

While You Are Waiting to Adopt

Now that you have selected an adoption method and an agency or attorney, and completed your home study and your paper work, what do you do while you wait to adopt? Remember that if you are waiting to adopt, you are an expectant parent. You need some time to prepare and learn.

Following is a list of some suggestions. Some of the ideas below are also fun and will help you endure the waiting time. Think about which of these suggestions you would like to use. You may also come up with some other good ideas your self!

In general, the IAC Center recommends that you take some time to:

1. Deal with some of your emotions.

Now that you are done with the paperwork, take some time to go back and process the emotions related to your decision to adopt. Think about: what brought you to adoption? What were the losses? What are the related emotions and how might these feelings affect you during the adoption process and as an adoptive parent.

	<u>Have Done</u>	<u>Will Do</u>
1. Join a pre-adoptive parent support group.	_____	_____
2. Attend some workshops that address the emotional aspects of deciding to adopt, dealing with grief and loss, being a parent through adoption and raising adopted children.	_____	_____
3. Learn about the grief process.	_____	_____
4. Learn about Post Traumatic Stress Reactions to Infertility and other losses.	_____	_____
5. Call or visit adoptive parents	_____	_____
6. Think about how you will deal with family and friends.	_____	_____
7. Think about how you will deal with the holidays this year and possibly change your usual traditions.	_____	_____

2. Learn about issues in the adoption process and in adoptive parenting.

General

Have Done **Will Do**

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|--|-------|-------|
| 1. Join a pre-adoptive parent support group. | _____ | _____ |
| 2. Learn about transition issues for adopted children. | _____ | _____ |
| 3. Attend some adoption workshops because they are a fun and informative way to learn. | _____ | _____ |
| 4. Read books about adoption and adoptive parenting | _____ | _____ |
| 5. Call or visit adoptive parents. | _____ | _____ |
| 6. Learn how and why to start a memory book/Life Book for my child of his or her homeland and/or adoption story. | _____ | _____ |
| 7. Think about how you will handle being away from work. | _____ | _____ |

For international adoption

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|--|-------|-------|
| 1. Attend a Baby Care for International Adoptive Parents workshop | _____ | _____ |
| 2. Consult an international adoption pediatrician and read materials regarding third world health problems. | _____ | _____ |
| 3. Studying books or films about my intended child's country and culture. | _____ | _____ |
| 3. Obtain language tapes, folk music or lullabies from my child's homeland. | _____ | _____ |
| 4. Learn to read/write/speak some of my child's native language. | _____ | _____ |
| 5. Learning to cook and serve some of my child's native dishes | _____ | _____ |
| 6. Studying travel books on your destination. Finding a pocket language dictionary to take along. Obtain an international traveler photo card for times when you | _____ | _____ |

need to point to pictures to communicate (find one at www.kwikpoint.com)

For Domestic Adoption

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|---|-------|-------|
| 1. Learn about networking to locate a birth family | _____ | _____ |
| 2. Consult an OB-GYN and read materials about pregnancy and delivery so you can communicate with birth parents | _____ | _____ |
| 3. Consult a pediatrician to involve them in the first steps you take in parenting. | _____ | _____ |
| 4. Learn about communicating with birth parents before, during and after the formal adoption occurs. | _____ | _____ |
| 5. Learn how you will make quick travel arrangements and what you will need to bring with you. | _____ | _____ |
| 6. Attend a Baby Care for adoptive parents workshop | _____ | _____ |
| 7. Learn about hospital issues in adoption. How is it handled, how you can participate and how to handle emotions, decisions, gifts, etc. | _____ | _____ |

3. Prepare for parenting.

- | | <u>Have Done</u> | <u>Will Do</u> |
|---|------------------|----------------|
| 1. Join a pre-adoptive parent support group. | _____ | _____ |
| 2. Call or visit parents. | _____ | _____ |
| 3. Learn about basic baby or toddler care. | _____ | _____ |
| 4. Read books about parenting. | _____ | _____ |
| 5. Research/buy some baby supplies. | _____ | _____ |
| 6. Childproof your home if you are adopting a toddler or older child. | _____ | _____ |
| 7. Consider your child care options – research and interview providers. | _____ | _____ |
| 9. Think about baby names and discuss them with your partner. | _____ | _____ |

10. Join the IAC Center project - Making Space: Clear the way for a new beginning. Make space for your child by donating unwanted items.

4. Have some fun!

Have Done

Will Do

1. Volunteer

2. Take a vacation.

3. Make a list of 10 things you would like to do without a baby.

4. Do as many of them as you can!

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