

How to Give My Baby Up for Adoption

7 Steps

Choosing to give up a baby for adoption is an emotionally difficult decision. Once you have decided to place a baby for adoption, the adoption process is not as challenging. Below is a simplified seven steps to place a baby for adoption.

Step 1: Choosing Adoption for Your Baby



Choosing to place your baby for adoption is a difficult decision to consider. Make sure to research all of your options so that you make the decision that is right for you and your baby.

Step 2: Making an Adoption Plan

If you have made the decision to place your baby or child for adoption, you will need to reach out to an adoption professional such as an adoption agency, attorney, consultant and/or other adoption facilitator. Your adoption professional will help you to create the right adoption plan for you and your baby.



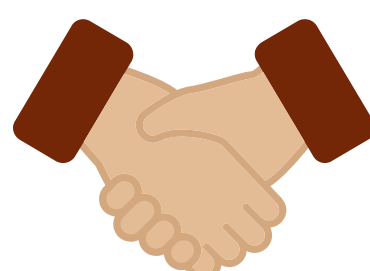
Step 3: Finding an Adoptive Family



Choosing the perfect adoptive family for your baby may seem like an overwhelming task, but all of Adoption Network Law Center clients are carefully screened so that you, the Birth Mother, can have the peace of mind that you chose the right family for your baby.

Step 4: Getting to Know the Adoptive Family

Adoption has changed over the last couple decades and “open adoption” is a term we are hearing more often. Open adoption allows for the Birth Mother and/or Birth Parents to have contact during and after birth. The degree and type of “openness,” of course, is dependent upon each situation,



Step 5: Creating a Hospital Plan



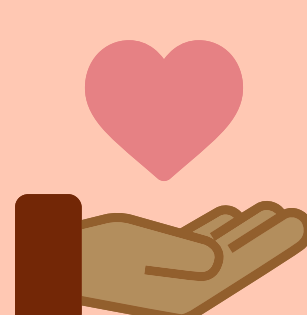
Your Adoption Advisor or adoption professional will work with you to create the right hospital plan for you depending on your needs and wants. Some questions your advisor or professional will ask are:



- Do you want contact with the adoptive family at the hospital?
- How much time do you want to spend with your baby after birth?
- Who do you want to change diapers, clothe and feed your baby, etc.?

Step 6: Post-Adoption Recovery

After leaving the hospital, you will experience highs and lows, as you recover from giving birth and placing your child for adoption. It is important to allow yourself time and space to heal physically and emotionally. Your body needs to heal, so be sure to slowly ease back into your routine.



Step 7: Communicating with the Adoptive Parents



The form of communication you will have with the Adoptive Parents will be determined by the level of openness in your adoption. Today, many Birth Mothers are in an open adoption situation, where they receive photos and letters.

*Our use of the terms “put up” and “give up” on this page does not reflect how we feel about adoptive placement. These terms appear here because they remain the most widely used search terms for those who are considering adoption for their baby, and we wish for this page to reach all who seek information about adoptive placement.



Adoption Network

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