

La Familia, Inc

Adoption Services

Choices

During the past several months, you have probably had many emotions. You've made one of the most difficult decisions anyone can be faced with. You've probably talked with a lot of people (medical professionals, counselors, family, and friends) about your decision and you may have realized more about yourself and the people around you. It is normal for you to feel a variety of different things. Several more decisions still need to be made. These decisions may help you move through the grieving process and feel more comfortable with the adoption of your baby. Many people will have strong opinions about each of these issues. It is very important that you take time to consider each choice and make the best decision for you.

Do you want to see your baby?

Yes No Maybe

Some people will tell you that seeing your baby will make you sad or question your decision. However, avoiding sadness does not make it go away. Whether you see your baby or not, you will probably feel sad. You may also be curious about the baby's health or appearance. This is the time to answer these questions. In addition, you have given birth to a child who is challenging both emotionally and physically. You may want to see the result of all that hard work. Whatever you decide, take some time to explore your reasons for seeing the baby or not seeing the baby.

Do you want to hold your baby?

Yes No Maybe

This baby has been growing inside you for months. Some women feel that it is too difficult to hold the baby, however some women report that they were able to touch, smell, feel and know the baby by holding it. They felt that these memories helped them feel at peace with the adoption.

Do you want to name your baby?

Yes No Maybe

Some mothers choose a name for their baby while others leave the naming to the adoptive family. If you decide to name the baby, that name will be on the baby's original birth certificate. The name that the adoptive family chooses will be on the revised birth certificate after the adoption is finalized. A name could help you think about or talk about your baby. It can also reflect the special bond between you and the baby.

Would you like pictures taken of your baby at the hospital? Do you want to take your baby's hospital bracelet, footprints, nursery card or other items home with you?

Yes No Maybe

Even if you don't think you want pictures of the baby it may be a good idea to ask someone to take some for you. The agency can keep the pictures in your file so that if you want to see them later you can.

Do you want to write a letter to your baby or to the adoptive parents?

Yes No Maybe

A letter from you will explain like no one else can why you made the decision to place your baby in an adoptive family. If you decide to write a letter, your child will know in your own words that your decision was made out of love. You can share good wishes and hopes for the future. You can also provide information about your medical history and heritage. It may also be healing for you to give the adoptive family permission to parent the child and explain what you hope their life will be.

Discuss each of these issues with people you feel comfortable with and remember that it is much better to make a decision than to just allow things to happen to you. You deserve to make these important choices and only you know what will help you now and in the future.