



DEAR BIRTH MOTHER LETTER WORKSHEET

A good place to begin your brainstorming for your Dear Birth Mother Letter is by answering these questions. It will help you clarify your message for your Dear Birth Mother letter. If you are married, each of you should complete this separately, and then compare, to get a clear picture of your life together

Let's start with why you want to adopt.

About You

How would you describe your personality?

What kind of person are you?

What do you like about yourself?

What would you like to change about yourself?

Who are the people you go to for help and support?



Description of your interests, talents, hobbies:

What activities do you enjoy:

- Alone or by yourself?

- With your spouse?

- With your friends?

What activities do you expect you will share with your daughter?

What activities do you expect you will share with your son?

Why is it important that you adopt a child now, at this point in your life?



How do you expect your life to be enhanced by adopting and rearing a child?

What kind of changes do you think adoption will have in your life?

What are your expectations of adoption?

If Married...

Description of your spouse's personality?

What kind of person is your spouse?

What do you particularly like or admire or respect about your spouse?

What would you like to change about your spouse?



About Family Life...

What is your church involvement?

Describe your belief in God.

How do you plan to teach your child about faith?

How would you help a child adjust to your home? Could you take a leave of absence? If so, for how long?

What will change and what will be difficult about adding a child to your family?

Description of a typical day in your life:

Description of a typical weekend in your life:



How would your family feel about an adopted child?

About Parenting...

A mother should be expected to...

A father should be expected to...

What are the goals and expectations you have for a child in your home?

What rules do you expect to have for children in your home?

What response do you expect when give a command or request?

How and when will you share with your child that they were adopted?