



The Difficulty of Waiting

The longest part of the adoption journey is often the hardest time for a family. Whether your family is waiting to meet the birth mother, receive a referral or waiting to travel, the time can seem endless. Below are helpful ideas as your family waits.

1. Help Your Family and Friends Deal with their Fears and Concerns.

- Once you have made your decision to adopt, let your family and friends know of your decision, rather than asking for everyone's opinion as to what they think.
- Family members, no matter how well intentioned, might believe many myths or have misconceptions about adoption. Take some time to share what you have learned.
- Finally, this is a good time to help families and friends understand that you might not share all the details about your child's background. Explain to them that you will not share every detail of your child's situation or that of his/her birth parents' situation with them – not because you don't want them to know – but simply because you are respecting the privacy of your child and his/her story as well as his/her birth parents.

2. Choose a Name.

It may be worthwhile and fun for your family to think about names and decide what is best before you bring your child home.

3. Choose a Pediatrician.

Adoptive parents should take time to find a pediatrician who is sensitive to adoption and one who has experience working with children who have been adopted.

4. Make Memories.

Begin to work on your child's life book or scrapbook.

5. Prepare and Pack for the Trip.

6. Speak the Language.

Learn about your child's culture and possibly learn a few phrases in his or her language.

7. Plan a Baby Shower or Welcome Party.

8. Journal and/or Write Letters to Your Child.

Share your joys and work through your fears.

9. Join a Waiting Families Group.

You can share your journey with others traveling the same path.

10. Be Flexible While you Wait.

It is important to understand that there are many situations that are out of yours or your agency's control.

The bottom line is God is the ultimate counselor in the field of adoption. During these hard times of waiting, please remember to take your fears, questions and uncertainties to Him.