

Myths and Facts about Open Adoption

Adoption has changed a lot over the years ... but there are still common misconceptions.

MYTHS

Choosing adoption means I don't really love my baby.

I got myself into this; I need to do the responsible thing and keep my baby.

If I plan an adoption, I'll never see my child again.

If I plan an adoption, I will be haunted by grief and guilt.

The birthfather doesn't care about me or the baby.

Open adoption is confusing for children.

My friends and family would think badly of me if I planned an adoption.

FACTS

Individuals who explore adoption are motivated by their love and concern for their child. Typically, people who make an adoption plan are doing so because they feel the child's needs will best be met through adoption.

Considering your options demonstrates taking responsibility. Exploring your circumstances, feelings, and the needs of your child will empower you to make a decision that's right for you.

Today, most U.S. adoptions are open, with some form of ongoing contact. You develop a relationship with the adoptive family and create a legally enforceable agreement for ongoing visits with their child. Your role is honored and respected.

There is grief and loss in adoption; however, open adoption allows you to have a role in your child's life and the ability to see your child thrive in their adoptive family. This brings you peace of mind and a relationship with your child.

A lack of birthfather involvement does not necessarily reflect a lack of concern. Birthfathers are often unsure about their role. Given the opportunity to have a voice in the process and receive counseling and support, they often become involved in the process.

Secrets are confusing and unhealthy for children. Open adoption removes the mystery and allows the child's questions to be answered openly and honestly. With the love and support of their birth and adoptive families, children develop high self-esteem and a healthy sense of identity.

Many people are unfamiliar with open adoption. You may need to educate your friends and family. If you feel comfortable and confident in your open adoption plan, that will set the stage for how they perceive your decision.

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Photos provided by families of Friends of Adoption and Open Adoption & Family Services.