

We're Home! Now What?

For Parents of Newly Adopted School-Aged Children

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?
- c. What cultural differences concerning behavior do you expect to be confusing for your child?

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?
- c. In what areas do you expect your child to be behind in, developmentally and how do you plan to help him "catch up"?

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?

