



Florida Home Studies and Adoption, Inc.

5930 Palmer Blvd. Sarasota, FL 34232

(941) 342-8189 Fax (941) 371-3125

www.flhomestudies.com

Are You Ready for the Journey of Your Life?

To Our Prospective Adopting Parents:
From FHSA Adoption Education Department:

We are so glad that you are considering adoption to grow or build your family. FHSA believes strongly that it is our duty and responsibility to prepare you in the best way we know for this journey, and that is through education. The adoption process is a stressful thing in and of itself. Unfortunately, the rest of your life cannot be put on hold while you do all the things that need to be done to fulfill the dream of adding to your family. We tell all of our adoptive families; "Adoption is not for the faint of heart." This is our way of saying that the adoption journey can have many unexpected twists and turns that will challenge you and create in you a variety of feelings and emotions. One minute you are joyful and the next you are filled with worry and anxiety. FHSA has many staff members who have adopted and know firsthand about these feelings.

Some common frustrations that *typically* arise as you proceed along the adoption path include:

- Overwhelmed by the required paperwork.
- Feeling a lack of control over the process.
- Fear of the unknown.
- Frustration created by the unpredictable nature of the adoption process.
- Enduring throughout those agonizing months waiting to be matched with a child and then waiting to hold your child in your arms.
- Dealing with questions from well-meaning family and friends.
- And, all the while wondering what it is going to be like when you return home with your child.

Here are a few tips for keeping your balance:

- Develop a support system of family and friends who are good listeners that you can talk to about your feelings.
- Now is a good time to read; educate yourself about adoption and to learn more about your child's country or culture.
- Keep your spiritual balance. Find a quiet place to still your mind.
- Exercise; take walks, window shop.
- Keep busy; use this energy to do all those unfinished projects around the house.

We are sharing this information because we want you to be prepared. We believe that education and honesty throughout your adoption journey is essential.

Know that Florida Home Studies and Adoption is committed to helping your family through the entire process. We will work very hard to answer your questions promptly, assist you as you complete necessary paperwork, share with you what to expect, and keep you updated.

We are excited about the prospect of joining you on your adoption journey. Helping to bring a child home to his or her forever family is our mission, our passion, and our heart. Wherever your journey leads you, may you find peace, happiness and fulfillment.

If you have any questions, please contact us.