



# adoption

## Creating your Family

### Parent Workbook and Syllabus

### Delivery Type 1:

### Supplemental Extension

This is an extension of a hybrid implementation of one of the Thrive Initiative core, universal parenting programs that should be delivered to an existing group.





## Summary of Training

Use this summary to help you track your completion times for sessions and meeting dates, times, and location(s).

### Thrive Initiative Course Registration

Due Date	
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### Introduction Meeting *(Meeting: 20 min/Homework)*

Date	
Time	
Homework	Complete Sessions 1, 2, and 3
Due Date	

### Supplemental Module Meeting 1: Discussion of Sessions 1, 2, and 3 *(Meeting: 60 minutes/Homework)*

Date	
Time	
Homework	Complete Sessions 4, 5, 6, and the Wrap-Up
Due Date	

### Supplemental Module Meeting 2: Discussion of Sessions 4, 5, 6, and the Module's Wrap-Up *(Meeting: 60 minutes)*

Date	
Time	
Homework (optional)	Visit the Thrive Initiative's website for additional parenting resources: <a href="https://thrive.psu.edu">https://thrive.psu.edu</a>

## Supplemental Module Registration

Complete these steps prior to delivery of the Supplemental Module Introduction (added to the last universal parenting program meeting).

### Access Course in Your Thrive Initiative Account

- Use this link to access the Thrive Initiative’s website: <https://thrive.psu.edu/>.
- Navigate to and select “Modules.”
- Select “Supplemental Modules” in the drop-down menu.
- Identify the module on **Adoption: Creating your Family**, and select the “Learn More” button.
- A new web page will open. Select the blue button that reads “Get this course.”
- A pop-up box will ask you to Login or Sign up. Since you have an existing account, select the “Login” button.
- Enter your username or email, and select the blue “Login” button.
- You will be directed to the supplemental module on **Adoption: Creating your Family**. Select the blue “Go to Course” button to start the online supplemental module.

**If you have any difficulty accessing the Thrive Initiative supplemental module, we would be happy to assist you!**



The Thrive Initiative Team can be emailed at [thrive@psu.edu](mailto:thrive@psu.edu).



Phone inquiries can be directed to **1.877.382.9185**.

# Introduction Meeting



**Introduction Meeting**    *20 minutes*  
**Homework**

Date	
Time	
Link/Location	





## Step 1: Attend Meeting

- Review the supplemental module welcome materials provided by your facilitator.
- At the first meeting, your facilitator will provide an overview of the program and ensure you have access to the Thrive Initiative website and supplemental module.

## Step 2: Complete Homework [For Supplemental Module Meeting 1]

Please complete the following activities in preparation for the next meeting:

- \_\_\_\_\_ Complete Session One: Welcome
- \_\_\_\_\_ Complete Session Two: The Adoption Process, Key Decisions, Language
- \_\_\_\_\_ Complete Session Three: The Triad & 5 Core Issues
- \_\_\_\_\_ Download and review the materials mentioned from the Parent Toolkit resources in the supplemental module.
- \_\_\_\_\_ Prepare to discuss the topics addressed in Sessions 1, 2, and 3 during the next meeting by answering the questions in *Step 3: Prepare Community-Building Activities/Discussion Questions*. If you have any questions you would like to ask during the discussion, note them in Step 4.

## Step 3: Prepare Community-Building Activities/Discussion Questions

Write your responses in the blue boxes on the next few pages as you prepare for the *next meeting*. During the *Supplemental Module Meeting 1* group discussion, record your notes in the magenta boxes.

As you complete the questions and activities, recognize that understanding and implementing the information we are learning will not happen immediately.

Each time you meet with the other program participants as a group, share and celebrate even the small, short-term decisions you make as you navigate the adoption journey. Also, consider what the long-term benefits may be for your family as you continue to use the information, skills, and strategies you have learned and are learning in the **Adoption: Creating your Family** module.



## Session One: Welcome Interaction and Discussion Questions

- A. What motivations do you have for pursuing adoption?
- B. Who are the family members or friends in your support system, and how can they help you as you navigate this journey?
- C. What is one goal you hope to accomplish by completing this supplemental module?

*Reflection:*



*Group discussion notes:*



**Session Two: The Adoption Process, Key Decisions, Language**  
**Step 1: Research and Select Adoption Type; Step 2: Choose an Adoption Professional; Step 3: Complete Paperwork: Interaction and Discussion Questions**

- A. What kind of professional support would you like to have as you proceed with the adoption process, and why did you choose that option? If you are undecided, what questions do you still have?
- B. Have you crafted a “Dear Birth Mother” letter or video to share with an agency? If so, what did you include in the letter/video?

*Reflection:*



*Group discussion notes:*



## Step 4: Complete a Home Study: Interaction and Discussion Questions

Consider the Taylor family's experience with choosing an adoption professional, completing paperwork, and participating in a home study.

A. What part of their experience resonated with you or raised questions for you?

*Reflection:*



*Group discussion notes:*



## **Step 5: Search for Child; Step 6: Bring Child Home; Step 7: Finalize Adoption: Interaction and Discussion Questions**

The module highlighted the Taylor family's experience with Steps 5-7 of the adoption process.

- A. What is one idea, reaction, or feeling you had while listening to the Taylor family share about their experience in searching for their child, traveling to pick up their child, and finalizing their child's adoption?

*Reflection:*

 *Group discussion notes:*



## Key Decisions in the Adoption Process; The Language of Adoption: Interaction and Discussion Questions

The session provided a list of glossary terms you can reference to help you understand the concepts discussed in the module. You can download the glossary and use it as you complete the module.

- A. Do you have questions about any of the concepts and terms discussed, thus far, in this module?

*Reflection:*



*Group discussion notes:*



## Session 3: The Triad & 5 Core Issues

### Triad Group Member: Birth Parents (Identity, Grief, Loss, Guilt and Shame, and Rejection): Interaction and Discussion Questions

In the session, you had the opportunity to consider how gaining insight into the birth parents' experiences could guide your family's approach to the three key decisions in the adoption process.

- A. What are your thoughts about pursuing a domestic or international adoption?
- B. What are your thoughts about completing an open or closed adoption?
- C. What are your thoughts about using an adoption agency or adopting independently using a private attorney?

*Reflection:*



*Group discussion notes:*



## **? Triad Group Member: Adoptees: (Identity, Grief and Loss, Guilt and Shame, and Rejection): Interaction and Discussion Questions**

The module discusses how adoptees can experience the five core issues, shares how you can support adoptees during and after the adoption process, and describes how using positive adoption language can help promote a healthy self-image for adoptees.

- A. How can you use positive adoption language when discussing adoption and the adoption triad with others?
- B. After participating in this discussion and in relation to supporting adoptees with the five core issues, what is one strategy or idea you would like to try in your own family?
- C. Which one of the three key decisions in the adoption process has been most influenced by what you learned about how adoptees experience the five core issues? How so?

*Reflection:*



*Group discussion notes:*

A large, empty rectangular box with a light purple gradient background and a thin purple border, intended for group discussion notes.



## **? Triad Group Member: Adoptive Parents (Identity, Grief, Loss, Guilt and Shame, and Rejection): Interaction and Discussion Questions**

The module discusses how adoptive parents can experience the five core issues and how you can support adoptive parents, such as yourself, during and after the adoption process.

- A. How might adjusting your expectations about the adoption journey help you better support yourself and your child as your relationship grows over time?
- B. In what ways can seeking support from others help you process your own emotions and create a more open, supportive environment for your child?

*Reflection:*

 *Group discussion notes:*



### Step 4: Prepare Additional Questions for Supplemental Module Meeting 1

 Note any additional questions you may have for the group or the facilitator.

*Reflection:*

 *Group discussion notes:*



# Supplemental Module Meeting 1



**Discussion of Sessions 1, 2, and 3** *60 minutes*

## Homework

Date	
Time	
Link/Location	





## Step 1: Attend Meeting

Return to Introduction Meeting, *Step 3: Prepare Community-Building Activities/Discussion Questions* to discuss the activities and questions on the previous pages as a group. If new ideas are mentioned during the group meeting, note them in the magenta boxes under your prior homework responses.



*To engage in discussion, go back to the homework you completed after the Introduction Meeting.*

## Step 2: Complete Homework [For Supplemental Module Meeting 2]

Please complete the following activities in preparation for the next meeting:

- \_\_\_\_\_ Complete Session Four: Types of Adoptions
  
- \_\_\_\_\_ Complete Session Five: Welcoming the Adoptee into the Home
  
- \_\_\_\_\_ Complete Session Six: Wrap-Up
  
- \_\_\_\_\_ Download and review materials from the Parent Toolkit resources in the supplemental module.
  
- \_\_\_\_\_ Prepare to discuss the topics addressed in Sessions 4, 5, 6, and the Wrap-Up during the next meeting by answering the questions in *Step 3: Prepare Community- Building Activities/Discussion Questions*. If you have any questions you would like to ask during the discussion, note them in Step 4.

## Step 3: Prepare Community-Building Activities/Discussion Questions

Write your responses in the blue boxes on the next few pages as you prepare for the *next meeting*. During the *Supplemental Module Meeting 2* group discussion, record your notes in the magenta boxes.



### Session Four: Types of Adoption

#### International Adoptions: Advantages and Disadvantages: Interaction and Discussion Questions

This session describes the advantages and disadvantages of completing an international adoption.

- A. How much influence do these advantages and disadvantages have on your decision about whether to pursue an international adoption?

*Reflection:*



*Group discussion notes:*



## Requirements for Completing International Adoptions: Interaction and Discussion Questions

To complete an international adoption and bring a child into the United States, adoptive parents must fulfill the requirements of state, federal, and foreign governmental authorities.

A. What have you learned about your state's prerequisites and constraints?

*Reflection:*

 *Group discussion notes:*



### ? Domestic Adoption: Interaction and Discussion Questions

Domestic adoption is defined as when both of the parents and the child reside in the same country.

- A. Why might you consider pursuing a domestic adoption?
- B. What reasons do you have for not pursuing a domestic adoption?

*Reflection:*

 *Group discussion notes:*



## **Foster Care; Becoming a Foster Parent: Interaction and Discussion Questions**

In the module, you were encouraged to consider your thoughts about assuming the role of a foster parent.

- A. Have you considered becoming a foster parent?
- B. What concerns do you have about becoming a foster parent?

*Reflection:*

 *Group discussion notes:*



## ? Adopting a Child of a Different Race: Interaction and Discussion Questions

In the module, you were encouraged to answer a list of questions to help you begin to examine your thoughts and ideas about parenting a child whose background is different from yours.

A. What insights or new information did answering these questions provide for you?

*Reflection:*

 *Group discussion notes:*



## **Adoptions of Children with Special Needs: Interaction and Discussion Questions**

Children with special needs have a condition or history that can make placing them with a family who does not have some type of adoption assistance/subsidy difficult; however, assistance may be available to help offset the costs of adopting U.S. children with special needs.

A. Have you considered completing a special needs adoption? Why or why not?

*Reflection:*

 *Group discussion notes:*



## ? Military Families and Adoption: Interaction and Discussion Questions

Military families face unique challenges when navigating the adoption process; however, a variety of benefits and resources are available to help military families adopt a child.

- A. If you are part of a military family, what adoption-related benefits or resources that are available to military families have you explored?

*Reflection:*

 *Group discussion notes:*



**? Session Five: Welcoming the Adoptee into the Home**  
**Prepare to Welcome Your Child Home: Interaction and Discussion Questions**

The module describes a variety of tasks you can complete as you await your child's arrival and provides strategies for coping with adoption wait times in the parent toolkit resource, *Strategies to Help You Cope with Adoption Wait Times*.

- A. What steps, if any, have you taken to prepare for your child's arrival?
- B. What strategies have you used, or do you plan to use, to help you cope with adoption wait times?

*Reflection:*

 *Group discussion notes:*



## Homecoming Day and the Post-Placement Period: Interaction and Discussion Questions

The day you bring your child home is often called "Gotcha Day." Many adoptive families commemorate this important day with videos and photographs and continue to recognize the day each year.

A. How would you like to commemorate your child's arrival to your home?

*Reflection:*

 *Group discussion notes:*



## **Strategies to Ease the Transition for your Child and Family: Interaction and Discussion Questions**

The module shared multiple strategies you can use to help build your relationship with your child and establish a safe, comforting environment.

A. What transition strategies do you plan to incorporate into your family?

*Reflection:*

 *Group discussion notes:*



## ? Talking about Adoption with your Child: Interaction and Discussion Questions

The module listed a variety of ways parents can help their child learn about and develop his or her adoption story. You were also encouraged to reflect on how you plan to talk about adoption with your child.

- A. How can you make sure your child always knows that he or she was adopted without the explanation being a single “big reveal?”
- B. How will you keep the conversation open, so your child feels safe asking questions?
- C. How might you respond if your child has big emotions or difficult questions about his or her adoption?

*Reflection:*

 *Group discussion notes:*



## Navigating Medical, Developmental, and Behavioral Challenges: Interaction and Discussion Questions

Adopted children may encounter a range of medical, developmental, behavioral, and emotional challenges as they navigate their unique journey into a new family environment.

- A. What strategies, resources, and/or services might you use to help your child adjust to being a member of your family?

*Reflection:*

 *Group discussion notes:*



### ? Culture Keeping: Interaction and Discussion Questions

In the module, you were encouraged to consider how you could maintain your child's connection to his or her birth country or culture.

- A. If you are considering an international adoption, how could you incorporate culture keeping into your family?

*Reflection:*

 *Group discussion notes:*



## Session Six: Conclusion

### The Key Steps to Completing an Adoption: Interaction and Discussion Questions

The parent toolkit in this session includes resources to help prospective adoptive families assess their readiness and plan for the adoption journey. It also provides a book list and adoption resource guide parents can use to help them learn about and discuss adoption with their child.

- A. What resources from the parent toolkit have you used or do you plan to use to help you as you navigate adoption?
- B. What information from the resources has been most helpful to you so far?

*Reflection:*



*Group discussion notes:*



## **Wrap-Up: Module Discussion Summary Questions**

- A. Which topic discussed in the supplemental module was the most beneficial to you as a parent or prospective parent? Why?
- B. What strategies or skills did you learn in the supplemental module that will help you achieve the goals you have for yourself and/or your family?
- C. What has changed in your interactions with your family since before completing the supplemental module?

*Reflection:*



*Group discussion notes:*



## Step 4: Prepare Additional Questions for Supplemental Module Meeting 2

 Note any additional questions you may have for the group or the facilitator.

*Reflection:*

 *Group discussion notes:*



## Supplemental Module Meeting 2



**Discussion of Sessions 4, 5, and 6, and  
Wrap-Up and Resource Sharing**

*60 minutes*

**Homework**

*None*

Date	
Time	
Link/Location	





### Step 1: Attend Meeting

Return to Supplemental Meeting 1, *Step 3: Prepare Community-Building Activities/Discussion Questions*, to discuss the activities and questions on the previous pages as a group. If new ideas are mentioned during the group meeting, note them in the magenta boxes under your prior homework responses.



*To engage in discussion, go back to the homework you completed after Supplemental Module Meeting 1.*

### Step 2: Complete Homework [optional]

Consider registering for additional Thrive Initiative universal parenting programs or supplemental modules.

- Information about the Thrive Initiative universal parenting programs can be accessed at <https://thrive.psu.edu/>.
- Supplemental modules can be accessed at <https://thrive.psu.edu/modules/supplemental/>.

Visit the Thrive Initiative website at <https://thrive.psu.edu> to access additional resources and materials.

