



Are You Pregnant and Considering Adoption? Here's Where to Start

Step 1: Choose an adoption agency

A reputable adoption agency can help you sort through your options and decide if adoption is the right choice for you and your child. Choosing an agency that is aligned with *your* values and wishes can ease stress and provide compassionate support throughout the adoption process, if that is the option you choose. A list of state licensed agencies and a tip sheet on choosing an adoption agency are [available on our website](#).

Step 2: Meet with an adoption counselor

An experienced adoption counselor will meet with you in a confidential setting to discuss your situation and address your questions, concerns, and needs. If you decide adoption is right for you and your child, your assigned counselor will provide guidance throughout the adoption process. You do not need to make any immediate decisions and you are free to change your mind at any point up until the Termination of Parental Rights after your child is born.

Step 3: Create an adoption plan

Your adoption counselor will work with you in creating an adoption plan you're comfortable with. Considerations may include how much involvement you want in selecting an adoptive family, as well as what amount of contact, if any, you would like with the adoptive family after the adoption.

Step 4: Complete the intake process

Your adoption counselor will assist you in completing all necessary paperwork.

Step 5: Prepare for the confidential court procedure

A Termination of Parental Rights (TPR) hearing will take place in front of a judge within 30 days of the birth of your child to end the legal relationship between parent and child. An attorney will file the petition and your counselor will prepare you and be with you for the court proceeding.

Step 6: Select the adoptive family

You may have as much or as little involvement in choosing an adoptive family as you want, from viewing profiles or meeting with potential families, to having your agency choose for you. Your counselor can assist you in asking the right questions to identify the best family for your child.

Step 7: Create a birth plan

The birth plan will address your wishes for your actual hospital stay. Questions to consider may include whether you want to take pictures, hold or name your child, if you want the adoptive parent(s) present at the birth, and what family or friends are allowed to visit.

For additional information please contact the Coalition for Children, Youth & Families

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