



Worksheet



Name _____

Date _____

After reading the articles, consider discussing the following questions and vignettes with your partner as well as your social worker.

What is the first thing that comes to mind when thinking about birth parents?

How do you think acknowledging your child's birth parents and their role in your child's life will affect your relationship with your child?

Potential Scenarios

Your child has been home for several years. Her birth mother has written a note and sent a picture of herself to pass on to you. A Holt social worker contacts you informing you of this correspondence and asks if you would like to receive the letter and photos and if you would also be willing to respond to your child's birth parent with a letter and photos. How will you respond?

You are driving your 7-year-old to school and he starts talking about his birth mother and wonders if she is okay. How will you respond?

You find your child alone in his bedroom crying. When you ask what is wrong, he says he is sad because he misses his foster family. He also wonders about his birth mother and wants to know “why she didn’t want me.” How will you respond?

Your child comes to you and tells you she would like to contact her birth mother. She has several questions and wants to know if she looks like her. She is very emotional and cries about not having any information about her. When you review her information and/or contact Holt, you are told that they have no information about your daughter’s birth parents and no way to obtain this information. How will you tell your child?

Resources

“Putting the Pieces Together: The Significance of the Child’s Story” by Debbie Wynne, MSED. LPC-S, LCPAA, RPT-S. adoptioncouncil.org

Webinar: “Telling Your Child about Difficult Stories from their past.” Jayne Schooler ([click here](#))

“Telling The Truth To Your Adopted Or Foster Child: Making Sense Of The Past” By Keefer B., & Schooler, J. E.