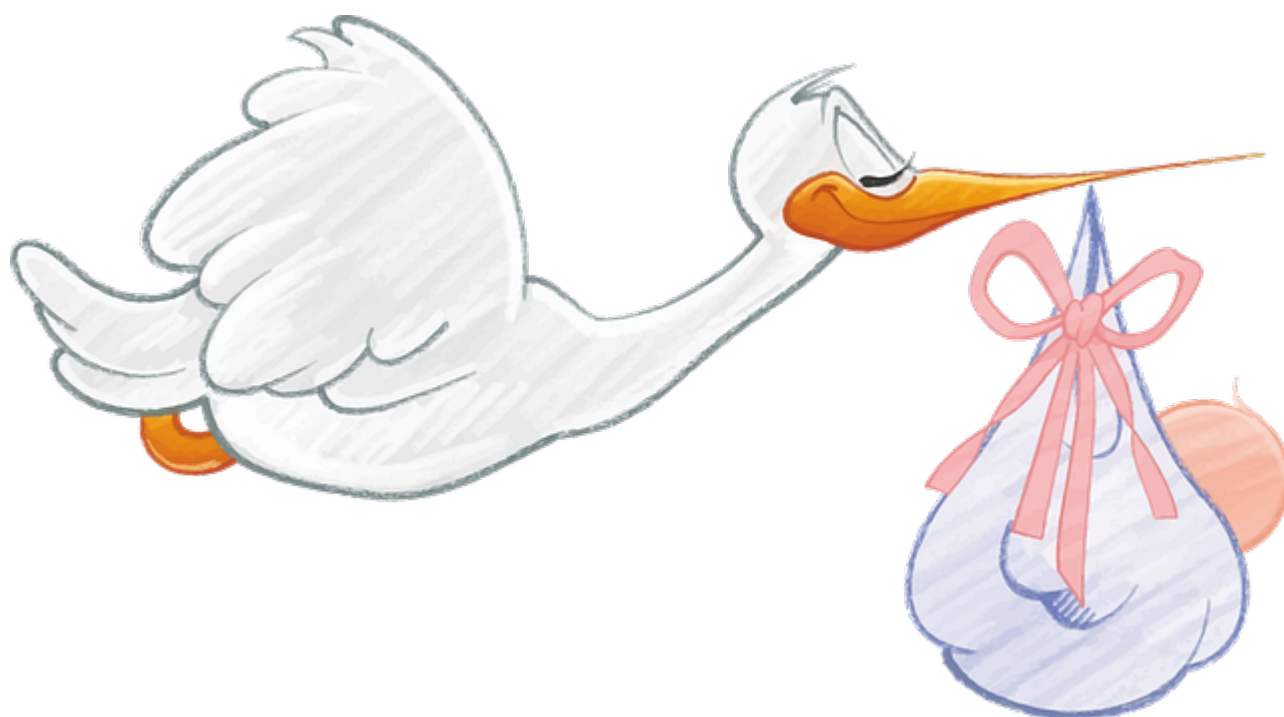


# Parenting Tips: Start a Family With Assisted Reproduction



When you are ready to start a family of your own but things don't seem to be working as quickly as you had hoped, you may be dealing with infertility issues. Over 1 in 6 couples that are trying to have a baby run into difficulties. Assigning blame should never be an issue, as it takes two to tango, but the frustration of not getting pregnant can take its toll on the hopeful parents.

**If a natural pregnancy is not an**

**option for you it doesn't mean that you will never have a child. Advances in science and technology have allowed hundreds of thousands of people become parents each year.**

Investigating methods of assisted reproduction is the place to start. You can talk to fertility experts, a [surrogate mother agency](#), an adoption agency or get advice on becoming a foster parent. If you are serious about having a family, but are having trouble becoming pregnant, don't worry! There are plenty of options that will allow you to have the family of your dreams.

### **IVF – In-Vitro Fertilization**

[The IVF method](#) has become the most popular and effective method for infertile couples to have a child of their own. The process can be very involved but is also very customizable to your needs. The egg and sperm are combined outside of the womb in a lab, where the progress can be carefully monitored before a viable embryo is implanted into the uterus.

You can have either a donor egg, donor sperm or both if needed, and the embryo can be implanted into the mother or a surrogate. For couples who desperately want to have a child, this method has been very successful.

The process itself can be complex, time-consuming and expensive. From the stress of hormone treatments that will prepare the mother for implantation to the possible failure of the transfer, IVF can be a highly emotional ordeal. Each attempt can cost up to \$10,000, so it is not an affordable option for many couples to try more than once.

## **Surrogacy**

The gift that a surrogate mother gives to expectant parents is unparalleled. If you have not had any success with either traditional methods or with IVF, you may want to consider using a surrogate to carry your child. The process itself uses the same In-Vitro technology but with a different "host". A woman that is not the mother will volunteer to have your embryo implanted in her uterus where the child will grow safely until term.

For many couples, this may be the only way that they are able to have a biological child of their own. Surrogacy agencies can help match you with a surrogate mother and help guide you through the process, from implantation to birth.

## **Adoption**

For some, the idea of surrogacy is as emotional as it is expensive. You may not have the budget or the resources to make that option a reality. The good news is that there are thousands of children right here in the U.S. and in countries around the world that are in need of a family.

You can work with an adoption agency that can help you find the perfect child for you to bring into your family. If you are interested in adopting an infant, you will need to be prepared to wait for up to 5 years before bringing a child home. If you are open to giving an older child a permanent home, you will have a much shorter wait.

**What are some of your experiences with assisted reproduction? Share below.**