

Open Adoption 101

A Discussion Guide

1. What Is Openness?

- a. What benefits do you think your family will get from being in an open adoption?
- b. What benefits do you think your child will get from being in an open adoption?
- c. What does “Open adoption is a lifetime state of mind and heart” mean to you?

2. Becoming Comfortable With Openness

- a. What did you learn about birth mothers that surprised you?
- b. How have your feelings of empathy changed regarding expectant parents/birth parents?

3. Moving Into Openness

- a. What are your concerns around meeting the expectant parents for the first time?
- b. Have you thought about the first steps of openness? Who takes the lead and when?
- c. What will help this adoption be successful?

4. Making Open Adoption Work

- a. What circumstances can you envision that would make you want more contact with the birth parents than you have now or anticipate having?
- b. What circumstances can you envision that would make you want less contact with the birth parents than you have now or anticipate having?
- c. How do you plan to discuss the birth parents’ circumstances with your child?

