

Nourishing the sparks of connection

This resource is for birth parents whose children have been adopted

Children thrive when they are surrounded by people who love them. If your child has been adopted they still need connections with family and people who are important to them.



Your child may be trying to:

- Adjust to living with a different family
- Understand where they belong
- Avoid upsetting you
- Sustain friendships
- Stay in touch with family
- Express difficult emotions
- Work out what they want from Staying in Touch time



Fear

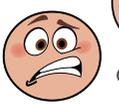
What they may be feeling:



Sadness



Guilt



Anxiety



Confusion



Shame



Anxiety



Grief



Shame



Guilt



Anger



Sadness

What you might be feeling:



Parents can help by:

- Telling them you are proud of them
- Reassuring them that you are okay
- Celebrating the positives with them
- Avoiding promises you can't keep
- Being consistent
- Involving their adoptive parents
- Asking what they want to do if you are able to meet
- Focusing on making time together enjoyable
- Sharing photos, drawings and letters if appropriate
- Giving honest, age-appropriate answers to questions
- Bringing a toy or something they can take home if you meet

Strengthening all the sparks of connection

How birth parents can support their child's adoptive parents during Staying in Touch* meet-ups

* Staying in Touch is the preferred term for meet-ups and other communications that adopted children have with members of their birth family/ significant others.

There are things birth parents can do to show support for their child and strengthen important connections at Staying in Touch meet-ups.



Your child's adoptive parents may be:

- Lacking information about your child's history
- Getting to know your child – this is a lifelong journey
- Following agency or Local Authority rules



The professionals working with your child may be:

- Following policies and procedures
- Experiencing burnout and stress
- Continuing to develop skills and knowledge
- Facing time or resource pressures
- Coping with staffing shortages



What they may be feeling:



Uncertain



Stressed



Helpless



Overwhelmed



Protective

What they may be feeling:



Frustrated that they can't make things better



Pressured by the agency



Blamed by families for past decisions

Birth Parents can help by:

- Suggesting a meeting with their child's adoptive parents and professionals
- Showing they want to help their child thrive in their adoptive family
- Being open about their and feelings accessing support
- Listening to and respecting the adoptive parents role in their child's life
- Sending letters/photos to update them and their child through the Letterbox/ Staying in Touch services that have been set up



Parents can help by:

- Allowing their child's adoptive parents time to respond to any queries
- Keeping records of any formal agreements of court orders
- Giving details of their culture, values, beliefs
- Updating adopters on changes to their situation through the agreed methods
- Asking for advance notice of staff changes if this would be helpful