



**Family Care**  
**Adoption Services**

# Are you Adopted?

- Lots of children can't live in the families they were born to for different reasons
- Lots of families have a child come to live with them who was not born to them
- Being adopted is a way for you to legally belong to a new family forever
- Lots of famous people are adopted, like Jesus and Nelson Mandela
- Also Superman, Matilda, Paddington Bear and Stuart Little!!
- Family Care Society helped to find you a new family forever, and we have people who can help you if you feel worried



# We know that sometimes being adopted can be hard

Sometimes you might have questions or worries:

Why was I adopted?

What happens when I am older?

What about my birth family?

Who should I tell and what should I tell them?

Are there other adopted children I could meet?

Why do I feel angry and upset?





Why do I sometimes feel sad?

Is my birth mum OK?

I have other brothers and sisters, can I see them?

Are there books about Adoption I could read?



-  Every now you might want to talk to someone about these things
-  We are here to help if you want to talk about being adopted
-  We can talk to you about your birth family and about any contact that you might have
-  We can talk about any worries or problems that you might be having