

Workbook

for parents in the adoption process

This is the third booklet in a series of three for birth parents considering adoption

Funded by
crisispregnancyagency



Booklets in this series:

Introduction to adoption for birth parents

*Adoption in Ireland today for birth
parents considering adoption*

*Workbook for parents in the adoption
process*

To get copies of the booklets

- call Treoir on LoCall 1890 252 084
- e-mail info@treoir.ie
- download from [www.treoir.ie/
publications/html](http://www.treoir.ie/publications/html)

Introduction

We have designed this workbook for you to use during counselling sessions with the adoption social worker who is helping you to look at all the possibilities for your future and your baby's future.

It is important to discuss your thoughts and feelings thoroughly with the social worker as well as thinking about your answers to the questions here.

The social worker will not influence your decision about your baby in any way. S/he will support you in whatever decision you make.

The decision you make about your baby's future is a major one and you should not rush it.

You should get all the information you can before making up your mind.

While it is important, before your baby is born, to work towards making the best decision for the future, it will not be possible to make definite plans until after your baby is born.

Adoption in Ireland Today explains in detail how the adoption process works. Your adoption social worker will give you a copy or you can get a copy from Treoir

- call Treoir on LoCall 1890 252 084
- e-mail info@treoir.ie
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Mothers

Some questions if you are considering adoption

- Why am I placing my baby for adoption?
- How did I feel about adoption before this pregnancy and how do I feel now?
- Does the father know I am pregnant?
- Do I know what his thoughts and feelings are about his baby's future?
- Will the father support me in whatever decision I make?
- How might I feel if the father chooses not to be involved in either the adoption or parenting of our baby?

Adoption and other people

- Who could I tell about the adoption and how and when might I do this?
- Who might give me support while I am deciding whether or not to place my baby for adoption?
- What emotional support might I have during the pregnancy, the adoption process and after my baby has been adopted?
- How might I feel if some people do not agree with my decision?

Aspects of adoption

- It is important for a child to have medical, personal and social information on both parents. How can I make this information available?
- How can I ensure the father's name is on my baby's birth cert?
- How do I feel about the father being consulted about the adoption?
- How might I feel about meeting the prospective adoptive parents?
- What if contact with my baby stops and I don't know how s/he is getting on?

In the future...

- If my circumstances change, might I think 'I could have kept my baby'?
- How do I imagine I might
 - » tell a future partner about the child I have placed for adoption?
 - » tell any other children I have about the child I placed for adoption?
 - » answer the question 'How many children do you have?'
 - » explain having been pregnant but not having my baby with me?
 - » feel if I get pregnant again in the future?
 - » feel if I cannot get pregnant again?

Mothers

Some questions if you are considering bringing up your baby

- How did I feel about having and bringing up a baby before this pregnancy and how do I feel now?
- How do I imagine my life will change and how might I manage these changes?
- How might my family and friends react?
- How might I feel if some people do not agree with my decision?

Who might support me?

- Might I have support from
 - my baby's father and his family?
 - my family?
 - my friends?
 - anyone else?

Future plans

- Can I continue my education, training or work?
- What will I live on?
- Is my current accommodation suitable?
- Who might look after my baby while I am at school or work?
- Where can I get information which will help me?

Fathers

Some questions if you are considering adoption

- How did I feel about adoption before this pregnancy and how do I feel now?
- Why is my baby being placed for adoption?
- What can I do if I agree with the mother's choice of adoption?
- What can I do if I do not agree with the mother's choice of adoption?

Adoption and other people

- Who could I tell about the adoption and how and when might I do this?
- Who might give me support during the adoption process?
- What emotional support might I have during the pregnancy, the adoption process and after my baby has been adopted?

Aspects of adoption

- How can I ensure that my name is on the birth cert?
- How might I feel about meeting the prospective adoptive parents?
- What if contact with my baby stops and I don't know how s/he is getting on?

In the future...

- If my circumstances change, will I think 'I could have kept my baby'?
- What if I go on to marry my baby's mother and have further children?
- How do I imagine I might
 - » tell a future partner about the child that was placed for adoption?
 - » tell any other children I have about the child I placed for adoption?
 - » answer the question 'How many children do you have?'
 - » explain about being a father but not having my baby with me?
 - » feel if I have more children in the future?
 - » feel if I do not have more children in the future?

Fathers

Some questions if you are considering bringing up your baby

- How did I feel about having and bringing up a baby before this pregnancy and how do I feel now?
- How do I imagine my life will change and how might I manage these changes?
- How might my family and friends react?
- How might I feel if some people do not agree with this decision?
- How might I be involved with my child
 - » emotionally
 - » financially?
- What rights will I have as an unmarried father?

Who might support me?

- Might I have support from
 - » my family?
 - » my friends?
 - » anyone else?

Future plans

- Can I continue my education, training or work?
- How much can I contribute financially towards my child's upkeep?
- Is my current accommodation suitable?
- Who might look after my baby while the mother is at school or work?
- Where can I get information which will help me?

Decision list

When you make any major decision, it can help to make a list of the reasons why you should do one thing or the other.

Try to fill in the lists here.

Produced by representatives of

Ballinasloe Crisis Pregnancy Support Service, Coombe Women & Infants University Hospital, Cúnamh, Health Service Executive, Regional Adoption Service North East, Mayo Crisis Pregnancy Support Service, National Maternity Hospital, Pact, Rotunda Hospital, Treoir and University Hospital Galway.


Disclaimer

While every effort has been made to ensure that the information is accurate, no responsibility can be accepted by the network of organisations that produced this booklet for any error or omission. There is no substitute for seeking information directly from the Adoption Board or an adoption agency. The information in this booklet is not to be considered legal advice.

Funded by the Crisis Pregnancy Agency

The Crisis Pregnancy Agency is a statutory body set up to formulate and implement a strategy to address the issue of crisis pregnancy in Ireland. The Agency's second Strategy, *'Leading an integrated approach to reducing crisis pregnancy 2007-2011'* outlines seven strategic priorities. This resource has been funded as part of the Agency's fifth priority, which aims to 'improve the range and nature of supports central to making continuation of pregnancy more attractive and ensure that women, their partners and families are fully informed about these supports.' For further information on the Agency, visit www.crisispregnancy.ie.

The opinions and views outlined in this document are not necessarily the opinions and views of the Crisis Pregnancy Agency.

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Cúnamh do mháthar agus do pháistí
Supporting women and their children

Cúnamh 

**The Rotunda
Hospital**
Dublin


Teachmairneachas na Seirbhíse Sláinte
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**National
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