



## How Do I Choose an Adoption Agency to Help Me Make an Adoption plan?

You've made the decision to consider an adoption plan for your baby. But now what? Which agency should you choose to help you through this process? Not all adoption agencies are the same, and there are many factors for you to consider.

### Agency Checklist

When looking for an adoption agency, be sure to ask a few specific questions, such as:

- Does the agency explain all the options?
- Does the agency require or recommend counseling before making an adoption plan?
- What type of adoptive parent screening does the agency do?
- Are there restrictions on the types of adoptive families the agency will license, such as religion, sexual preference, marital status, or number of children?
- What other types of counseling and support does the agency offer? Is it from the time of the contact through delivery and placement? Do they offer any post-adoption support or resources?
- What topics are covered in the training required for the adoptive parents?



- How does the agency approach the topic of open adoption? Is it aligned with your wishes?
- How are birth mother expenses covered?
- What paper work will you be asked to sign?
- Does the agency have a lawyer who can help me understand the legal documents you are signing?

When choosing an agency, you may want to contact several to help you determine which you are most comfortable working with. You may also want to talk to others who have gone through or are going through the same process.

During this process, take your time and choose the agency and family that feels right for you and your child. There is no need to rush the process. Just as it took time to decide to make an adoption plan, it takes time to find the agency that's a good match for you.

### Personal Preferences

Ask yourself a few questions about your personal preferences for your child before deciding on an adoption agency or an adoptive family. Consider the openness of the adoption and what type of family you

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prefer.

- Do you prefer to have an open adoption with the possibility of visiting your child? Would you prefer to receive only letters and pictures? Or would you rather not have any contact at all after the adoption finalizes?
- Do you wish to live close to the family that you will choose, or would you prefer distance?
- Do you prefer a two-parent family for your child? A single parent home?
- Do you prefer your child have a stay-at-home parent or are you open to a family with parents who work outside of the home?
- Do you want your child to have siblings? Pets?
- Do you prefer your child to be raised a particular religion?
- Does the race or ethnicity of your child's family matter to you?

These are just a few questions you may want to ask yourself before going to an agency and choosing your child's adoptive family.

One birth mom found comfort in reading the following from a blog, "I want my child's birth mother to know he is happy, healthy, and loved. But we don't know who she is. I promise he is the center of our lives."

For a list of licensed adoption agencies or if you have any other questions, please contact the Coalition for Children, Youth & Families at 800-762-8063.



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