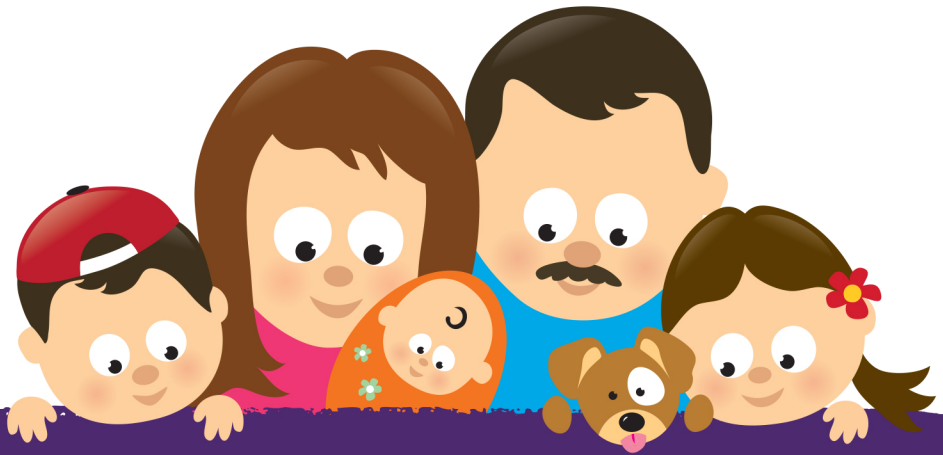




Family Care
Adoption Services



Parenting through Adoption?

Every Child Deserves a Family Life

www.familycareadoption.com

Parenting through Adoption?

We know that parenting any child is demanding, but for adoptive parents there may be additional challenges.

Some children in adoption have on-going needs coming from their early experiences, especially those who have joined their new family when they are older.

Sometimes everything is fine in the beginning, but as your child grows up you may find that you have concerns. Once you have adopted you are not on your own, you can come back to us at any time.

We expect that families parenting children through adoption may need help at sometime during their childhood

Our Post Adoption Support Worker can offer you a supportive and non-judgmental service, any request that you might make to us will be viewed as a strength not as a problem.



Contact issues

Many adopted children and young people continue to have direct or indirect contact with birth family members after joining your family

As they grow up these arrangements might change or need to change. Contact might decrease or increase, or sometimes become difficult to manage.

Our Post Adoption Support Worker can help you and your child in.

- Talking about Contact
- Preparing for Contact
- Participating in Contact
- Talking to your child about why contact may be less
- Talking to you and your child about why contact may be more
- Talking to you and your child about why contact may have stopped
- Managing Postbox letters and photographs
- Participating in Postbox letters and photographs
- Helping you and your child to understand identity issues
- Talking to older young people about searching for Birth parents
- Talking to you and your child about Facebook, Social Networking, Online contact forums



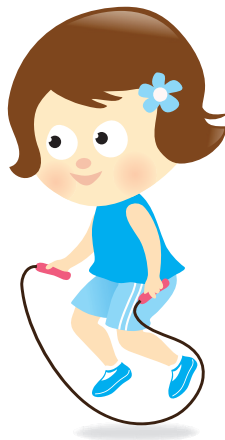
Adoption issues

When your child joined your family you were probably given some information about them.

Your child may have a Life Story Book giving information about their life and the people in it before adoption.

This probably answered some of the questions that your child had at the time, but as your child gets older, more questions might need answers.

Sometimes information has been simplified so that your child can understand it, perhaps there is more difficult information that you need to share as they grow up.



Our Post Adoption Support Worker can help you and your child to talk about Adoption. They may have questions such as:

Why was I really adopted?

What do I tell people?

Can I change my Birth family contact?

What happened before I was adopted?

How should I feel about being adopted?

Why do I feel angry or upset?

Are many other people adopted?

Do I have birth brothers and sisters?

What about my birth family now that I am adopted?



Every Child Deserves a Family Life

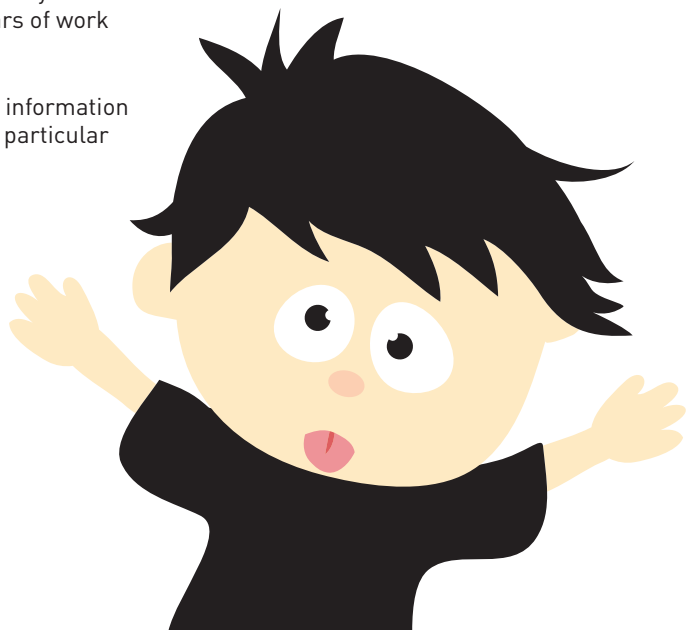
Behavioural & Educational Issues

As your child grows up in your family there may be times when they remember difficult things from their earlier life. Sometimes children can be affected by things that they don't even remember.

Some children may have medical issues which affect their behaviour at home or at school, such as a Learning Need, ADHD, Developmental delay or Foetal Alcohol Syndrome and effect.

Our Post Adoption Support Worker can help you and your child:

- Your child may have strong feelings of hurt or anger and not know where they come from. This can affect their moods and behaviour at home and at school.
- This can be very difficult for you as parents, especially if you bear the brunt of your child's frustration and unhappiness.
- We understand some of what you are feeling because of our years of work with adoptive families.
- We can help you to access information and advice in dealing with particular issues or conditions.
- We can help you to explore and understand your own feelings.
- We can help you with strategies for managing difficult issues and behaviours.
- We can help you to liaise with schools and teachers if you feel that problems may be developing.



Keeping in Touch

Family Care helped to place you with your children and we are here to help you if you need it.

Our Post Adoption workers can let you know about workshops, information and reading material that is available through ourselves or other agencies. This can cover a range of subjects that you may want to know more about, such as:

- Loss and grief
- Trust and Attachment
- The impact of neglect
- Developmental delay
- Specific medical issues
- Talking about adoption
- Managing educational issues
- Managing behavioural issues
- Managing direct contact
- Managing Indirect contact/Postbox
- Understanding identity
- Life Story Work

We are always available by phone or email, and would also like to keep in touch with you through our own:

Events

Website

Annual Newsletter

Contact us

Our Post Adoption Support Worker can offer you a supportive and non-judgmental service. Please do not hesitate to get in touch.

We are happy to hear from you:



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