



CREATING OPPORTUNITIES FOR OPEN COMMUNICATION

● It's common for parents to have fears related to communicating about adoption.

■ Some parents worry that they don't have the right words.

■ Actually, the more you practice open communication, the less you have to worry about what to say. Conversations will become more natural, more fluid.

■ Some parents are concerned that they've waited too long or that their child is too old to begin a conversation about adoption.

■ Actually, it's never too late to start.

■ Some parents think that bringing up sensitive topics can create a problem where there isn't one.

■ Actually, most adopted children have questions about their adoption. The best way to support your child is to open the lines of communication.

■ Some parents worry that talking about adoption or birth parents could make their child feel less attached to them.

■ Actually, creating opportunities to talk about adoption usually leads to greater family closeness.



● Try using these tools to help you open the lines of communication:

- Read books and watch movies about adoption with your child.
- Create traditions to celebrate as a family (birthdays, adoption anniversaries, Mother's/Father's Day, Adoption Awareness Month).
- Collect and share personal history (life story books, family trees, documents, pictures, videos, letters).
- Attend adoption family groups and community organizations.

