

Adoptions
with Love



Placing a Second
(or Third) Child
for Adoption



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You are Not Alone

Did you know that the majority of women who place their baby for adoption are already raising older children?

Introduction



Facing an unplanned pregnancy can feel both scary and overwhelming. If you have gone through the experience before, you may be struggling with the fact that you are pregnant again—and unexpectedly. You did not plan to be in this place. You may have one or two children that you are raising already, and do not feel that you can bring another child into your home. Whether you are raising children, or simply not in a place in life where you can raise a child, you may be considering adoption, possibly for a second – or third – time.

No matter where you are in your life or in parenthood, know that adoption is a positive option for you. Although it may feel wrong right now, it is important to follow your heart. This is your decision, and, when it comes to doing what is right for your family and yourself, there are no wrong answers. In fact, making an adoption plan for a baby is an incredibly brave and selfless act. The fact that you are considering adoption means that you are putting your child's needs before your own, even when you are going through a difficult time.

Placing a child for adoption when you already have a child – or children – is very common. In fact, the [National Survey of Adoptive Parents \(NSAP\)](#) has found that the majority of women who choose adoption for their baby are already raising older children. Oftentimes, they are not ready to provide a home for another child, cannot afford the costs of raising a child, or are simply not in a stable situation to care for another baby.

If you are considering placing your child for adoption, and this is not your first child, read on. In this guide, we will help you navigate some of the considerations and factors that come into play when making your decision.



Adoption is Positive

Many women who choose adoption are not able to provide for another child, and choose to place their baby in a safe, stable home.

Coping with a Second Unplanned Pregnancy



If this is your second (or third) time facing an unplanned pregnancy, you may be feeling a mix of emotions. You may feel shocked, frustrated, and depressed. Whatever you are feeling, you are right. Your feelings are never wrong. While it is certainly a difficult situation, it is one that many women face. In fact, nearly 51 percent of pregnancies in the U.S. are unplanned.

If you have faced an unplanned pregnancy in the past, and you have made an adoption plan before, it may be comforting to know that you already know what to expect. You might have the wisdom from your experience and the perspective to see the greater picture. The ultimate goal – and benefit – of placing a child for adoption is to give that child a better life than you are able to provide right now. You may have been able to see a happy couple – or individual – step into the role of parenthood with joy. You may have been able to find support through a caring adoption agency that can provide you with the many resources needed to complete the adoption process again.

If you have faced an unplanned pregnancy in the past, but you have been raising that child (or children), you may be familiar with the struggles that come with parenting before being prepared for the journey. This pregnancy might be coming at a time that you are facing personal or financial hardships while already stretched thin as a parent.

The silver lining of facing a second unplanned pregnancy is that you have the advantage of knowing what lies ahead. You may already know that your best bet is to contact a reputable adoption agency that can offer you the financial, emotional, legal, and mental support you could use during this challenging time in your life.



Unplanned Pregnancy

Facing a second (or third) unplanned pregnancy can feel like a complete crisis. Your adoption agency can help you through this time.

Deciding on Adoption for Your Second (or Third) Baby



Making the decision to place your child for adoption – after you have already welcomed children into your life or placed other children for adoption – is a unique position to face. You want to do the right thing. This decision is no longer about you and the child-to-be. Your decision to place your child for adoption will impact your larger family.

There are many reasons people consider placing a second (or third, fourth, or fifth) child for adoption. You may be feeling that you are unprepared for another child for any one of the following reasons:

- Your current financial situation is not conducive to raising another child
- You have a child (or children) that already requires your full attention
- Your career requires much focus and attention
- You do not have a stable environment to raise a baby at this time
- You do not have the emotional and physical support to raise another child
- You do not want more children

All of these reasons are valid and deeply personal. Whatever you decide, you will want a professional adoption agency in your corner, helping to guide you through the adoption process as you consider this decision.

Whether you already have children, or you are considering placing a second (or third) child for adoption, you may be feeling like you are “giving up” your baby. It is important to remember that adoption is not “giving up.” Through adoption, you would be giving this child the opportunity to grow up with a family that can offer a safe, loving, and stable home. As difficult as adoption will be for you, you would be giving your child a wonderful life. Adoption is, in fact, an incredibly selfless, courageous, and loving decision.



Why Choose Adoption?

Adoption allows you to make a plan for your baby's life. You can choose the adoptive family and give your baby a safe, loving home.

Explaining the Adoption Decision to Your Other Children



One of the most common concerns for expectant/birth mothers placing a second child with adoption is: **How will I explain this to my child(/children)?**

If you have other children at home, the idea of explaining your pregnancy and adoption plans can cause additional stress and heartache. You may be worried about how they will react. You may worry that they will feel that their place in your home is unstable. You may also worry that they will resent you for your decision.

First, take a deep breath. All of these fears and feelings are completely normal. Adoption is never an easy decision, no matter your circumstances. Adding a child (or children) into the equation can be dizzying, and it is normal to feel overwhelmed with guilt and doubt.

Before you have any conversations with your child (or children) about your adoption plans, consider how certain you are that you want to move forward. You may want to hold off before speaking with them. You may also want to first speak with a professional counselor before approaching the conversation.

An adoption specialist, such as those at Adoptions With Love, can provide you with a compassionate and experienced counseling. The counselors at Adoptions With Love have helped many expectant/birth mothers in your position. It can help to speak with someone about your concerns about talking to your child (or children) about the adoption plan, so that you can clear your mind and get advice on how to handle the situation. This counseling session – like any others at Adoptions With Love – is completely free of charge and always confidential.

While adoption is never an easy decision, and it is certainly not an easy discussion to broach with a child, it is one that can be done after careful consideration and self-reflection.



Talking to Your Child

If you have a child at home, it is important to have age-appropriate and positive conversations about adoption.

Explaining the Adoption Decision to Your Other Children *continued*



The notion of adoption can be confusing for children who might otherwise assume that a baby growing in mommy's belly is coming home to live with them. Children, however, are adaptive, smart, and empathetic human beings. They will begin to grasp – and embrace – the adoption plan sooner than you may expect.

It is important, however, that you prepare yourself for some questions and repetitive discussions to help your children understand what is happening.

The first place to begin in speaking with your children about adoption, is with your adoption professional. They will be able to set up a plan to help you explain the adoption. Your adoption counselor can also provide adoption support and education for your children, so that they are able to understand their own feelings and start to grasp what it will be like to have a sibling raised by another family.

Since this is something that takes a bit of repeating, try speaking with your children about the adoption as early as possible. Depending on your child's age, you may want to begin introducing the idea in small, gradual stages. Start by explaining adoption in general terms, making them familiar with the process and why it is a positive choice for so many families. You can work your way toward explaining your choice and why it will be a good path for your family.

Keep in mind that while this is an emotional time for you, it is also an emotional experience for a child. Allow your child to express the many feelings that come with adoption will help you all along in the journey. Above all, remind your child they are loved unconditionally and that they will always be cared for by you.



Reassuring Your Child

When talking to your child(ren) about adoption, it is important to reassure them that they will always be loved and cared for by you.

Creating an Adoption Plan That Works for Everyone



Once you have begun the discussions with your child – or children – you will want to consider the adoption plan itself. What type of plan do you envision for yourself? There are three basic adoption plans from which to choose:

- Open Adoption
- Semi-Open Adoption
- Closed Adoption

When it comes to choosing an adoption plan, there are no right or wrong answers. Every pregnancy is different, and every family has unique needs. What works for your family may not work for another. This same logic can be applied to your adoption plan.

In addition to speaking with your children about the adoption, you can get them involved in the process. This may help you – and your entire family – cope with the adoption decision.

The first step in designing an adoption plan that works for everyone in the family is by discussing your options with your adoption specialist. This trusted professional can help guide you through the types of adoption plans and explain what each one may entail.

If you are considering an open or semi-open adoption, you will have the opportunity to choose your child's adoptive family. Your children may help you find the perfect family. Let them browse through the adoption profiles with you so they can feel connected to this journey.

While open adoption can look very different amongst families, the term typically refers to ongoing communication between adoptive parents and birth parents. If you are considering the type of contact you would like to maintain with your child's adoptive parents, consider using a platform that your children can use, as well, such as emails or a shared photo file online like Shutterfly. Striking the right balance between form and frequency of contact can help you and your family move forward.

Moving Forward to a Brighter Future



Once you have made the decision to place your child for adoption, you can begin to consider life beyond the placement. If you have other children at home, they can also begin to move forward, as you all work on the journey of healing together. Adoption is not a race with a finish line at adoption papers. Adoption is a life-long journey.

Adoptions With Love offers free counseling services for expectant/birth mothers during pregnancy and after the adoption is complete. Once you have recovered from giving birth physically, you will continue to work through the many stages of grief that come with adoption through free, confidentially counseling sessions.

Consider what life will look like when this challenging chapter is behind you. If you have other children at home, perhaps you will take some time to reconnect with them. You may consider picking up a new family hobby, activity, or creating a tradition. Find a way to honor your child's adoption and be sure to treat yourself with the kindness and respect you deserve.

Adoption is an incredibly loving and selfless decision. As your adoption process progresses, you will have spent countless hours thinking about your children's best interests and what will give them all the best life possible. You have put everyone else that you love before yourself. Know that you are a great mother, a great parent, for this. Breathe deeply, meditate, and find small ways to show yourself just a fraction of the love you have so beautifully displayed for your family.



Multiple Adoptions

Have you been through the adoption process before? Sometimes, you can place a second child with the same adoptive parents.

Conclusion



Making the decision to place your second (or third, fourth, or fifth) child for adoption comes with its own unique challenges. Whether you are coping with this situation for a second time, or you are struggling to explain your decision to your other child or children, remember that there are adoption professionals who can help.

The compassionate, experienced staff at Adoptions With Love can prepare you for conversations with your family and ensure you receive the adoption support you deserve every step of the way. We understand how difficult this decision can be, and we have helped many women in the same situation make the best possible choice for their families. Some of these women have actually placed the second child with the **same adoptive parents**.

Every adoption is different. Whether this is your second, third, or sixth pregnancy, your emotions can vary. One of the challenges is figuring out how to best present the plan for adoption to your current children and create a plan that works for everyone. There is no deadline for adoption, and there is no blueprint for speaking about adoption with your children. Many expectant parents find, however, that being open, honest, and using positive adoption language in explaining the decision can prove to be the best approach.

Deciding to make an adoption plan for your child is never easy, no matter which number child it is. If you would like more detailed information on placing a second child for adoption or guidance to explain the decision to your older kids, reach out to an adoption professional today.

Adoptions With Love has been working with expectant/birth mothers since 1986. We can provide comprehensive care, from covering your pregnancy-related costs, to custom-designing an adoption plan with you and your family, and continuing free counseling services after the adoption is complete. Reach out to us any time of day, any day of the week at 800-722-7731, text us confidentially at 617-777-0072, or [contact us online](#).