

Adopting After Infertility: Are You Ready?

A Discussion Guide

1. How do you view adoption as an opportunity?

- a. For you and your spouse?
- b. For the birth parents?
- c. For the child?

2. Positive adoption outcomes

- a. What do you plan to do with your child to strengthen attachment with your child?
- b. Who do you have as part of your strong support system?
 - i. Who do you still need to add to that support system?
- c. How would you define a positive adoption outcome for your family/child?

3. Loss

- a. How do you generally deal with loss? What patterns do you follow?
- b. How will your patterns potentially hurt or help you deal with losses around infertility and adoption?
 - i. If you see your patterns as harmful, what can you do to change them to better help you deal with these losses?
- c. Which of the potential losses related to infertility discussed in the webinar most resonated with you? Why?

4. Q&A

- a. What feelings might you have about the birth mom's unplanned pregnancy against your inability to bear a much-desired child and how do you expect to manage those feelings?
- b. What question(s) do you have that weren't answered in the webinar?

