one for myself. I'm honored to support the women I care for as they choose to (or not to) create life, and I hope that we can move toward a day when each and every woman is supported, trusted, and respected for their choices. That's the future I want for my patients, and my children too.



Trump Is Silent On North Park Elementary Shooting

By Karen Fratti



What To Do If Your Child's Inhaler Was Recalled

By Kaitlin Kimont



9 Easter Egg Hunt Ideas For Parents

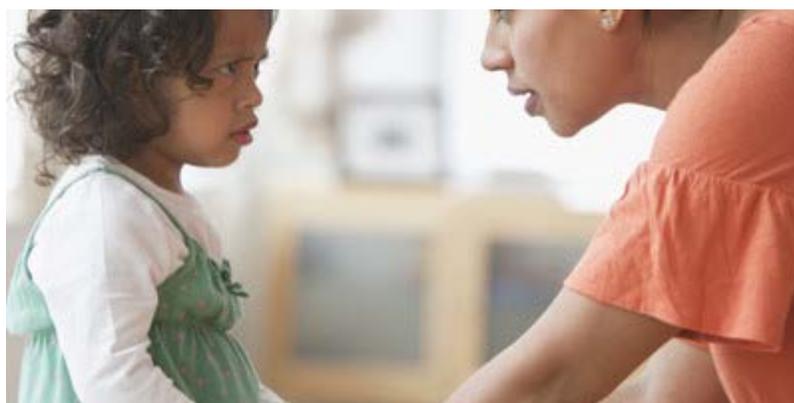
By Kristina Johnson



10 Moments When "Staying Together For The Kids" Isn't Worth It

By Steph Montgomery

I was raised to believe that marriage was forever and divorce was something only "other" people did. It's funny that I believed that, because I have plenty of relatives and friends who have gone throu...

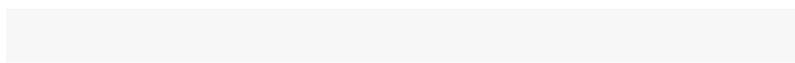


3 Pieces Of Outdated Discipline Advice To Ignore

It seems like, these days, everyone has an opinion on everything. And when you're a parent, people are even more insistent about offering their often unsolicited opinions. As much as you may want to d...

By Sarah Bunton

a day ago





Women With Dogs Might Have Healthier Babies

The internet offers up plenty of photographic evidence as to why babies and puppies are an adorable pair, but now science has backed up the match. It seems that, in addition to their well-demonstrated...

By [Abby Norman](#)

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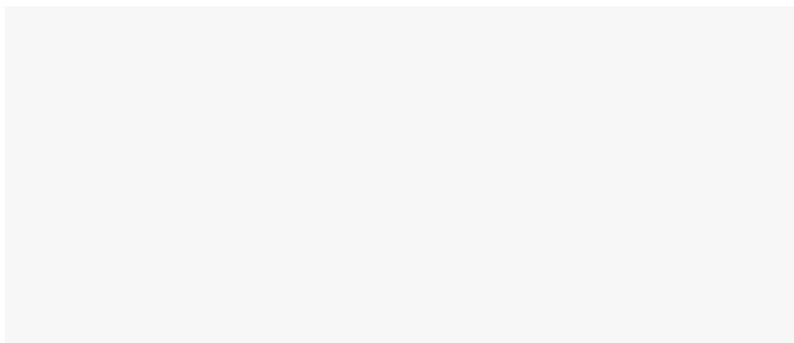


Honestly, Having A Baby Made My Relationship Stronger

To my partner and my best friend: As I'm writing this, you're in the process of trying to comfort a screaming, teething infant. Our daughter Luna has spent the better part of the past five days crying...

By [Marie Southard Ospina](#)

23 hours ago





Jason Biggs' Best Dad Instagrams Are Hilarious

It's safe to say that Jason Biggs has been making people laugh for years. From the late '90s classic, *American Pie*, to the Netflix original series, *Orange Is The New Black*, Biggs has been gracing movi...

By [Casey Suglia](#)

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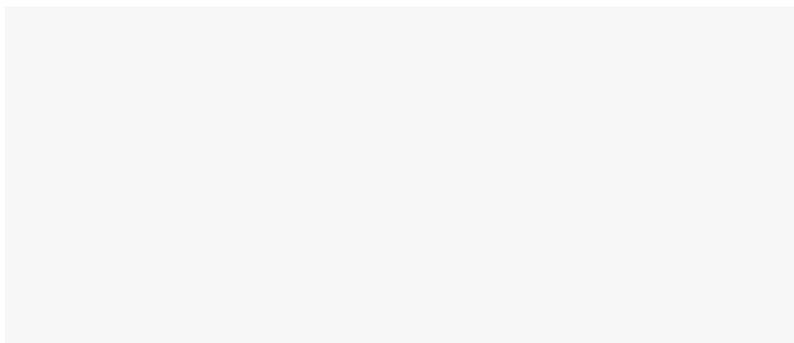


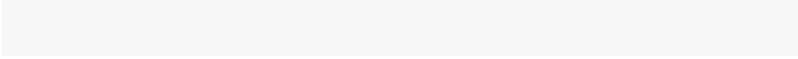
8 Things I Wish I Knew Before I Started Sleep Training

First things first, I am a proponent of sleep training. However, being a "fan" doesn't mean there aren't a few things I wish I knew before I started sleep training my daughter. For example, I know my ...

By [Emily Westbrooks](#)

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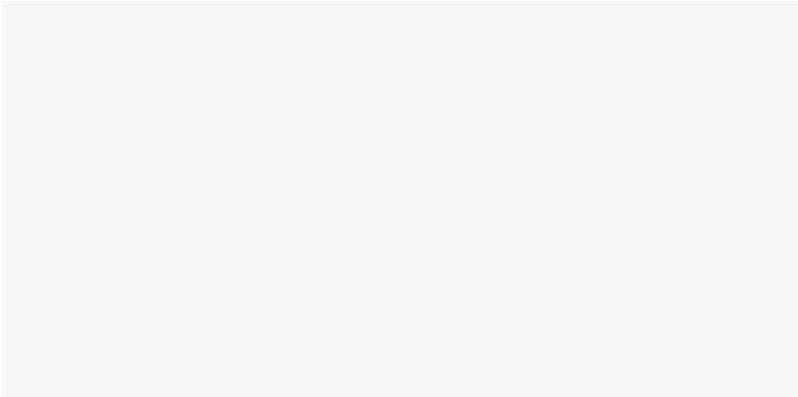


What Happens If You Don't Circumcise Your Son?

Before giving birth to your baby, there are several decisions you and your medical practitioner will discuss. For instance, do you prefer to have a delayed cord-clamping? Will you want your newborn to...

By Sarah Bunton

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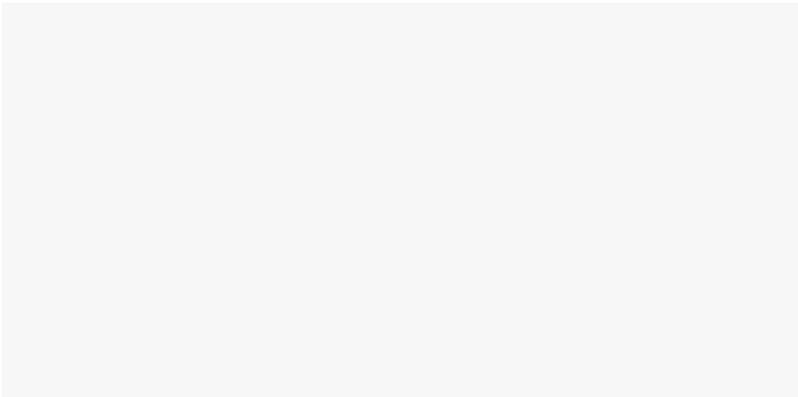


Get Your Victoria Beckham Kids' Clothes While You Can

Sometimes, it seems that the universe decides to smile down on us mere mortals and bless us all with something truly amazing. Proof of such instances can be found in edible cookie dough, Chrissy Teige...

By Korey Raye Lane

2 days ago

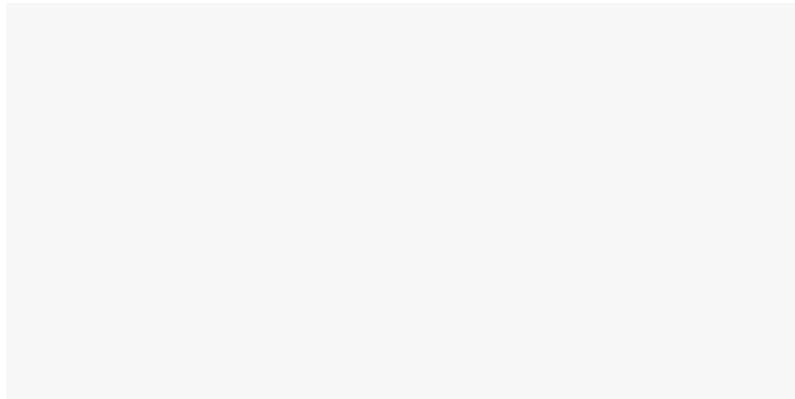


11 Things My Rainbow Baby Taught Me About Myself

When I delivered my son five years after my daughter, I experienced a wide range of emotions. Having suffered miscarriages before him, I wasn't sure if I should celebrate or let guilt consume me becau...

By Candace Ganger

4 days ago

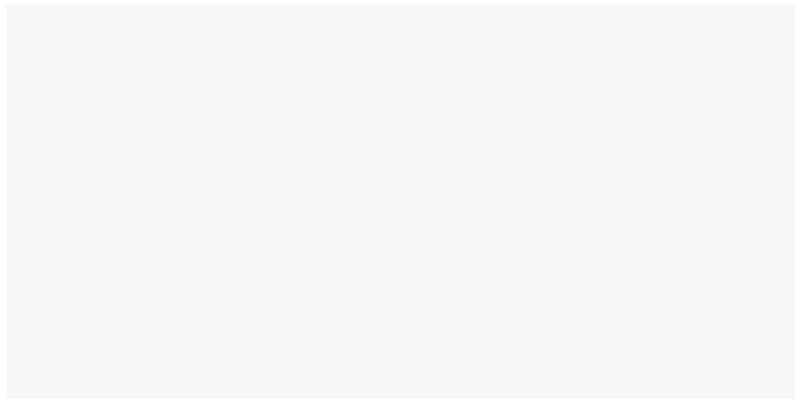


11 Things You Should Do Together Before Having A Kid

In the five years my partner and I dated before we got married, we traveled annually. Each overseas trip lasted at least a week and we were together day and night. Between my rudimentary understanding...

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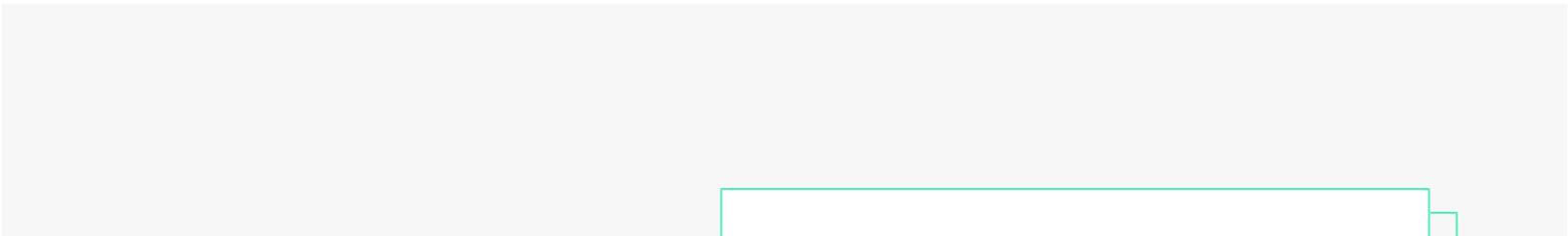


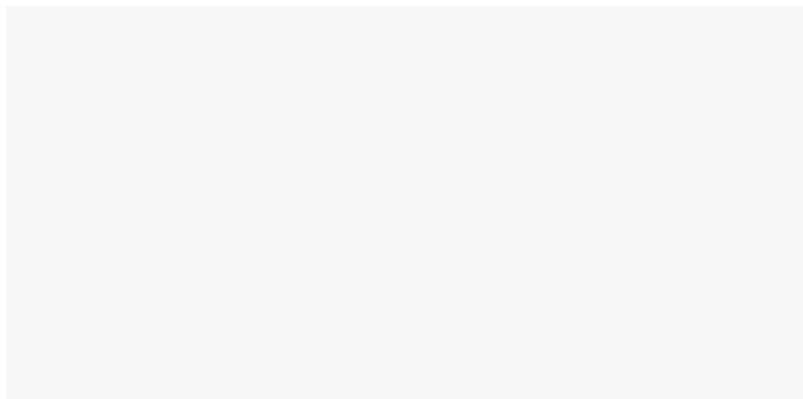
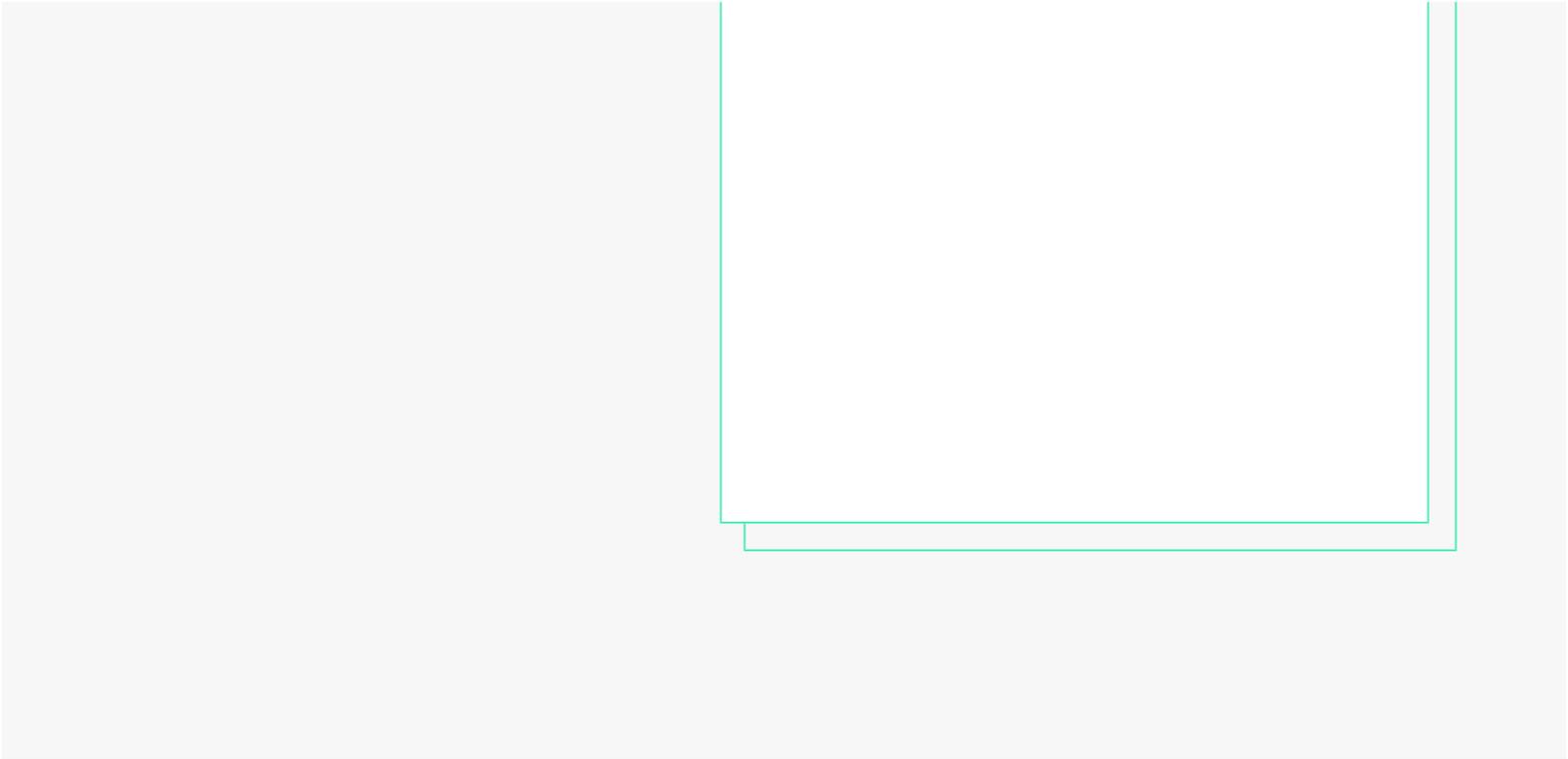
How Gorsuch's Confirmation Could Affect Families

The Senate voted 54 to 45 on Friday morning to confirm Judge Neil Gorsuch's appointment to the Supreme Court, following the Republicans' deployment of the so-called nuclear option on Thursday, which c...

By [Jenn Rose](#)

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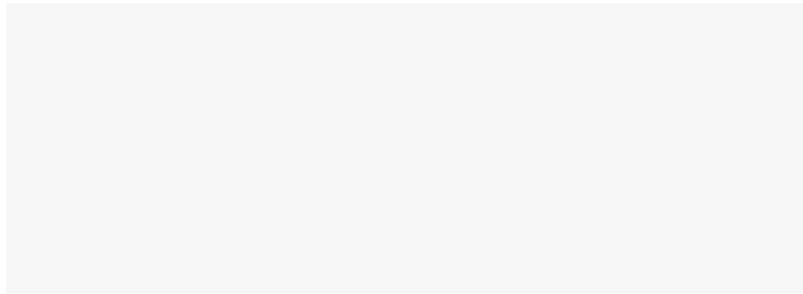


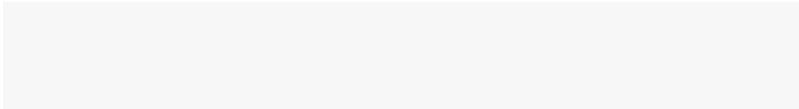
What 10 Social Media Posts About Parenting Actually Mean

Social media is the absolute best and worst invention since the spork. I use forms of it, to be sure, but mostly for reasons that have little to do with wanting to envelope myself in all the ranting, ...

By [Candace Ganger](#)

19 min ago



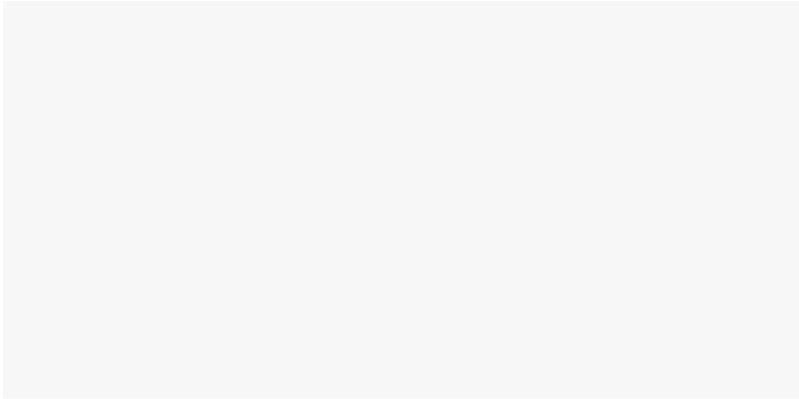


Erika & Dorit Aren't BFFs On 'RHOBH'

It's not a complete season of The Real Housewives of Beverly Hills without some of the drama spilling out into not only the reunion special, but also real life. On the season finale, there was still t...

By [Chrissy Bobic](#)

27 min ago

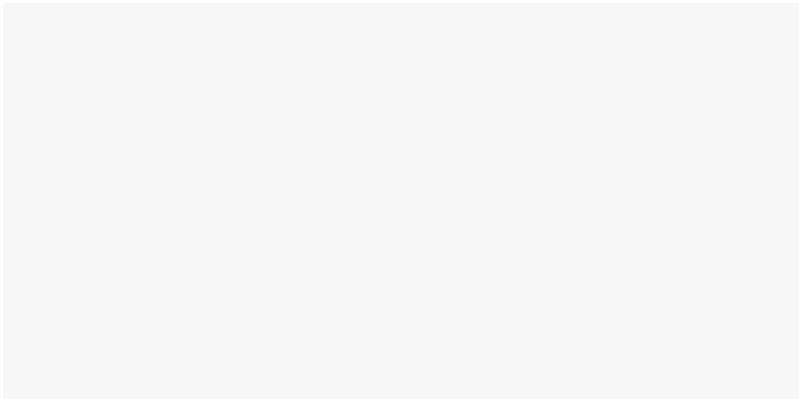


The First Look At 'OITNB' Season 5 Is Intense

Orange Is The New Black ended its fourth season on an explosive cliffhanger. After tensions at the prison reached the breaking point, the inmates turned on the guards, with Daya picking up a gun and p...

By [Megan Walsh](#)

an hour ago

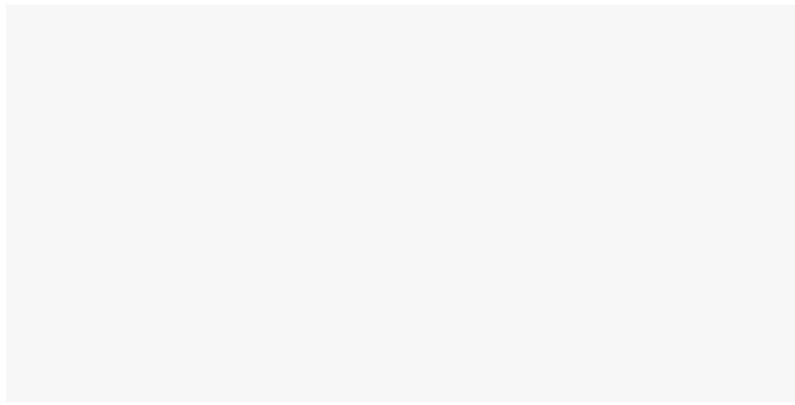


I Let My Fashion-Loving Toddler Dress Me

I was getting ready for a rare night out when my 3-year-old son stopped me. At first, I figured it was because he didn't want me to leave, but he had another item on his agenda. "No, Mommy, not the b...

By [Sa'iyda Shabazz](#)

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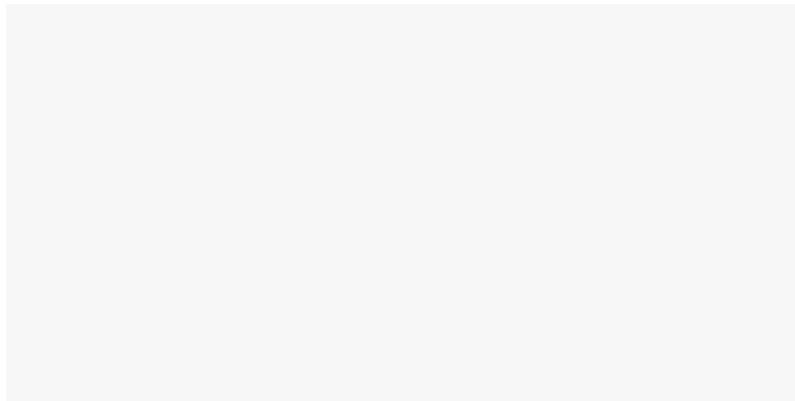


The Difference Between A Tipped & Tilted Uterus

It's not totally unusual to think about your uterus, but for many, its the direction of their uterus that concerns them the most. From tipped to tilted, the terms can seem scary and overwhelming. But ...

By [Samantha Darby](#)

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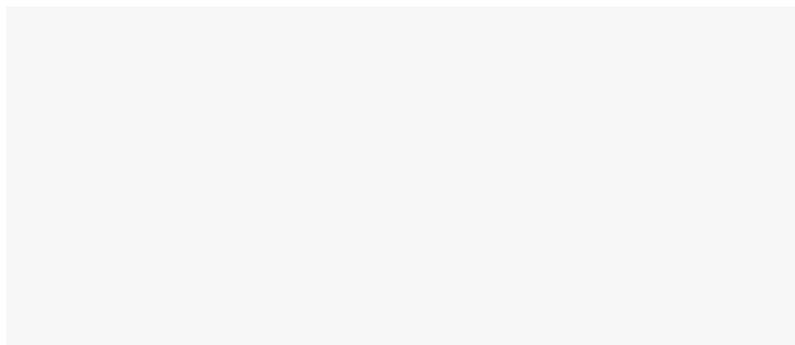


Here's When Your Baby Bump Will Show With A Tilted Uterus

Waiting on that baby bump to finally pop is no easy feat in the early weeks of pregnancy. While the nausea is reminding you that you're pregnant at every chance it gets, there's something about finall...

By [Samantha Darby](#)

an hour ago



7 Ways Our Rainbow Baby Brought My Partner & I Closer Together

Before I had my rainbow baby, my partner and I struggled to stay afloat. After two miscarriages, infertility issues, and life as parents to our daughter, communication had become a rarity. And romance...

By [Candace Ganger](#)

an hour ago

Your Weekly Parenting Horoscope For April 10-16

It's true: Your zodiac sign offers insight into plenty of random moments in your everyday life — from how you can best tackle your toddler's worst tantrums to identifying your career goals. Romper par...

By [Maressa Brown](#)

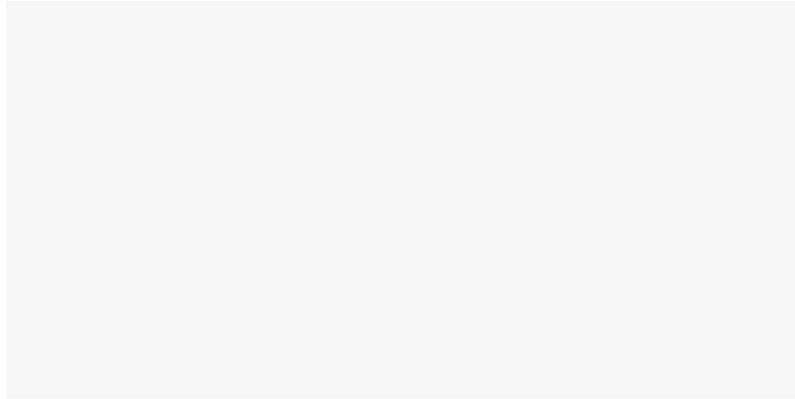
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Here's What It Means To Have A Shooting Star Baby

Every parent has a nickname for their little one, but for parents who have suffered through the loss of a child, those nicknames can take on a whole new meaning. Angel babies, rainbow babies, and suns...

By [Samantha Darby](#)

2 hours ago

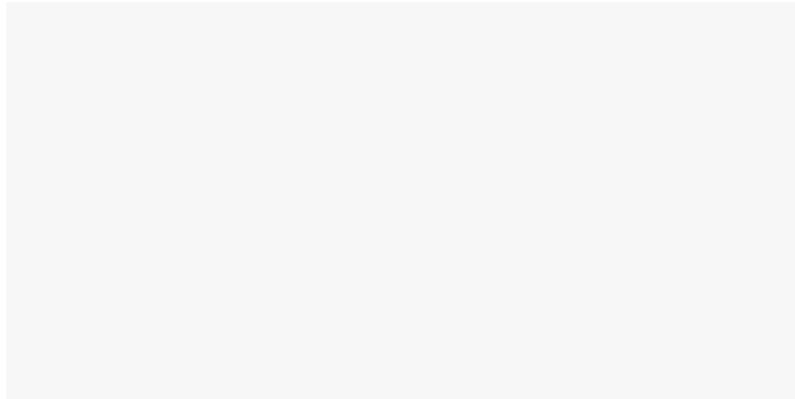


Actually, A Tilted Uterus Doesn't Affect Fertility

As if trying to get pregnant wasn't difficult enough, having a tilted uterus can make the act of conceiving seem even more daunting. But is it harder to conceive if you have a tilted uterus, or is thi...

By [Samantha Darby](#)

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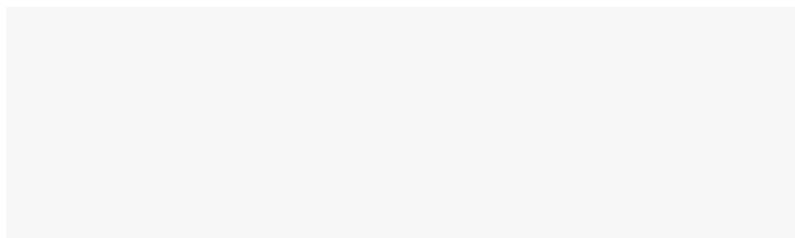


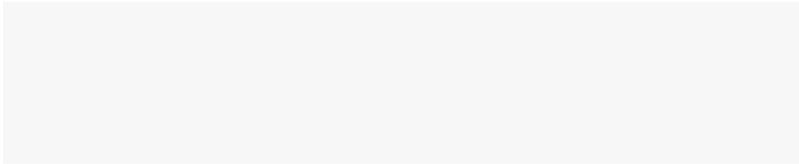
9 Ways Society Fetishizes Pregnant Women & Needs To Stop

Pregnancy is great in many ways, but it can also be really annoying and inconvenient. I'm not just talking about the fact that your body becomes a vessel for another creature, making your daily routin...

By [Priscilla Blossom](#)

2 hours ago



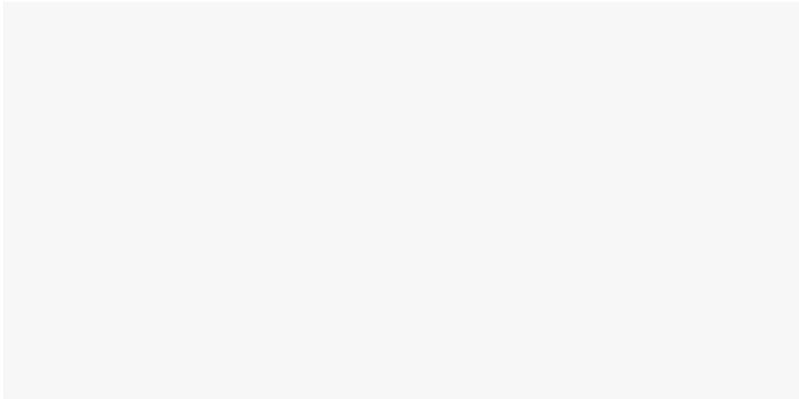


I Hated The Newborn Stage. There, I Said It.

Let's get all the clichés off the table. You've probably heard that, as a new mom, you should "enjoy them while they're small" because "you'll miss them being so little." Whenever another parent would...

By [Yasmine Singh](#)

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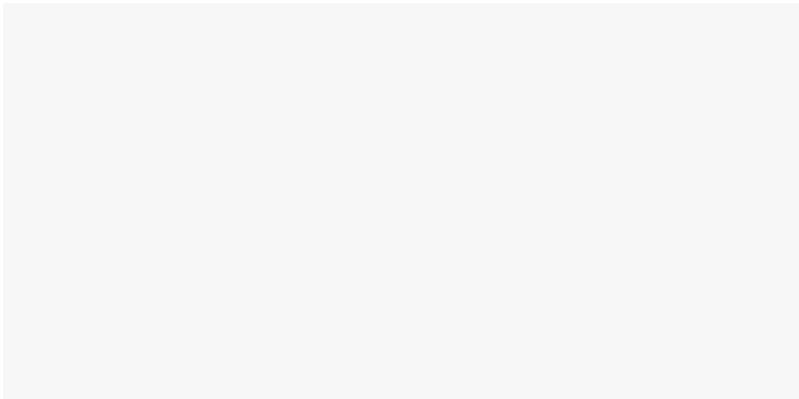


7 Pumping Hygiene Tips You'll Want To Bookmark ASAP

Breastfeeding moms often have a love/hate relationship with their breast pumps. While it's amazing to be able to pump and provide feedings for your baby when you have to be apart, the process of pumpi...

By [Kristina Johnson](#)

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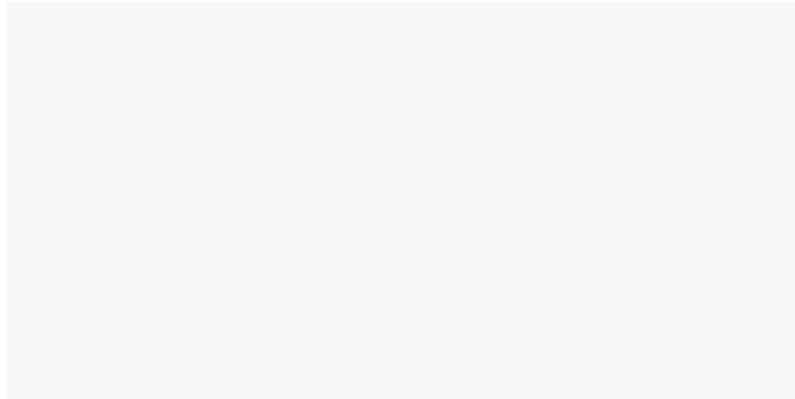


Can Toddlers Cry It Out?

There are so many fun things about having a toddler: playing games together, witnessing imagination at work, and watching your little one discover the world around her, to name a few. However, there a...

By Autumn Jones

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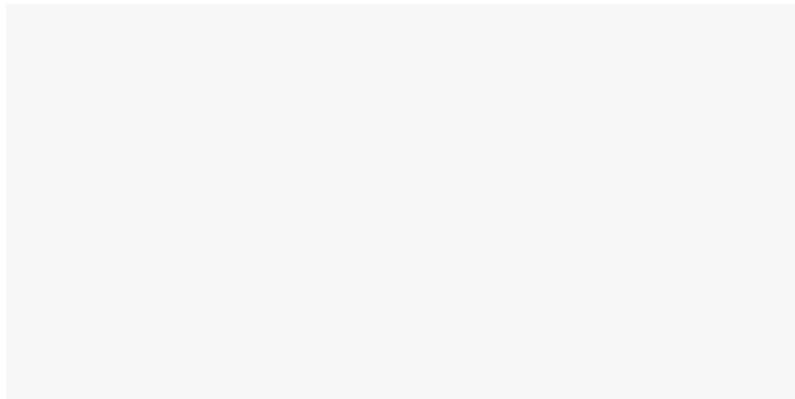


7 Things Moms Of Rainbow Babies Don't Need To Hear

Getting pregnant after a loss is stressful, wonderful, and complicated. After you lose a baby, whether through miscarriage, prematurity, or any other way, your life is left in shambles, whether you ha...

By Priscilla Blossom

4 hours ago

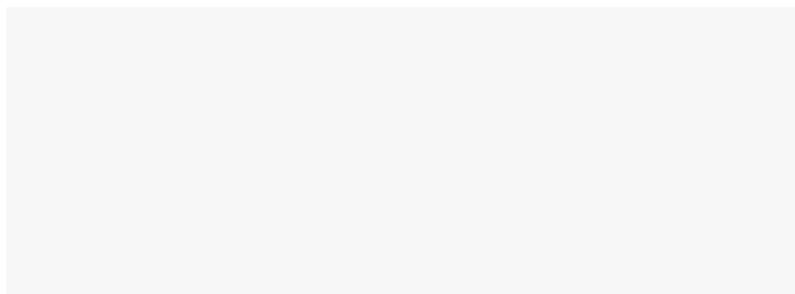


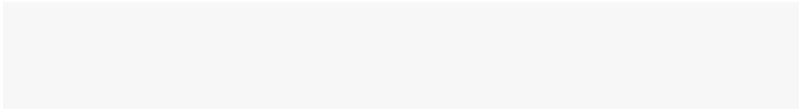
9 Easter Egg Hunt Ideas For Parents

Whether you celebrate Easter as part of your religion or you just enjoy indulging in colorful candy, there's no doubt it's a day for making memories. Whether it's church service, a family meal, or dig...

By Kristina Johnson

4 hours ago



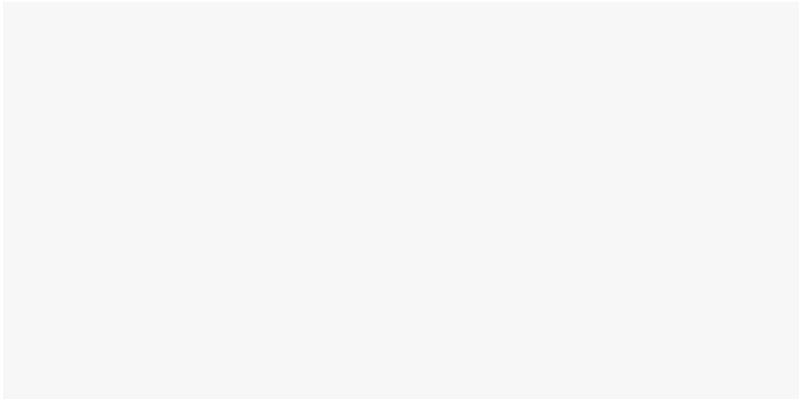


10 Moments When "Staying Together For The Kids" Isn't Worth It

I was raised to believe that marriage was forever and divorce was something only "other" people did. It's funny that I believed that, because I have plenty of relatives and friends who have gone throu...

By [Steph Montgomery](#)

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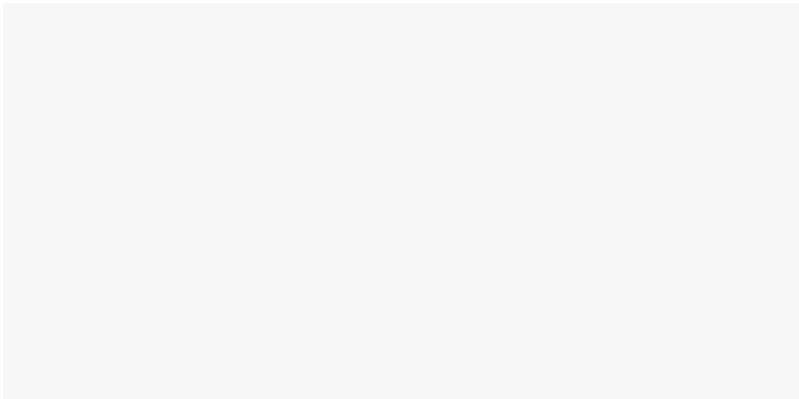


10 Times I Had To Advocate For Myself During Childbirth

Nothing could really prepare me for childbirth, and because each of my birth experiences were so different, I couldn't even rely on my own past experiences to let me know what was in store. I did, how...

By [Steph Montgomery](#)

4 hours ago

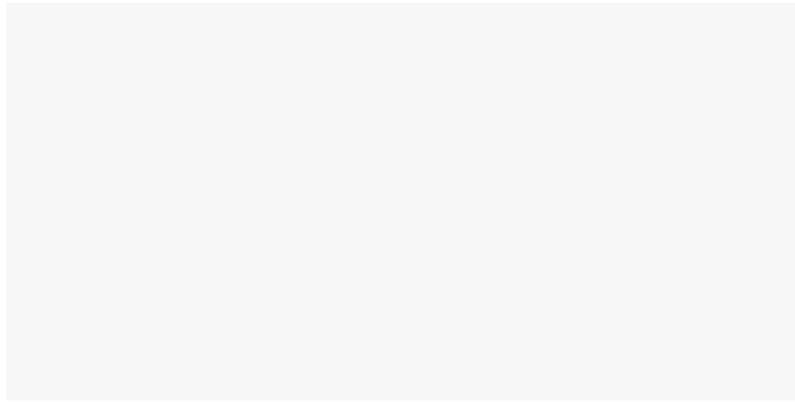


Jason Biggs' Quotes On Parenting Are So Funny

Actor and comedian Jason Biggs, best known for his roles in the American Pie movie franchise, added the role of Dad to his resume back in 2014. He and wife Jenny Mollen welcomed their first son, Sid, ...

By Abby Norman

5 hours ago



What To Do If Your Child's Inhaler Was Recalled

Earlier this month, British pharmaceutical company GlaxoSmithKline voluntarily recalled nearly 600,000 albuterol asthma inhalers due to a possible defect with the delivery system. While this is not a ...

By Kaitlin Kimont

5 hours ago