

Tips While Waiting:

Preparing for your Child's Arrival

HAVE FAITH

- ❖ You will become a parent someday. Some times prospective adoptive parents have difficulty believing they will become parents. Consider writing *I believe I will be a parent someday* on a piece of paper, tape it to the mirror and read it aloud every morning.

BE EXPECTANT

- ❖ This is an ideal time to nurture yourself and prepare for the next stage in your life. Make sure to get plenty of rest, eat healthfully, and relax. Also, connect with the people in your life that provide support. Be gentle with yourself.

NEST

- ❖ Start thinking about the space for your child. What items will you need for your baby: car seat, crib, stroller, infant swing, changing table, rocker, etc.? How will you decorate the nursery? Devise a plan for obtaining important baby items. Will you be purchasing them? Some families do not feel prepared to decorate a nursery and/or purchase baby supplies until they are matched or have received placement; however, consider at least making a list of things you will need and plan of how to obtain them.

CONTINUE YOUR EDUCATION

- ❖ Read books on adoption. Sign up for classes on adoptionlearningpartners.org Attend conferences on adoption. Meet other prospective adoptive families. Connect with a mentor family.

CHOOSE A PEDIATRICIAN

- ❖ Begin doing research now to find a competent, adoption-supportive physician. Consider making an appointment with a physician. You then will be able to learn his/her views and support of adoption. Also, ask the pediatrician if you may call him or her about particular medical questions as you are learning about possible baby situations. Ask other adoptive parents for recommendations.

CHOOSE AN ATTORNEY

- ❖ Begin doing research now to find an attorney that will handle your adoption. The Cradle has a list of frequently used attorneys. Contact the attorney to learn about their fees and process. Also, inquire if you may contact them about specific legal questions pertaining to possible baby situations as they arise.

LOOK FOR ADOPTION ANNOUNCEMENTS AND BABY BOOKS

Research adoption announcements or 'baby books' to ensure you find what you like.

NURTURE YOUR RELATIONSHIP AND CELEBRATE YOUR FREE TIME

- ❖ Many families report the waiting time to be difficult. Make a list of all things you and your partner enjoy doing. Do those things and celebrate the time you share. When you become parents, you may find it more challenging to have quality time with your partner.