

ADOPTIVE PARENT SUPPORT

MONTHLY NEWSLETTER



EMBRACING THE CHALLENGES OF ADOPTIVE PARENTING
WITH STRENGTH AND COMPASSION



What's Inside ?

10 THINGS ADOPTED KIDS WANT THEIR PARENTS TO KNOW



Watch

This short animation, made with feedback from adopted children, offers information on what they want their parents to understand and how parents can best provide support.



Read

Adoption can "lead to great joy and tremendous pain". Recognizing the issues fueling many of the challenges adoptees and parents face is necessary to help navigate the adoption experience. This article discusses those core issues.



Listen

This episode of the Resilient Caregiver Podcast, discusses navigating the inevitable feelings of grief on the adoption journey and how to ultimately move toward healing for both you and your child.

- 1 The past matters (a lot)
- 2 Adoption is part of our identity
- 3 We think about our birth parents
- 4 Attachment is really, really hard
- 5 Fear of rejection is real
- 6 Cultural heritage is important
- 7 We have our own unique identities
- 8 Complex feelings are normal
- 9 Honest communication is key
- 10 We need to feel secure & valued

10 things I wish I knew BEFORE ADOPTING

- 1 ADOPTION IS NOT BABYSITTING**
Unlike babysitting, you don't get to give adopted kids back at the end of your time with them. This can be feel overwhelming if parenting is a new experience for you.
- 2 LOVE ISN'T ENOUGH**
Opening your heart does not mean adopted kids will accept you as their parent or be thankful for your love. Therapy, prayer, community, and support will be what help change the child's life for the better.
- 3 NO ONE IS IMMUNE TO TRAUMA**
The impact of trauma on the brain, even prenatally, can cause life lasting changes in brain development. Adopted kids may progress more slowly than other kids and may not be able to meet your expectations.
- 4 YOU MIGHT NEVER KNOW**
You cannot predict the future, you can only try your best and hope for the best possible outcome. Relinquishing control and accept that you are helping SOMEHOW can be freeing.
- 5 SIBLINGS ARE DIFFERENT**
What affects one kid will not be the same as what affects another kid. We have to embrace the differences between all of our children in order to accept them for who they are.
- 6 YOU CAN'T SAVE EVERYONE**
We cannot MAKE anyone change but we can arm them with wisdom, love, and knowledge so they can make good life choices.
- 7 SOMETIMES KIDS LIE**
For kids who were adopted, it is often simply a natural defense mechanism to lie and lie well. Expect innocence before guilt, but don't be afraid to double-check.
- 8 FOOD HOARDING IS REAL**
Kids from hard places may have an uncontrollable tendency to hoard food. Allowing them to keep shelf-stable food in their rooms for "security" may help.
- 9 CONSIDER INSTALLING CAMERAS**
While we want to be able to trust kids, it can help with safety concerns to have a running recording of things going on in common areas of the home.
- 10 DON'T TALK BADLY ABOUT BIO FAMILIES**
Even agreeing with things they say can hurt. We never want a child to think they aren't good enough or are responsible for their parents' choices.

Credit: [10 Things I Wish I Knew Before Adopting Kids](#)

Lifelong Issues in Adoption

Short article

Recognizing the core issues that adoptees, adoptive parents, and birth parents face is imperative for growth and healing. This article presents seven core issues to work through.

[Read more...](#)



Navigating Grief on the Caregiver Journey

45 Minute Podcast

Licensed Counselor Jessica Sinarski speaks about the grief both we and our children carry about the adoption process and how to begin healing on The Resilient Caregiver Podcast through Honestly Adoption.

[Listen here...](#)



What Adopted Kids Want Parents to Know

5 minute video

Adopted kids speak out in this video, explaining what they want their caregivers to know and what types of support may feel best for them.

[Watch here...](#)

WE NEVER IMAGINED IT WOULD HAPPEN TO US

"Our child has run away, turned our home into a chaotic mess, cursed in our faces, and taken a vow of silence for days on end. We never knew we'd be the ones with these stories. Despite the difficulties, we'd promised to stand by each other, as an entire family no matter what. This journey has shown us that commitment has to be deeper than we ever imagined. There are many moments of doubt and self-questioning, especially about our decision to adopt, but one thing remains clear - the commitment to a children's forever had to be unshakeable."

"Before adopting, we were clueless about parenting but thought we had it all figured out after reading tons of books, being part of adoption groups and working with our agency. We were living in a dream world, thinking love would solve any issue, believing we were past the tantrum stage because our kids would be older. Were we in for a surprise! Lesson learned: expect the unexpected, prepare for everything, and never underestimate the power of chaos. Stay ready so you don't have to get ready!"

Reality Check

"We never imagined we would be the parents calling the police on our child. Thankfully we are years beyond that now and things are better.

However, if we had known when we were adopting that our story would include having neighbors standing in their driveway wondering why there were lights and sirens at our house. Nothing CAN prepare you for something like that, but it's so important to be prepared that anything is a possibility when you welcome a child from trauma into your family."

"We hosted our child before adoption, so we thought we knew them. We did the required training and read the recommended books, but we just didn't think it applied to us. However, we realized that we did have a relationship with our child through hosting, we had a total lack of knowledge when faced with challenges of raising an older child with a difficult past. Practical preparation is key. Hosting and adoption are different, time passes and your child is different, being home forever is just different."

WORKS CITED

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