

Adoptions
with Love



The Benefits of
Adoption

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Adoption is Positive

Adoption has many benefits for expectant mothers, birth parents, adoptive families, and their children. Learn more!

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*Adoptions
with Love* 

Introduction



Adoption is a positive choice that has changed many lives around the world. According to adoption research, more than 100 million Americans (about a third of the U.S. population!) have been touched by adoption in some way. Millions of Americans have been affected by adoption personally – being a birth parent, or part of an adoptive family – and millions more know someone who has or was adopted.

Whether neighbors or relatives, friends or colleagues, most of us know at least one person who has been touched by adoption (and experienced the benefits of adoption) in their lifetime. This is because adoption is more common than it once was, and has evolved over the years. In the past, many adoptions were kept secret. Often, children did not know they were adopted. Most did not know anything about their biological parents, and vice versa. Today, adoption is much more open. Birth parents can choose a loving family to raise their baby. Adoptive parents have the option to meet and develop a relationship with their child's birth mom. Adopted children can grow up understanding more about their biological history and roots.

If you are considering adoption – whether you are pregnant, have just given birth, or are looking to grow your family – it is important to do your research. Adoption is not an easy decision for anyone to make, nor is it the right choice for everyone. However, adoption is a very positive choice, and one of the best decisions you can make for both you and a child. We see this every day at Adoptions With Love.

Adoptions With Love is a non-profit, private, open adoption agency. Every day, we get to witness the beautiful (and often unexpected) relationships that blossom from adoption. We place babies with awaiting parents who have always dreamed of becoming parents, but who maybe could not have children biologically. We see little ones grow up in safe and loving homes and hear from adoptees who are now in college or have successful careers. We also hear from birth mothers who made adoption plans over 30 years ago, who are now in happy families and stable careers of their own. This is just a glimpse into the many benefits that adoption can bring to you.

Adoptions With Love has created this guide to highlight adoption's many benefits: for expectant mothers, birth parents, children, and adoptive families. We hope that by reading about the positive effects of adoption, you can make the most positive decision for you and your family.

The Benefits of Adoption for an Expectant / Birth Mother



When a woman is facing an unplanned pregnancy, she is in complete crisis. She may feel overwhelmed with emotions like fear and stress – worried that she will have to put her life plans and goals on hold. On top of that, she may not be able to provide for a child financially or physically at the time. That is where adoption can play a very helpful role.

While adoption is a difficult choice to make, it can provide many benefits to birth mothers who are not ready to parent. Studies show that mothers who place their baby for adoption go on to live very fulfilling lives. In comparison to single mothers who decide to parent their child, those who choose adoption are more likely to finish school, go to college, and have higher educational goals. They are also less likely to live in poverty, divorce in the future, or have another unplanned pregnancy out of wedlock.

By choosing adoption, birth mothers are able to:

- Continue their education and/or careers, and pursue other life goals
- Find peace of mind knowing that their child is safe and loved, in a stable home
- Keep in touch with the adoptive family over the years—and remain a part of their child's life—through open adoption
- Recognize they made their adoptive parents' dreams come true, who may not have been able to have children or become parents otherwise
- Receive financial assistance throughout their pregnancy, as well as other support throughout the adoption process

Making an adoption plan can be one of the greatest comforts to expectant/birth mothers at such a trying time in their life. While the choice is difficult, most birth mothers find great peace of mind after adoption, knowing that they placed their baby with a loving family, in a safe and nurturing home, where the child can truly thrive.



You Can Choose a Family

Expectant/birth mothers can choose a family to raise their baby, and meet them in person. This gives many women peace of mind.

The Benefits of Adoption for a Child



Many people considering adoption wonder, “How does adoption affect the child?” and “Will the child be okay as he or she grows up?” While adopted children do face some unique challenges, research shows that they have very positive experiences overall. Today, 9 out of 10 children who know they were adopted feel happy about their adoption. If you are an adoptive parent or an expectant/birth parent, rest assured that adoption can bring significant opportunities and advantages to your child.

In fact, adopted children are often provided with more opportunities than their non-adopted peers. As young children, for example, they are more likely to be read to, sung to, and told stories to every day by their parents. Children who were adopted are also more likely to eat dinner with their families six or more nights per week, and participate in extracurricular activities (like sports and clubs) at school. All these experiences are important for a child’s development and well-being, leading to healthy habits and relationships, life achievements, and a stronger sense of self.

Children who were adopted are also more likely to have health insurance, and less likely to live in poverty. More than 85 percent of adopted children today are reported to be in “very good” or “excellent” health because of these factors. The majority of adopted children today also have “very good” or “excellent” academic performance in reading, language arts, and math.

Truth of the matter is, children who were adopted grow up with parent(s) who have always dreamed of raising a child. Many of these parents could not have children otherwise. Therefore, adopted children often get extra amounts of love, attention, and support as they grow up over the years. *Continued* →



Growing Up “Adopted”

Adopted children are more likely to have positive childhood experiences, such as having family dinners and being read to every night.



The Benefits of Adoption for a Child, continued



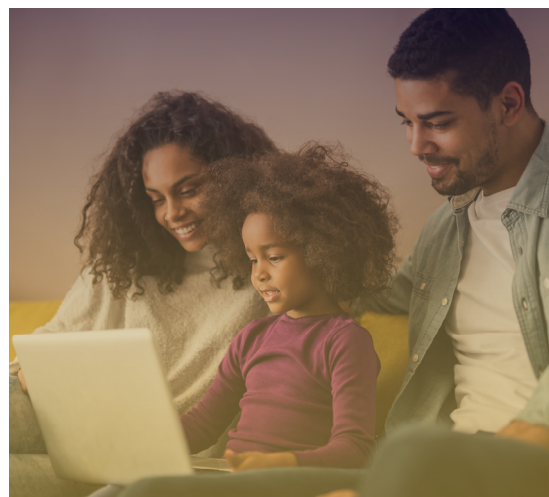
Adoption is a very beneficial path for children who otherwise might not have a good home life or the resources they need to grow. It is an option that keeps many children out of the foster care system.

Not only does adoption provide children a loving and stable family, it also offers them opportunities they may not have had otherwise: the ability to live with two parents, go to college, travel around the world with family, even take dance lessons or join a sports team. This is why many expectant/birth mothers will choose adoption – While they are not ready to support a child financially, they do wish to give their baby the best life that they can possibly give at the time.

Below are just some of the many benefits of adoption for children:

- They are raised by parents who have been planning (for a long time!) to become parents, and who are well-prepared to raise a baby. As a result, these parents can support the child financially and physically, and show the child many opportunities he/she may not have had otherwise.
- Children who were adopted are given a safe, stable, and encouraging environment to grow.
- Children who were adopted are usually given the opportunity to go to college.
- Often, adopted children have the benefit of two loving families – their adoptive family, as well as their biological family. These children can grow up knowing they have adoptive parents who love them unconditionally, as well as biological parents who love them so much that they chose the selfless adoption path.

Children in open adoptions often experience the biggest benefits of all, in that they have a relationship with both their adoptive and biological family in some way. This can benefit the child's identity formation, as well as their overall well-being. We cover this in depth on page 7.



Adopted Children Thrive

The majority of adopted children live with two parents, are in excellent health, excel academically, and are financially stable.

The Benefits of Adoption for Adoptive Families



Families arrive at the adoption choice for many different reasons. Often, however, the “getting there” is not easy. Many couples, for example, struggle for years with infertility before moving forward with adoption. There are also many single parents and LGBTQ couples who dream of having children, but must choose between adoption and surrogacy.

All in all, adoption is a positive option for hopeful families who dream of becoming parents, but who may not be able to have children biologically. (More than 6 million women today face infertility issues, and these women are 10 times more likely to adopt children, according to the CDC.) Adoption gives families the opportunity to experience parenthood, which may not have been possible otherwise.

For hopeful parents, the obvious benefit of adoption is that it gives them the opportunity to become a “mom” or “dad.” It gives them the chance to raise children, to watch them grow, and to help them become successful adults.

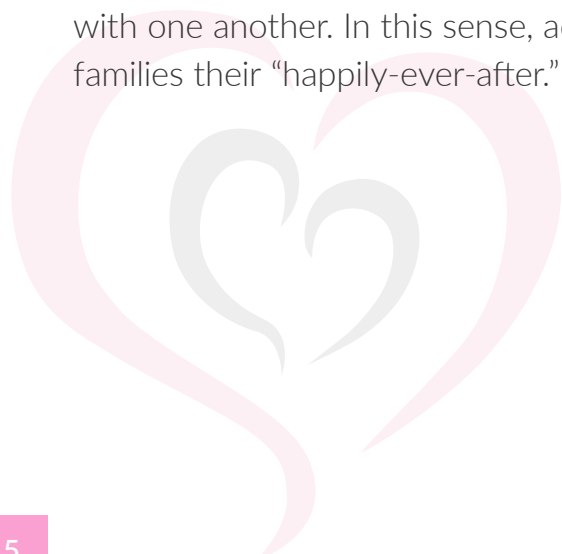
- Adoption gives families the joy of parenthood
- Adoption allows hopeful parents to grow and complete their families
- Adoption gives parents the opportunity to love and raise a child
- It allows adoptive parents to get to know, and form meaningful relationships with, their child’s birth family through open adoption

Nearly all parents who adopted children through a private, domestic agency describe their adoption experience as “better than ever expected,” and one of the best decisions of their lives. Most often, due to the fulfillment of having a child, adoptive parents go on to maintain a very healthy and loving relationship with one another. In this sense, adoption offers many families their “happily-ever-after.”



Hopeful Adoptive Families

All of the waiting adoptive families at AWL are not able to have children biologically. Adoption enables them to become parents.





The Benefits of Open Adoption

The majority of adoptions today are open, meaning that the adoptive family and the birth family know about one another, have contact with one another, or have some form of ongoing relationship. While it might sound complicated at first, open adoption is one of the most beneficial choices a family can make.

Typically, an expectant/birth mother decides whether she wants an open adoption. She will work with an adoption social worker to determine her comfort level and the level of “openness” she wishes to have with an adoptive family. This can involve receiving regular photo updates and letters from the family. It can mean keeping in touch over email, Skype, or occasional phone calls. It can even mean in-person visits, if both families agree. Or, it can simply involve the expectant mom meeting an adoptive family before birth, to get to know the parents who will raise her baby.

For birth mothers, open adoption can provide many benefits, such as:

- The ability to choose a loving family for her baby
- The option to get to know the parents who will raise her baby
- Peace of mind knowing her child is loved and cared for, in a safe and stable home
- Comfort in being able to see and hear how her child is growing over the years
- The opportunity to establish a relationship with her child as he/she grows up
- The chance to explain her choice to her child, so that he/she can grow up understanding that adoption is a choice made out of love

Adoption is undoubtedly an emotional choice. However, 69 percent of pregnant women who choose a family for their baby report lower levels of grief, worry, regret, and sadness than those who did not make this choice. These women also report higher levels of relief and peace of mind.

Continued →



Open Adoption Plans

Open adoption allows expectant/birth mothers to choose the family for their baby, and stay in touch with their child over the years.

The Benefits of Open Adoption, *continued*



Most adoptive families today agree to some level of direct, ongoing communication over the years. Why? Because of the benefits that open adoption can offer a child. Research shows that adopted children who meet with their birth mothers in person express the highest levels of satisfaction, compared to adoptees who never met or eventually stopped contact with their biological family.

Open adoption is most often a choice made in the child's best interest. By having a relationship with two sets of parents – adoptive and biological – children can grow up having a greater understanding of their adoption story. They have access to answers that those in closed adoptions may not have, such as their birth mother's name, what their birth father looks like, or even why they were placed for adoption.

Overall, there are less “missing pieces” for growing children. They have a better sense of:

- Who they are – a greater sense of self and identity
- Where they came from – their family history and genealogy
- The big “why” – their birth parents' choice

Today, almost 85 percent of adopted children who have ongoing, open contact with their biological family are “very satisfied” with their level of openness. By having the ability to talk to their birth parents, they grow up knowing that adoption is a very selfless choice. They do not feel “unwanted” or “abandoned,” but rather, so loved that their birth mother made the difficult sacrifice to give them a better life.

Perhaps the biggest benefit of open adoption is the amount of love involved in it. Children in open adoption arrangements have a wide circle of support and family members. They have a well-established bond with their adoptive parents, who raised them and love them wholeheartedly. They also have knowledge (and perhaps contact with) their birth parents, who made this loving choice.



The Beauty of Openness

Children in open adoptions grow up with a greater sense of identity, self-esteem, and understanding that adoption is a loving choice.

Conclusion



Adoption, in some way or form, benefits everyone who is touched by it. Through adoption, birth mothers can go on to fulfill their life goals. Families can fulfill their dream of becoming parents. Most of all, adoption gives children a safe, loving and permanent place to call home. This is the greatest benefit of all: adoption allows expectant/birth mothers to give their child a life that they will love.

Adoption is a choice made in the best interest of the child. However, this does not make adoption an easy choice. Expectant/birth mothers must decide whether adoption will bring the best outcomes to their child, or if parenting is the better choice for them. Hopeful families must decide if they are comfortable with the idea of adopting, and prepared for all that adoption and parenthood will bring.

Adoptions With Love is a private, non-profit adoption agency working with expectant/birth mothers across the United States, and with hopeful adoptive families in Massachusetts. We understand that adoption can be a very difficult choice, and that it may not be the right choice for everyone. That is why we offer cost-free, pressure-free counseling for those considering adoption. We will walk you through the adoption process, answer your questions, and help you decide if adoption is the right choice for you. We will respect any choice that you make, and that is our promise to you.

If you are interested in learning more about the benefits of adoption, about making an adoption plan, or simply if you need to chat, please do not hesitate to contact us.

Call us toll-free at 800-722-7731 or text us confidentially at 617-777-0072.



We Are Here for You 24/7

Adoptions With Love is available anytime of day, any day of the week to answer your call. Call us toll-free at 800-722-7731.