

When Is the Right Time to Start Your Family?

How do you know if you're ready have a child?



Here are some questions to ask yourself when making the decision.

Marriage & Relationship

- ♂ Are you in a strong, committed relationship with a long-term partner?
- ♂ Do you communicate easily? Do you work well as a team?
- ♂ Do you both want kids equally? Do you share a child-rearing outlook?
- ♂ Do you want to settle into your new home or job before having a child?



Personal & Career

- ♂ Have you achieved what you set out to before you have children?
- ♂ Are you willing to put some plans such as traveling, on hold?
- ♂ Are you on a good career path? Are you planning a return to school?
- ♂ Do you really want kids, or is it your friends' or family's decision?



Health Issues

- ♂ Do you smoke or drink? Women: are you ready to abstain during pregnancy?
- ♂ Do certain diseases run in your families? Would you undergo genetic testing?
- ♂ Are you prepared to consider options such as IVF if you can't conceive naturally?
- ♂ Is your overall health good? Are you at your optimal weight?



Financial Readiness

- ♂ Do you have the financial ability to have and support a child?
- ♂ Would having a child mean you need to move to a larger house?
- ♂ Are you able to stop working and live on one income, if necessary?
- ♂ Can you afford child care, life insurance, temporary work leave?



Family & Support

- ♂ Are your families living nearby and able to offer support?
- ♂ Do you have friends in the area who can help occasionally?
- ♂ Do you have friends with kids? Would you take their advice?
- ♂ Are you willing to attend a parental support group, if needed?



Neighborhood

- ♂ Are you close to good schools, libraries and parks?
- ♂ Is the neighborhood safe? Have you checked the crime rates?
- ♂ Do you live on a high-traffic street? Are there sidewalks?
- ♂ Would you consider moving to a more family-friendly area?



Facts & Stats



American parents spend on average **\$233,610** on child costs from birth until the age of 17, not including college.¹



In 2015, a family spent on average **\$12,980** annually per child in a middle-income (\$59,200 – \$107,400), two-child, married-couple family.²



The average cost of a single In Vitro Fertilization (IVF) cycle in the U.S. is between **\$10,000** and **\$15,000**.³



Labor force participation today **stands at 70%** among all mothers of children younger than 18, and **64% of moms** with preschool-aged children.⁴



Expenses for a delivery range from **\$3,000 to upward of \$37,000 per child**, for a normal vaginal delivery, and from **\$8,000 to \$70,000 if a C-section or special care is needed**.⁵



Americans families spend on average **\$500 to \$1,000 per season** on extracurricular or sports activities for each of their children.¹

SOURCES

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- 4 - www.pewsocialtrends.org • 2015 • 12/17/1 the american family today
- 5/6 - www.marketwatch.com • story • these 5 charts show how expensive it is to raise children today • 2018-03-29