

# Tip Sheet: What Adoption Workers Should Know

Created by: *Our Own Words*: Minnesota's Adoptee Advisory Committee

- Form a connection with me. Show that you care for me and are concerned about me by how you act and what you say. This will help you find me a family that is a good fit.
- Call me at least once a week. Make sure foster parents know that you care about me so that they will support our connection.
- When you spend time with me, avoid taking notes. Show me you are engaged and present. Movies, shopping, and eating out are activities we can do to build trust and get to know each other.
- Keep the promises you make and follow through when you say you will do something.
- Encourage my foster parents to have a family-like relationship. I need to learn how to be part of a family so my transition to my adoptive family is easier.
- Take situations into your own hands when necessary. If you know me best, stand up for what you know is best and avoid inappropriate situation that make me uncomfortable or embarrassed.
- When you find me an adoptive family, suggest an adoption party to celebrate our success, show them how to make me feel welcome, and meet my new family.
- Keep in touch even after adoption. You might be my only contact for support and information about my birth family. Attend birthday parties and other family events. Give me an email address or phone number I can reach you at in the future if I need help.

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*Please visit us* at [www.groups.fostercare.org/ourownwords](http://www.groups.fostercare.org/ourownwords), on Facebook at Our Own Words – Adoption Support Network or email a facilitator at [mridgeway@hopeadoptionsservices.org](mailto:mridgeway@hopeadoptionsservices.org) or [jbenedict@chsfs.org](mailto:jbenedict@chsfs.org).

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