adoption
Creating your Family

This is a supplemental parent-education module that is designed to provide support for parents who are considering expanding their family through adoption and offers information to help parents and caregivers prepare for, understand, and engage in the adoption process.

Creating a family through adoption can be exciting and rewarding, but the experience can also evoke uncertainty or stress, and generate questions or concerns. With various types of adoptions available to you and a complex process to navigate, you may feel overwhelmed and unsure where to begin. This module will guide you through the key decisions involved in adoption and provide foundational knowledge you can use to help you move forward and feel informed and prepared. You will learn about the adoption triad (i.e., birth parents, adoptive parents, and adoptees), five core issues that affect each triad member, the different types of adoption, the steps involved in the adoption process, and helpful resources to support you. Whether you are just beginning to explore adoption or are ready to take the next step, this module can help you assess your readiness and make informed decisions as you create or grow your family.



This supplemental module builds on information and strategies that are discussed in the four universal Thrive parenting programs — *Take Root, Sprout, Grow, or Branch Out* — so it is recommended that you participate in the age-appropriate universal Thrive parenting program prior to using the supplemental module.

In this module, you will learn how to do the following:

- **Understand key adoption terms and legal requirements.**
- **Explore the seven steps of the adoption process in international and domestic adoptions.**
- **Consider key decisions before beginning the adoption journey, such as determining the type of adoption you want to pursue or finding support from an adoption agency or a law office.**
- **Recognize how identity, grief and loss, guilt and shame, and rejection affect birth parents, adoptees, and adoptive parents.**
- **Consider the different types of adoptions, and compare the advantages and disadvantages of international and domestic adoptions.**
- **Understand the unique needs of children in the foster care system and the foster care adoption process.**
- **Define special needs adoption, and explore the resources that may be available to families who choose this adoption path.**
- **Discover potential medical, developmental, and behavioral conditions of internationally adopted children and the resources available to support your child and family if you choose this type of adoption.**
- **Identify ways to integrate a child's background and traditions, especially in international adoptions, into your family life.**
- **Understand adoption considerations for military families and available resources.**

For more information about this supplemental module, visit:
https://thrive.psu.edu/modules/supplemental