

Encouragement for Adoptive Moms.

- During the process, especially international and older child adoptions, be prepared for files to contain misleading information about your child. This is not always intentional but often caused by high child/caregiver ratios and other factors.
- Expect unexpected needs and situations, etc. If there are surprises, you will be “prepared.” If there aren’t, you’ll be pleasantly surprised!
- Keep your expectations (for yourself and for your new child) low.
- Don’t take hateful words or behaviors personally. Most often, they have nothing to do with you or your parenting but with their past and their wounds.
- Watch for patterns. Look for the needs behind the behaviors.
- Relentlessly pursue self-care! Do NOT feel guilty about it. It is imperative! Take care of you so you can take care of them.
- Be selective with whom you share challenges and triumphs. Those unfamiliar with adoption may not “get it,” but those who do “get it” will fiercely support you in tangible, personal, unimaginable ways.
- Don’t be afraid to talk about birth mom. First families are (and always will be) part of who your child is. Be a stable place for them to process their stories, one piece at a time, whenever they’re ready.
- Don’t overthink or over-analyze the future.
- When you need wisdom (strength, comfort, grace, courage), PRAY!
- Guilt is NOT a fruit of the Spirit. Consciously refuse its power!
- Do NOT compare your family to other adoptive families or children.

Philippians 2:13 For God is working in you, giving you the desire and power to do what pleases him.

James 1:5 If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking.