



## ADOPTION PROFILE DO'S AND DON'TS

### DO

Ensure your main photo is a “head shot” meaning shoulders up, in front of greenery or flowers, with sincere, happy smiles.

If your main photo includes a spouse or children, try a variety of poses where family members are touching each other in a caring way. Consider turning toward each other.

Wear casual clothing in your main photo, but ensure that it is clean and without stains, and pressed.

Wear colors that compliment you or that other people have told you are becoming on you.

Include information about your job/career, including how or why it is enjoyable and rewarding to you.

Discuss education, including your degrees and plans for your child such as private school or college funds.

Share hobbies, sports, interests, travel, special talents, vacations, and holiday traditions.

Tell how long you have been married or together. If not married, share information on your support group and family.

Mention why you are considering adoption (infertility, testing, etc.)

### DON'T

Feature full body shots. A birth mother wants to see your eye and your face. This is where trust begins.

Stand shoulder to shoulder, soldier style. Also don't wrap your arms around each other tightly or have children on your lap, unless they are too young to sit or stand on their own.

Wear ties or formal clothing. Even if you have a lovely portrait from your wedding, don't use as your main photo.

Wear all black or white, sunglasses, clashing colors or wild prints, or clothes that are too revealing.

Talk negatively about your job if it isn't your dream job. Mention your goal if it is a promotion or different field.

Be embarrassed if you don't have advanced degrees. You can focus on education plans for your child.

Make stuff up. Be authentic. You don't have to be everything to everyone. You just have to be you!

Discuss previous marriages, engagements, or relationships. It really isn't relevant to this point in your life.

Go into too much detail. A high level statement is plenty.



## DO

Talk about your home, neighborhood, and general location (state or metro region).

Share about your family and how they feel about adoption as well as a new family member. Include other family members touched by adoption.

If you are planning to raise your child in a certain church or belief structure, include it!

Stay positive! Convey your excitement about bringing children into your happy home.

Start out with positive sentiments, "Hi, we are so happy you are taking the time to learn about us."

Be genuine and sincere, showing your personality.

Mention the type of contact you are willing to continue after the adoption, such as letters and pictures or visits. Include if you are open to discussing other methods.

Be prepared to answer questions via phone or email that are more specific than what you include here. Remember this is general information and she may want more.

Tell her how she can get in touch with you. It's best if you get a toll-free number that you can forward to cell phones.

Hand sign each profile in a colored ink that compliments your design.

## DON'T

Be too vague. You don't want to come off as secretive.

Make this section too long, going into every relative you have. Omit relatives who are no longer with you.

Go overboard sharing faith or plans to "instill" it into a child.

Mention that you are suffering or "not complete" due to a lack of children.

Start with a negative statement like "We know you must be going through a really difficult time."

Try to be something or someone you aren't. There's only one you!

Offer ongoing contact if you are not fully committed to continue it. Instead, mention something else that will make a birth parent feel better about you.

Include income, birth dates, ages, birthplaces (unless general state or region), adoption budget for expenses, or other sensitive information.

Include contact info without testing it first! You'd hate to go to this much work only to not be reachable.

Sign the original, and then color copy it. This is not meaningful.



**DO**

Be prepared to print a lot of your profiles. This will be one of your main tools to connect with a birth parent.

**DON'T**

Be afraid to shop around for the best printing price. Tell people what you are doing – often that alone will get you a discount! Look for coupons and ask about quantity discounts.