



OPEN COMMUNICATION ABOUT ADOPTION

● Open communication about adoption:

- Helps children feel okay about their feelings.
- Builds children's confidence about their identity and their place in the family.
- Lets children know that adoption is on your mind too.
- Builds family bonds.



● Develop Open Communication:

1) Self reflect

Understand your own thoughts and feelings about adoption.

2) Practice communication about adoption

- Out loud by yourself
- With your children
- With family, friends, and people in the community

As with anything, the more you practice the better you get!

