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*Dedicated to helping children with emotional and behavioral problems,
by developing stronger more positive family relationships*

Adoption

Adoption can be a wonderful experience, but it is important to consider what it all means. First of all, adoption is a journey. The process can be very heart wrenching at times, especially as you jump through all the hoops before reaching that final day of adoption. Adoption doesn't just end that day. It is a lifelong process and a lifelong commitment to a child. Children don't come into the world on demand. For most it is a nine-month process from conception to birth. Keeping this in mind may help you realize that adoption takes careful planning and thought.

It is very important that you consider the reasons why you want to adopt. If you are trying to save your marriage or because all your friends have babies, then you may want to take some time to reconsider. It is important that you have a stable marriage or partnership before you even consider adoption. You need to be prepared for change because, bringing a child into a family definitely creates a change to the family dynamic, whether it is the first or seventh child.

Try to get as much information as you can before you adopt. Were there any prenatal issues? Did the mother use drugs or alcohol while pregnant? Is there a history of mental illness in the biological family? These and a multitude of other considerations are important, because you will need to be prepared to deal with the results of these issues.

Some of the things you may want to ask yourself are:

- Why do you want to adopt?
- Are you ready for the life style changes and the lifetime commitments?
- What age child do you want to adopt?



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- Are you willing to consider a child with disabilities?
- Do you want to only adopt a child from the US or would you consider an international adoption?
- Would you consider an interracial adoption?
- Does it matter if the child is a girl or a boy?
- Are you financially prepared for adopting and raising a child?
- Are you emotionally prepared?
- Are you willing to allow your child to know his/her biological parents?
- Who can you count on for support during this process?

Once you have adopted you may find that you need help with parenting skills. It is not easy to suddenly have the responsibility of a child without any prior experience. It is sometimes easier to bond quickly with an infant, but it often takes time with an older child. If you find that you are not attaching/bonding or feel that you and your new child are constantly at odds, you may want to refer to the book [Beyond Consequences, Logic, and Control](#) by Heather T. Forbes and B. Bryan Post. They also classes to help give you the needed skills. They provide articles and information about classes on their [website](#). I also found very good information about all types of adoption questions on the Internet site [adoption.org](#).

Adoption can be a wonderful gift to you and the child. Making sure that you are as ready as you can be is important. Once you make the decision, the waiting can be tedious and stressful at time, but worth the time and energy. ■

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