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Empowering your child to tell their adoption story

September 17, 2020 By AdoptUSKids

When children share their adoption stories, they are educating others while owning and understanding their story. But no child should feel obligated to be a spokesperson for adoption. Their story belongs to them.

As an adoptive parent, you can help your child decide how—and how much of—their story they share.

How to prepare your child to talk about adoption

If your child does want to share their story, be sure they are sharing it strategically and in a way that maintains their safety and privacy.

As explained in the [Strategic Sharing](#) fact sheet created for youth by the National Resource Center for Youth Development (NRCYD):

“Strategic sharing means you need to be clear about what you will say. Your first goal is to protect yourself, other people who might be involved in your story, your audience, and your personal story. You’ll want a plan. You’ll want control about what parts of your story you want to let out and what to hold back.”

As the Coalition for Children, Youth, and Families points out in their tip sheet, [Empowering Children to Share Their Adoption Stories](#), to help your child form their story, you might start by asking them to tell you their story, and then helping them fill in blanks by answering questions about their life. As part of this conversation, you’ll have an opportunity to talk about emotions that come up.

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Self-Care for Foster Parents

From [Creatingafamily.org](#)

Parenting foster children who have come to your home from [trauma, neglect or abuse](#) is likely the hardest work you will ever do. It requires you to have a wide variety of tools in your parenting toolbox. [Self-care for foster parents](#) is one of the most important tools you can have in that toolbox.

Without healthy, meaningful self-care, you will be operating at a deficit that can lead to burn-out, relationship struggles, and feelings of inadequacy or even failure in your foster experience.

You Can’t Pour From an Empty Cup

The old adage, “You can’t pour from an empty cup” is never truer than when your home is full of hurting kids who themselves are running on empty cups. [The losses that brought them to your home](#) have drained their cups and out of that dry place, they are likely to act out and behave in ways that will feel as if they are sucking the life right out of your home. What you do when you feel that happening will make all the difference for you and for them.

What’s Stopping You?

Before we talk about what meaningful self-care for foster parents looks like, let’s examine some of the common obstacles that prevent foster parents from refreshing and equipping themselves.

“I don’t have time for that”

Telling a foster mom to “take good care of herself” is all-too-often a frustrating, trite comment that leaves you more stressed than before you heard it tossed at you off the cuff.

As a foster parent, hearing someone say “take good care of yourself” is all-too-often a frustrating, trite comment that likely leaves you more stressed than before you heard it tossed at you off the cuff. Blood pressure rising, now you’re mentally checking your (over-scheduled) calendar for the week, wondering when you’re going to

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10 favorite “firsts” from families who adopted teens

May 17, 2019 By AdoptUSKids

Adopting a teen is the beginning of a lifetime of memories. You might not be there for their first steps, but you'll help them learn to drive, get ready for prom, and so much more!

We asked families who follow us on [Facebook](#) to share a few of their favorite firsts with us. Here's what they told us.

The first time he fell asleep on my shoulder during family movie night.

The first time our daughter—who was convinced she wasn't smart—made the honor roll.

The first time we came home from vacation and she said: “We had fun, but it sure is good to be *home*.”

The first time she saw a pineapple. She screamed!

The first time she told me—we actually wrote it down—that she wanted me to be her forever mom.

The first time our daughter didn't stuff the car before a family road trip because she thought we wouldn't bring her back.

His first concert: Toby Mac. I loved watching his face as he soaked it all in!

The first time a teacher said: “Your child is so polite and well mannered. I wish we had more students like her.”

Her first house key.

The first time she responded to our saying “I love you” with “I know”—which was way better than hearing “I love you” back.