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Sent: Thursday, July 18, 2013 3:54 PM
To: scott@afamilyforeverychild.org
Subject: Support through the adoption process



Dear ,

This newsletter is meant to address some of the common ups and downs in the emotional roller coaster that an adoptive family rides during the adoption process. It is important to know that you are not alone and your emotions are a natural response to the stress associated with the creation of an adoptive family.

A Family for Every Child offers support and assistance through this process. Here we would like to address some of the most common feelings an adoptive family will experience during the adoption process, how we can help, and provide adoptive families with some resources on finding local support groups to help families work through their emotions. Allowing complicated emotions the space and love necessary to find resolution can help strengthen each individual family member and simultaneously help deepen their relationships.

- **Frustration (anger)** - This process is time consuming and often presents potential parents with many difficulties. Our goal is to facilitate the efficient flow of information between potential families and waiting children. We are here to provide you with recruitment updates on children you have submitted for, in addition to free recruitment options to connect your family with searching caseworkers.
- **Excited** - It's natural to get excited about a child or a sibling group you submitted for when you feel they would be a great match for your family. With over 2000 children listed on our site, we have a number of great children that will be a great match for your family! It's okay to get excited about the potential new family member(s), but committees can change their decision for many reasons (in the best interest of the child) and disappointment can happen. Remain aware of your emotions and be prepared so you do not find yourself overwhelmed.
- **Sad** - When disappointment happens it is understandable that you will feel sadness. But don't let sadness stop you. Be persistent. Allow the strength of your emotions to fuel your motivation. Continue to submit your home study for children, no matter how frustrating or pointless it may seem. You never know when a child will be listed that is the one for you, so you don't want to miss out on an opportunity to find out.
- **Happy** - The happiness that comes from adoption is a unique and special kind of joy. It is important to hold onto and even re-feel this emotion during the trying times that come with raising any child. Check out our [success stories](#) from former MAP families who have adopted through the foster care system.
- **Bored** - The adoption process can often be long and tedious and you might find yourself no longer prioritizing the paperwork and the phone-calls that keep the process moving. This is a good time to check in with your other emotions. Even frustration, if used as kindling for your motivational fire, can help propel you forward through to your long term goal. Check in with your adoption worker and ask him/her to follow up on the kids that you are really interested in. Update your family profile to add new photos or information. Participate in our free recruitment options, get involved, work on your child's Welcome Book...the number of things to do while waiting for your child are endless!
- **Loving** - This is the best of all. It is meant to be shared with everyone. And now at the end your adoption process journey, you can also share it with a child or children that need unconditional love in their life more than anything. Share your success story with A Family for Every Child to be used to motivate other adoptive families who are seeking their children.

Resources

You may find the following resources helpful:

Adopt Us Kids- [Barriers and Success Factor in Adoption from Foster Care](#)

[Grief Speaks](#)

Child Welfare Information Gateway- [Parent Support Groups](#)

Adoptive Families- [Online adoption groups](#)

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