

Adoption Expert Q&A Webinar
**Adopting When You're
Already Parenting**



September 28, 2016

EXPERT:
Beth Friedberg, LCSW

Type your questions in the box to the right >>

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Spence-Chapin's Modern Family Center

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- International, Domestic, and post-adoption programs
- **20,000 Children** placed since 1908
- Counseling and Community Programs



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Finding the Balance

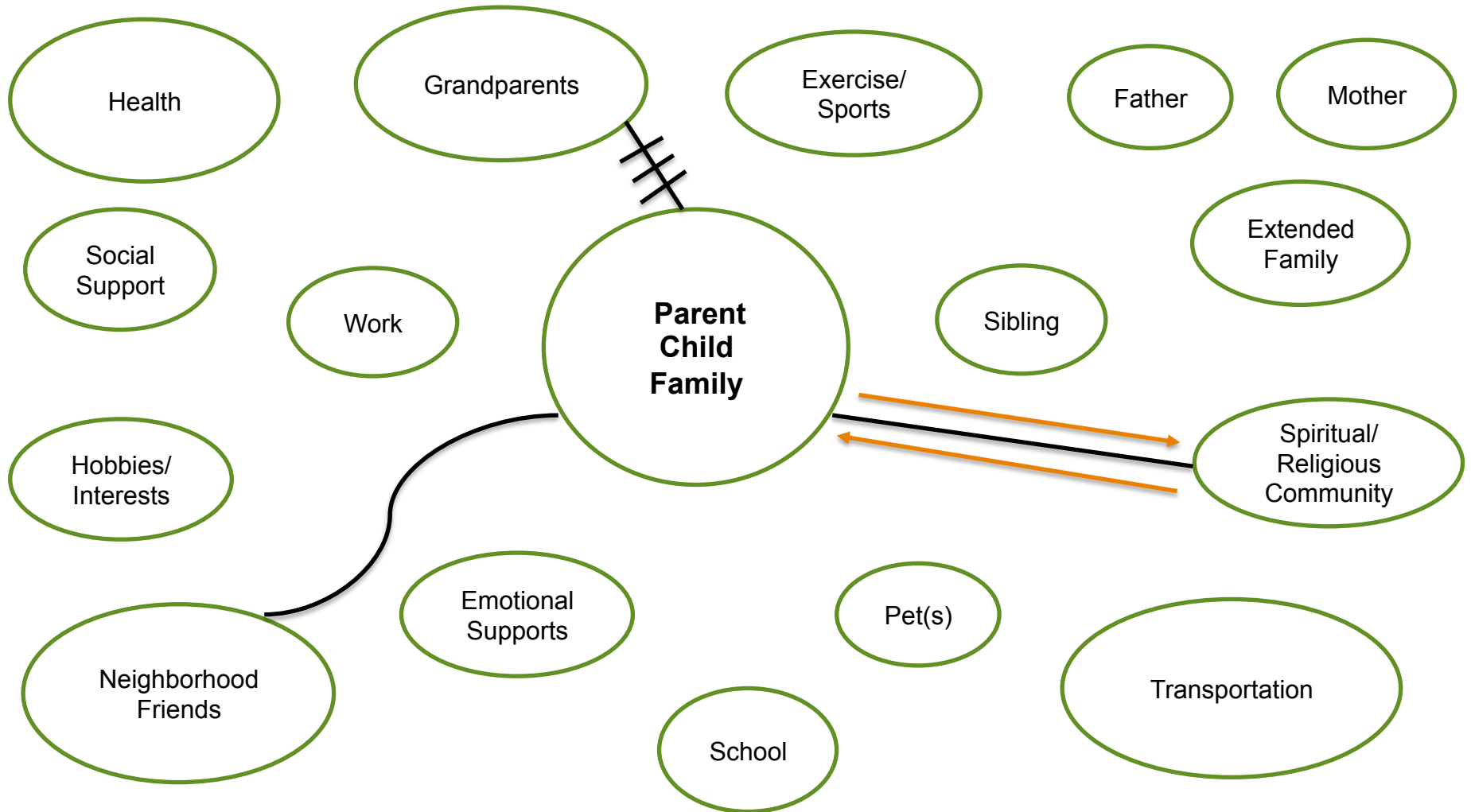


- Time
- Finances
- Supports

- Health
- Home
- Commitments

- Values
- Dreams
- Joy

Ecomap Exercise



Why Rock the Boat?

- What's motivating you to parent again?
- Great and not so great reasons to adopt a sibling.
- Adoption is not a moment in time, but a lifelong journey



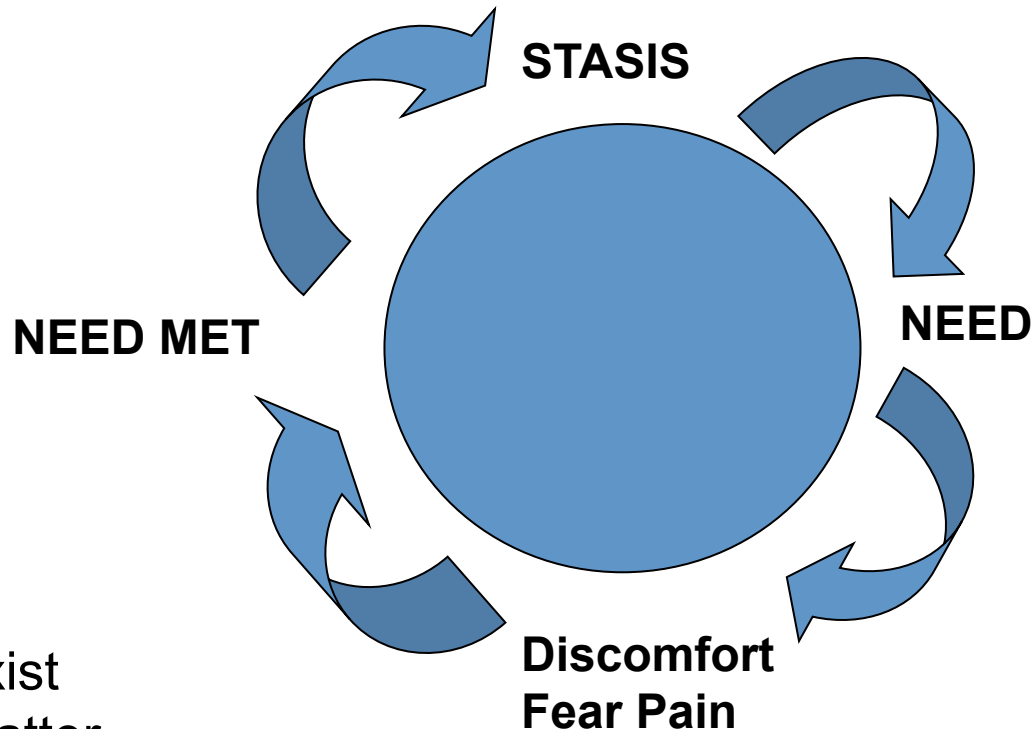
Different Children Different Stories



Different Ways of Connecting

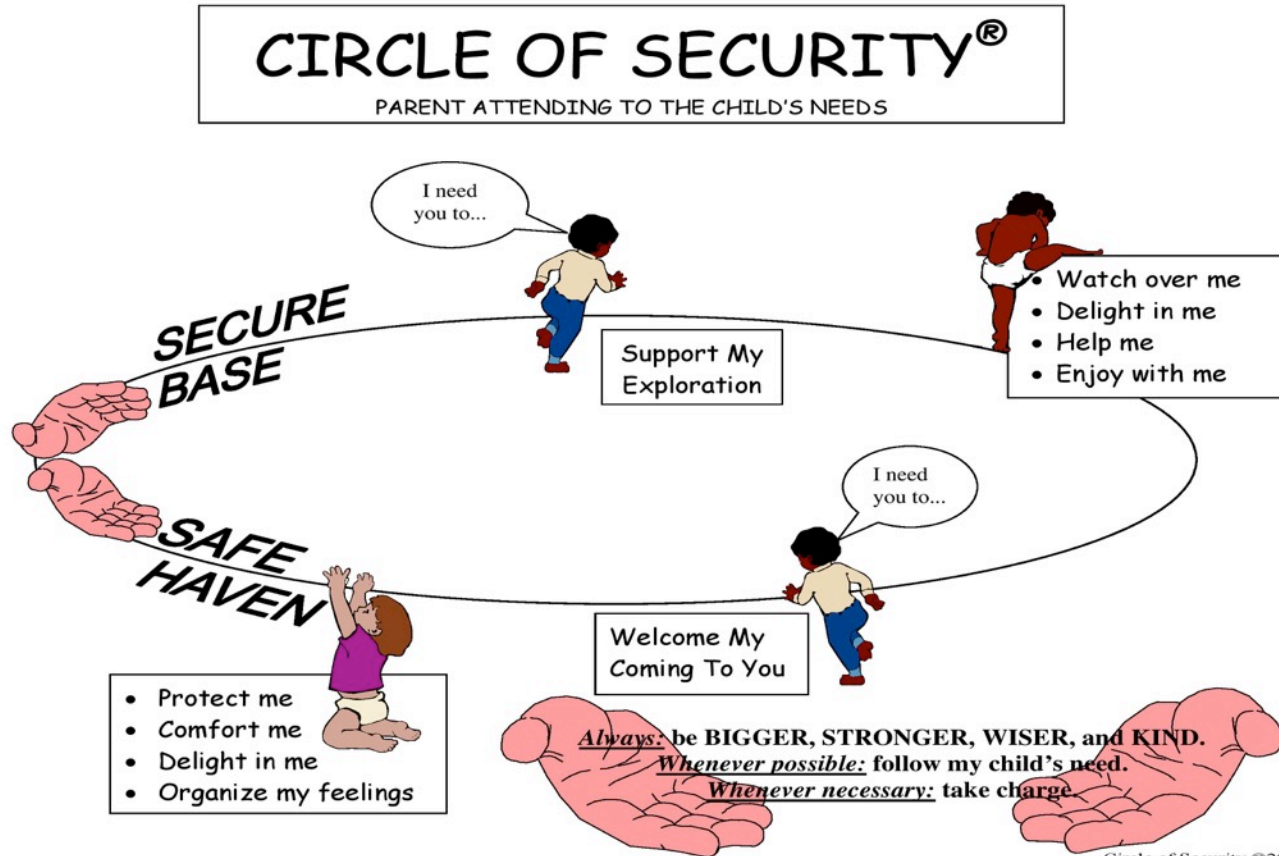


How Do We Attach?



- I exist
- I matter
- My needs get met
- The world is a safe place
- Others are helpful, good, a source of comfort

How Do We Stay Secure?



Birth Order



Education and Preparation

- Children in Your Home
- Friends & Family
- Broader Community



Tuning-in

List 10 words or phrases that describe your child's personality and character

List 8 things your child loves to do with just you

List 5-10 things your child loves to do alone

List 5-10 things your child loves to do with people other than immediate family

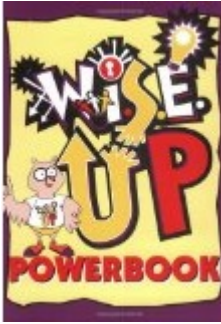
How do you think your child will feel when there is a new sibling in your home? List 5 positive feelings and 5 negative feelings

List 5 specific ways that your child's current routine will be adjusted when there is a new sibling

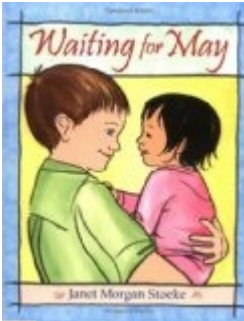
List 5 drawbacks to your child having an adopted sibling

List 5 benefits to your child having an adopted sibling

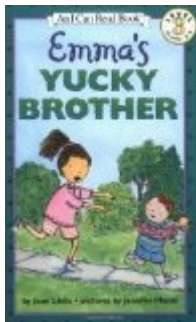
Resources



By the Center for Adoption Support and Education A trusted resource for the whole family to learn how to respond to inevitable questions about being an adoptive family (ages 8+).



Written from the perspective of a brother awaiting the adoption of his new little sister from China (ages 5+).



For families adopting a toddler or older child to help prepare the older siblings for the ups and downs of having a new sibling (ages 5-10).

More Resources

- **Siblings & Adoption Articles from Adoptive Families Magazine**
www.adoptivefamilies.com/siblings
- **Creating A Family**
www.creatingafamily.org/adoption/resources
- **Adoption and Sibling Relationships: What Children have Taught Me**
www.nacac.org/adoptalk/siblingrelationship
- **Attachment and Bonding Center of Ohio**
www.youtube.com/user/ABCofOhio
- **Brothers and Sisters in Adoption, Arleta James**
- **Adoption Learning Partners Webinars:**
 - **Brothers And Sisters In Adoption : A Discussion With The Experts**
 - **Tough Starts: Family Matters—Section 7 “Caring for your Other Children”**
www.adoptionlearningpartners.org

LEARN MORE



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Questions?

Please enter your questions for Beth Friedberg, LCSW, in the box to your right.



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