



## **ADOPTION SUCCESS HABITS FOR A HEALTHY ADOPTION**

You are at the beginning of your adoption journey, and now is the time to focus on preparation. I was always taught to learn as much I could prior to doing anything important. In my own adoption, I read adoption books to prepare. I read parenting books for the day I would have a little one in my home. I needed to know what to do before a crisis came up, like a middle of the night fever or the question “Why was I adopted mommy?”

As you learn and prepare, I want to share from my heart how to prepare for a healthy adoption.

- Be mentally and emotionally ready to adopt.
- Stay spiritually ready.
- Strive to be financially prepared.
- Ensure your support systems are in place. Be physically ready. Attend to any health concerns now.
- Keep your relationship ready. Ensure your marriage is solid, work on problem areas now. For singles, work out any family conflicts.
- Be ready to be a parent. This means your home is ready, energy level, baby’s room, insurance, work preplanning, child care, pediatric care, reading child care books, CPR readiness and more!

You will never be 100% prepared all of these items, but get the biggest challenges and concerns out of the way. Don’t bury your head in the sand if there is an area you need to work on. The actions you take today matter. Give yourself permission to face what you need to face and change what needs to be changed. Ask for help in the areas you need help. This can make a huge difference in your life today and later as a parent.

You have choices: to enjoy the journey or act as a victim. That may sound harsh but some parents go through adoption carrying the burden of all the things they “have” to do since they are unable to conceive. You can choose to enjoy your family as it is today and embrace the journey to becoming a parent through adoption.

Strive to get done the things you need to do like clean the house and garage, organize your bills, and plan date nights or a vacation before the baby comes. Much of this only takes time and planning to get it done.

The consequences of not preparing today are more pressure and stress tomorrow. These habits can follow you into your role as new parents. Treasure this time and use it to prepare for the life you are dreaming of when you will be holding your child in your arms. Now is your season of preparation.