

# Adoption Tip Sheet:

## What Adoptive Parents Should Know

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

- Think about me, the child you are adopting, and how I might have trouble attaching to you. You need to slowly build a relationship with me.
- Try to understand my behaviors and why I am behaving this way; it might be for my own personal sense of security. Learn about my background (remind me that I entered foster care through no fault of my own) and be prepared for me to question if you really love me.
- Have appropriate expectations, avoid judgments based on papers you've read about me, and don't compare me to your other children.
- Consider the impact of sibling separation. I may not understand why this had to happen, I may blame myself, and I probably need to feel connection to my biological family.
- If you aren't absolutely certain that you want to adopt a child, don't do it.
- Everything you do and say has an affect on me. I can easily assume you aren't committed to taking care of me based on my past experience.
- Stand up for me when we experience racism, judgment, and misunderstanding. Help me understand my past and where I fit in.
- I have been taught to mistrust people. Show me that I can trust you.
- The difficult behaviors you might experience with me might be an attempt to reject everyone before they reject me so it doesn't hurt so much.
- You are the one who is finally willing to accept me and show me you love me. Show me I am family and keep the commitment you made.

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*Our Own Words*: MN Adoptee Advisory Committee (ages 13-22) is part of the Adoption Support Network which is a collaboration between HOPE Adoption & Family Services, Children's Home Society & Family Services, and the North American Council on Adoptable Children and is **funded by the Minnesota Department of Human Services.**

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-Created December 2010-