

ADOPTION

Building Healthy Family Communications



Be Clear

When you are negotiating your adoption communication agreement, give careful consideration to how your communication will benefit your children. Establish clear boundaries for the present, knowing that these may shift over time as you build your relationship with one another. Face your fears and seek counsel from your adoption provider. They have experience and can help you understand the truth.



Speak Up

This is one of the most common problems in relationships. One or both parties don't speak up and things slowly but surely erode over time. Speak the truth in love if you are uncomfortable with something that was said, or if one person seems to want too much, too fast. Perhaps you want more direct communication—don't be afraid to ask the other party to consider it.



Re-Group

If you discover the plan you've agreed upon isn't working, pause and give some consideration to the other family. Have empathy. Propose mutually acceptable alternatives that will maintain some level of communication, such as Adopt Connect, Facebook, and Instagram. Many of these social media sites allow you to establish a private group. Building solid relationships takes time.



Life is Busy

Did you commit to providing updates on a regular basis – monthly, quarterly, or annually? Do it! There are so many tools at your fingertips to help you set reminders for this important promise you have made. Use one! Don't procrastinate. The other family is counting on your promise. Each family should be providing updates to one another. If your matched family writes to you, write them back. Tell them what's going on with you and your kids.



Be Thankful

Rejoice in your new relationships. Whether face-to-face, direct, or mediated, remember the relationship is in the current and future best interest of your child.



Want to learn more?

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