

# Sharing the Option of Adoption



A woman facing a crisis pregnancy may have “tunnel-vision.” Looking forward, she may see only the challenges she faces. How will she support a child? Will she be able to navigate the physical demands of pregnancy? What will happen to her personal and professional goals? In this overwhelmed state, the woman in crisis may find herself grasping for options. In this circumstance, she may benefit from considering adoption, a loving option. Whether or not she chooses adoption in the end, the discussion is worthwhile, helping her realize that she is not alone, she has positive options, and she is in control.

1. Ask her about her support system. *Is there someone in your life you could rely on to have a lifelong commitment to your child? What about your parents, siblings, aunt/uncle, grandparents, cousin, friend?*

2. Tell her she has another option. *What if you could develop a relationship with your child as they grow? When choosing adoption, YOU have the ability to choose a family, the family you feel is best for your child.*

3. Support her decision and guide her. *No matter what you decide, we are here for you. If you do choose to consider adoption, we can help you find the right agency to help you.*<sup>29</sup>

## About Adoption

For many reasons, a woman may decide that placing her child for adoption may be best for her and for her preborn baby. This is an incredibly courageous choice and a heroic sacrifice made on the part of the birth mother. As she considers the option of adoption, support is available to her every step of the way. During this process, the birth mother is entirely in control. She may choose whether she would like to pursue an open adoption, and if so, to what degree she will maintain contact.

## What is open adoption?

In an open adoption, a birth mother may remain in contact with her biological child and his or her adoptive family by receiving photos, letters, e-mails, or spending time with them to varying degrees.

The birth family shares what they are most comfortable with to establish a relationship with their child through the adoptive family. For example, a birth mother may decide that letters and photos are what she would like along with visits with the family at the zoo, park or restaurant. Many adoptive families also include birth families at special occasions like birthday parties. Open adoption is

a continuous commitment to ensure that the adoptee will feel loved and safe while having the

ability to have a relationship with the birth family throughout their lives.

## Closed Adoption

A woman may certainly choose a closed adoption if she wishes, but open adoptions are becoming more common, with a focus on more transparency, which may lead to better healing and development. Closed adoption means that birth mother does not have contact with the adoptive family. An adoption is closed if nothing is known about the child’s background, e.g., given up anonymously through Safe Haven or another program.

## Financial Help

- No charge for services provided by an adoption agency.
- Financial assistance with food, education, and living expenses.
- Help accessing Medicaid to cover medical expenses.
- Medical expenses paid for by adoptive family if she doesn’t qualify for Medicaid.

## Legal Rights

- Birth mom decides the level of openness.
- She chooses the family.
- She has the right to change her mind up until she signs the consent documents.
- She chooses who is informed about her pregnancy.
- An attorney can be provided for her.
- The decision is hers, even if she is a minor.

**Adoption Support Center**  
(317) 255-5916  
(800) 274-1084  
[www.adoptionsupportcenter.com](http://www.adoptionsupportcenter.com)

29. Adoption Support Center. (nd). You Know Your Clients. Retrieved from [www.adoptionsupportcenter.com](http://www.adoptionsupportcenter.com)