



25 Tips For Surviving The Adoption Wait

Waiting for almost anything - especially something very important – can be painful.

There is a lot of waiting in the domestic infant adoption process. For example, you'll most likely wait for:

- Finding the right adoption agency
- Your home study to be completed
- Matching with an expectant mother
- The baby to be born after you've been matched
- The birthmother to sign the relinquishment
- The adoption to be finalized after placement

People tell you "*good things come to those who wait.*" We may understand this in our head, but for those of us who are trying to build our family through adoption – it is so hard to see because we **just want to become parents.**

As my wife and I went through our [first adoption journey](#) to adopt our baby girl, we struggled with waiting – big time. We had waited *so long* and had been through so much to be able to start our family – **but we did it.**

We got through it & have adopted 3 times! ***You can do this!*** Here are our tips to help you get through the wait.

1. Pray

Prayer has been a huge part of our adoptions. We know that our family is in God's hands, so talking to Him **daily** about our adoption helped us tremendously. We also know He answers prayer. ***Here's my quick story:***

During the wait for our first adoption, I was getting a little frustrated with God. After all of our waiting during fertility treatments, why do we have to wait so much longer to start our family?

Well, one day I was explaining this to our priest and he had some prayer advice for me. He asked me what I really wanted from God. I said that I want to be a daddy. He then asked, "What is it going to take for that to happen?"

I said that we were waiting to get a call about a birthmother who was interested in matching with us. He said, "Then that is exactly what you need to ask God for – be specific with Him and be persistent."

*That conversation changed the way I prayed for our adoption. Shortly after that, we got the call I had prayed for and **I became a daddy for the very first time.***

2. Read adoption books & articles

If you were to Google 'domestic adoption books' you will get over 23 million results. To help make this easier for you, I've created an [Adoption Resources](#) page that includes a list of great adoption books.

Here are some of my favorites:

[Adoption: Choosing It, Living It, Loving It; Straight Answers to Heartfelt Questions](#) by Dr. Ray Guarendi. This is a great book written by a guy who has dealt with infertility and went on to adopt 10 kids!

[Secret Thoughts of An Adoptive Mother](#) by Jana Wolff. She does a fabulous job describing the emotions felt during and after the adoption process.

[Adoption: Your Step By Step Guide](#) by Mardie Caldwell. She offers practical, easy to follow guidelines to help you on your adoption journey.

I recommend you check out all of the great articles at [InfantAdoptionGuide.com](#).

3. Create (or update) your adoption profile

You may have already created [your profile](#). If you have and it has been several months, you might consider an update. [Click here](#) to read my post about some ways to improve your profile.

Since your profile is a presentation (and usually a first impression) to a potential birthmother, it is important to keep it up to date and to include things that are unique to you and your family (ie. special holiday traditions, vacations, your hobbies, etc.).

For example: on our last profile, my wife and I included a unique detail about our family:

When our daughter was about 2 years old, we began telling her a shortened version of her adoption story at bedtime. We simply tell her about how & when we found out about her, the day we first met her and brought her home, and how great it was that God put us together as a family.

4. Create an adoption profile video

This is THE best way to reach out and connect with expectant moms. You can make a short video (ours was ~3 minutes) that compliments your printed profile.

It allows you to speak directly to expectant mothers, so you can tell them about your family and what kind of life their child would have with you. They **can see you and listen to you**, rather than just reading about you. It's the next best thing to meeting you in person.

[Click here](#) to read my post about profile videos. **It includes a link to the profile video** that my wife and I created for our last adoption.

Learn more about **how to create & share an amazing profile video** at [AdoptionProfileVideo.com](#).

5. Setup a Facebook page

There are over 500 million daily Facebook users. When you set up your own Facebook page telling the world about your desire to adopt, it is a very powerful way to connect with potential birthparents. [Click here](#) to see my post about how to use Facebook for your adoption journey.

6. Get support

My wife and I love Facebook groups. They have been helpful for us as we navigate through the adoption process. It is invaluable to be able to share with people who are in the same boat as you.

You can find adoption [Facebook groups](#), online forums such as [AdoptiveFamiliesCircle](#), and you can even find [local adoptive family support groups](#).

7. Prepare for your adoption

It is important to be prepared for your adoption – especially when adopting a newborn. If you are adopting from another state, you will have 1-2 weeks to spend in that state waiting for legal paperwork to be completed. It is hard to take care of a newborn and even more so if you are away from home. Here are some helpful tips and resources as you prepare to bring home your little one.

[9 Things You Need When Adopting From Another State](#)

[4 Ways To Organize Your Adoption Journey](#)

8. Find a reputable adoption attorney

You will need an attorney for [ICPC](#) and finalization. I recommend finding one from the [American Academy of Adoption Attorneys](#). This is a national association of approximately 340 attorneys throughout the U.S. and Canada who are experienced in the complexities of adoption law as well as interstate regulations.

9. Journal (or blog) about your journey

Writing your thoughts and feelings down will help you on your journey. You will treasure this when your child is older and can see what you went through while you waited for them to become part of the family.

[Your Sacred Adoption: A Guided Journal of Life, Love and Memories](#) This is an excellent adoption journal that you can fill out as you go through the process.

You can start your own blog for free on [Wordpress.com](#) or [Blogger.com](#) and write in your online journal.

One adoptive mommy in our Facebook group shared the following idea: *"We wrote a letter almost every day to our future baby telling our feelings, where we were in the process and what our family and friends were doing to get ready. We had the letters bound into a book. We included photos of our home, vehicles, nursery, ourselves and birthparents. We plan on sitting down with each one of our kids and sharing it with them."*

10. Create a video about your journey

This is similar to #9 but instead of writing things down, you can put together a video.

For example - you could show how you have set up the nursery, how you put together your profile, and even interview family & friends about what they were doing to get ready. Wouldn't it be fun to someday watch the video together with your child?

11. Read successful adoption stories

Reading about how others have successfully adopted really kept our hope alive while waiting to adopt.

I have put together some links to lots of [successful \(not failed or sad\) domestic adoption stories](#).

Also, you can [check out my article 'my dream to become an adoptive daddy'](#) on America Adopts!

12. Talk to your employer about your adoption

Most likely, you'll need some time off from work during your adoption process. Take the time now to prepare your employer about how long you could be out once you have the child placed with you.

Before each of our adoptions, I told my employer that I may be gone for about two weeks because that is what our adoption attorney told us to expect. As it turned out, that is exactly what I needed for both of our adoptions.

Also, find out if your employer offers a reimbursement of adoption expenses. If they don't, go to the [Dave Thomas Foundation](#) where you can find out how to make your office an Adoption-Friendly Workplace. They provide a free toolkit that helps you propose an adoption benefits policy to your employer.

13. Learn more about birthmothers

Here are some ways you can learn more about birthmothers:

[Things I Wish All Adoptive Parents Knew \(from a Birthmother's point of view\)](#)

[How to have that first birthmother conversation](#)

[10 simple gifts you could give](#)

[My top 5 birthmother blogs](#)

14. Do something for special for someone

It brings me a lot of joy when I go out of my way to do something special for someone. It can be as simple as sending a hand written note to someone you may not have talked with in quite a while. Or you could offer to make a dinner for someone, or take a friend to breakfast on a Saturday morning to ‘catch up’.

15. Get educated about the adoption tax credit

The credit has been made a permanent part of the U.S. tax code (yes!) but it is still confusing about how & when you can claim the credit. I recommend that you talk to a CPA (Certified Public Accountant) about the credit and how you can take advantage of it as soon as you can.

[Click here](#) to check out information about the adoption tax credit.

16. Research your travel options

This may be more beneficial after you are matched, but it still makes sense to learn about the cheapest & easiest ways to travel when you are ready to go. My wife and I knew we were going to travel several states away from home for all three of our infant adoptions.

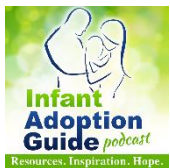
We researched the typical airfares, which city was better to fly in/out of, and which airlines and car rental places gave better deals. We called ahead to various hotels in the area we were going to stay and told them our story. They were happy to give us some pretty good discounts.

See my [10 domestic adoption travel tips](#).

17. Listen to adoption podcasts

Podcasts are amazing. They are simply a recorded “internet radio show” which are typically guest interviews. I started the Infant Adoption Guide Podcast several years ago because I wanted a show dedicated to everything about infant adoption. Here are links to my podcast and a few others.

[Infant Adoption Guide Podcast](#) hosted by ME – expert interviews, adoption stories including my own.



[CreatingAfamily.org](#) hosted by Dawn Davenport. Talking about infertility, adoption and more.

[The Honestly Adoption Podcast](#) hosted by Mike and Kristen Berry, they are dedicated to being a real voice, bringing real hope to parents on the adoption journey.

18. Get projects done around the house

If you're anything like me, there are always some projects around the house that you would like to complete. Preparing your house for your baby is a great start. Or maybe you have a spare bedroom that needs a new coat of paint or you have a bathroom remodel that has been calling your name.

Use this time to get after your "to do" list. Once you bring your baby home, taking care of the little one while trying to get some sleep will be your #1 priority – it won't be all of those unfinished projects.

19. Take some classes – get some training

As much as you may know about babies, getting some training can be very helpful. Having a baby care expert share some tips can provide you with more confidence once your little one comes home.

Here are some examples: [Infant CPR training](#) and [basic baby care](#).

20. Take a vacation

Getting away and relaxing can be a great way to survive the wait. Here is an idea that came from an adoptive dad in one of my Facebook groups:

"We took what we referred to as a 'baby-moon', which was a 7 day Caribbean cruise. Technically we planned it before we started the adoption process, but we did not go until right after our home study was complete. It was nice to have something to look forward to while doing all the paperwork and nice to have one last vacation together before we became parents."

21. Make a keepsake for your future child

My wife likes to crochet (and she's really good at it), so she made a special baby blanket for each of our children. You can use your talents to create a special keepsake.

[Click here](#) to read about how one adoptive mother made a special quilt even though she had never quilted before.

The process of making a special keepsake - just like the domestic adoption process - can be one of love, patience, perseverance, and determination.

22. Talk with family & friends about adoption

Talk about your wait and the struggle and what it means to you. We found that many of our friends and family didn't know much about the domestic adoption process - or much about what we were dealing with - until we expressed our feelings. They have been a tremendous support **and** we have so many more people praying for us!

[Click here](#) for a great article about how to talk with your family.

23. Check into fundraising ideas

You may be surprised on how many fundraising ideas there are for your adoption.

Read the book [Adopt Without Debt: Creative Ways to Cover the Cost of Adoption](#) by Julie Gumm. As featured on *The Dave Ramsey Radio Show*, she shares a ton of creative ideas to help you fund your adoption.

[Click here](#) to read my post about adoption fundraising. Also, check out www.FundYourAdoption.org.

24. Look into ParentMatch

[Parentmatch.com](#) is a unique service that helps to connect prospective adoptive parents to adoption agencies and adoption attorneys from all over the country. Big or small agencies have had unmatched children at some point.

Parent Match allows these agencies as well as adoption attorneys to pull together to match children quickly with the best family available – yours.

[Click here](#) to read their benefits for adoptive parents. **It costs you nothing** but the time it takes to inform your adoption professional about Parent Match.

25. Exercise

Exercising and keeping fit can bust up your daily stress. The [Mayo Clinic](#) says that virtually any form of exercise can act as a stress reliever as well as improving your sleep and self-confidence.

These things become important as go through your adoption journey. Plus - your exercise routine will help give you the energy you need to take care of your little one! Here's a great article: [7 Ways Exercise Relieves Stress](#).

A quick note...

I hope that these tips will you help you on your journey to become parents. No matter how much doubt, stress or fear you may feel throughout the infant adoption process – I truly believe **that if you stick with it, you will reach your dream** of becoming parents through adoption.

You are in my prayers.



Tim

Adoptive Dad (3 times!) & Founder of InfantAdoptionGuide.com. To read more about me, [click here](#).
Would you like to share your adoption story? I'd love to hear from you! Just [click here](#).