

## **We're Home! Now What? For Parents of Newly Adopted Toddlers/Preschoolers**

### ***A Discussion Guide***

#### **1. Immediate Matters**

- a. What did you learn about mealtime and bedtime challenges that surprises or worries you?
- b. How do you plan to help your child overcome language issues?

#### **2. Settling In**

- a. Picture your home right now. What might you need to remove or temporarily store to help your child adjust to his new environment?
- b. How do you think you'll handle the moments when you'll need to discipline your child?

#### **3. The Past**

- a. How do you plan to keep your child's past alive?
- b. In what age-appropriate ways are you going to answer your child's questions about her past?

#### **4. Self and Family Care**

- a. Where can you go for help if you need it?
- b. (If there is a sibling) What can you do to help your other child(ren) feel loved and appreciated

#### **5. Having Fun**

- a. What kind of fun activities do you have planned for you and your child in the next few weeks?

**Checklist: How are you doing working through the checklist of items that need to be done now that your child is home?**

