



Adoptive Parent Parenting Checklist and Service Plan

Parenting Preparation Checklist

Listed below is a list of topics that will be discussed in the home study assessment process. It is recommended that the adopting couple or individual do some research, reading and thinking about the following topics prior to the individual or couple's interviews. The Family Life Education Curriculum contains information on the majority of the topics outlined below. Families adopting internationally will find some of the topics covered in their Hague approved Parent Education.

- Talking with your child about adoption
- Talking with others about your child's adoption-dealing with insensitive comments, respecting your child's privacy, educating others about adoption.
- Life Books- helping your child understand their adoption story
- Adoptive parenting versus biological parenting
- Talking and Dealing with feelings and issues associated with birth parents
- Entitlement in adoption- Establishing your right to parent and claiming the child as your own
- Attachment- What is attachment?, fostering attachment, recognizing deficits in attachment
- Grief and Loss in adoption- infertility, how grief impacts all members of the adoption triad
- Honoring the child's birth culture/ Trans-racial adoption if applicable
- Adjustment after placement/The Impact of an Adopted Child on the Family settling in, fostering attachment, the return to work, negotiating with family members and friends
- Medical/Health Issues- finding a pediatrician and community resources, health risks with international adoption, reviewing medical records, preparing for travel, developmental delays, effects of institutionalization
- Fetal alcohol and drug exposure –the risks, signs and manifestations
- The relationship continuum- Closed to Open- the benefits and challenges with each
- Positive discipline. Harmony Adoption does not recommend the use of corporal punishment with children and disciplinary measures such as verbal abuse, or withholding food or other items essential to an adopted child's protection, safety, or well being.

Service Plan:

To be completed with the Adoptive Family

Areas for Growth:

Please list any identified areas for growth related to adoption and parenting preparation:

Action Plan:

Please list any recommended adoption, positive discipline or general parenting books, or work books that will be read or completed during or after the home study process:

Please list any recommended online courses completed during or after the home study process:

Please list any other recommendation for the adoptive family to take in order to better prepare them for adoptive parenting:
