

HOW TO:

RESPONDING TO QUESTIONS ABOUT ADOPTION

Placing your baby for adoption is a deeply personal decision. But that won't stop others from giving you their opinion about it—whether you ask them or not. Most people don't mean any harm. You could be the first person they've met who is considering adoption. So they may just be curious to find out more. Still, their words may come across as harsh and rude. It's hard not to take them personally, even if they're not intended that way.

One way to protect yourself is to have some answers handy.

Here are some typical questions people may ask you, and suggestions on how to handle them. Your social worker can always help you tailor answers to your specific situation.

Q: Why are giving up your baby?

A: I'm not giving up my baby. I'm placing my baby in a loving home because I want to give him a better future than the one I can offer at this time.

Q: Who's the father?

A: Sorry, that's private.

Q: Why don't your parents just raise your baby themselves?

A: Sorry, that's between me and my family.

Q: Don't you love your baby?

A: Of course I love my baby. If I didn't, I wouldn't have carried him to term and invested the time and the effort to find just the right family for him.

Q: Are you worried that one day you'll regret your decision?

A: After a lot of reflection, I've realized I'm just not in a position to parent right now. This is the right decision for me and for my baby.

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HOW TO: RESPONDING TO TOUGH QUESTIONS ABOUT ADOPTION

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Q: How can you give your baby to a bunch of strangers?

A: His adoptive parents aren't strangers. I've talked to them and met with them and I know they'll be great parents.

Q: What makes you so sure the adoptive parents will be great parents?

A: They've been thoroughly screened by a licensed professional and have been approved by the state to adopt.

Q: Don't you want to see your child again?

A: I do and I will. Through open adoption, I'll have the chance to keep in touch with him and his new family through phone calls, emails, and visits throughout his life.

Q: How will you ever explain your decision to him?

A: Because I'll always be part of his life, I won't have to sit down one day and explain my decision to him. But if he ever asks about it, I'll be right there to give him the answers.

When it comes to dealing with questions about your adoption plan, it helps to be prepared. Of course, you don't have to respond at all. If you don't want to, you don't have to. Protecting your privacy is not only your right, it's important for your well-being. So don't feel guilty. As long as you feel comfortable with your decision, that's what counts.

Source: AmericaAdopts.com