

Fifteen Ways to Initiate an Adoption Conversation

1. Have you ever considered the option of adoption?
2. When I mention the word “adoption,” what is the first thing you think of?
3. This is a very big decision and it’s worth taking the time to look at all of your options. It’s important to have all the information in order to make a good decision. Would you like me to share some information with you about adoption or would you be interested in meeting with an adoption agency to gather some more information?
4. Looking at all your options will help you to confirm the choice you do make. In order to look at adoption, it is important for you to look at parenting as well.
5. Have you begun to think of your “pregnancy” as an actual “baby” yet?” Remind her that she is planning for a ‘baby’ not a ‘pregnancy’.
6. Adoption is a choice that you make with your head and your heart follows.
7. Just because we talk about adoption, doesn’t mean that you have to choose it. Adoption is a very challenging decision that takes courage and love.
8. Did you know that you have a lot of options with adoption and that birth parents have control over what their adoption looks like and are able to choose the parents for your child?
9. Let’s try to brainstorm what your life will look like five years from now if you choose parenting and then if you choose adoption.
10. Have you considered that by parenting this child you will have ongoing contact with his or her father/mother? (School events, birthdays, etc.) How do you see that affecting other future relationships if you don’t stay together?
11. As a pregnant woman you have an opportunity to make a life plan for you and your child that will last beyond this moment. How can I help you with planning for the future?
12. We have lots of time before your baby is born; let’s use the time to really think about the decisions ahead and how they will affect you for the rest of your life.
13. Choosing to parent does not mean you escape pain. Both choices (parenting and adoption) have their own joys and sorrows. Choosing either one does not necessarily mean you will be free of future challenges.
14. Do you know anyone who was adopted or who has made an adoption plan for his or her child? Could you tell me about their experience?
15. You are in control over what happens to your baby. I trust that you are capable of doing the hard work of decision-making. I would like to support you in that process.