

## Questions for Parents Preparing to Adopt or Foster

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### **Ten Questions for Parents Preparing to Adopt or Foster**

<http://empoweredtoconnect.org/ten-questions-for-parents-preparing-to-adopt-or-foster>

1. Are you willing to acknowledge and fully embrace your child's history, including that which you know and that which you will likely never know?
2. Are you willing to accept that your child has been affected by his/her history, possibly in profound ways, and as a result that you will need to parent your child in a way that exhibits true compassion and promotes connection and healing?
3. Are you willing to parent differently than how you were parented, how you have parented in the past, or how your friends parent their children? Are you willing to "un-learn" certain parenting strategies and approaches that may not be effective with your child, even if you have used these strategies and approaches successfully with your other children in the past?
4. Are you willing to educate yourself, your parents, family and friends on an ongoing basis in order to promote understanding of your child's needs and how best to meet those needs?
5. Are you willing to be misunderstood, criticized and even judged by others who do not understand your child's history, the impacts of that history and how you have been called to love and connect with your child in order to help him/her heal and become all that God intends?
6. Are you prepared to advocate for your child's needs, including at school, church, in extracurricular settings and otherwise, in order to create predictability and promote environments that enable your child to feel safe and allow him/her to succeed?
7. Are you willing to sacrifice your own convenience, expectations and desires in order to connect with your child and help him/her heal, even if that process is measured in years, not months?
8. Are you willing to fully embrace your child's holistic needs, including his/her physical, emotional, relational and spiritual needs?

## Questions for Parents Preparing to Foster or Adopt, cont.

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9. Are you willing to seek ongoing support and maintain long-term connections with others who understand your journey and the challenges that you face? Are you willing to intentionally seek and accept help when you encounter challenges with your child that you are not equipped to adequately deal with?

10. Are you willing to acknowledge that you as a parent bring a great deal to the equation when it comes to how your child will attach and connect? Are you willing to honestly examine (on an ongoing basis) your motivations and expectations relating to your adoption journey? Are you willing to look at your own past (including your past losses and trauma, both big and small) and consider how your past may impact your interactions with your child? Are you willing to consistently examine your role as parent as you experience challenges and difficulties along the journey?