



*A Health
Professional's
Adoption
Guide...*

BY BIRTH MOMS TODAY

THANK YOU!

As a health professional you play a key role in the type of experience a woman has who is choosing to place her child for adoption.

A big part of her healing will include how she speaks about your care and how she looks back upon her labor and delivery experience. Thank you for taking the time to learn how you can provide her with the best support possible.

Kim Noeth

Birth Mom Advocate | Birth Mom Life Coach | Grief Recovery Specialist



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Greetings!

Thank you for taking the time to learn about how you can better serve a women choosing an adoption plan...

Many years ago, I found myself facing an unplanned pregnancy. At the time I was 15, unmarried and did not have the means to support a child. I made the extremely difficult decision to place my child with another family to raise him and offer him an emotionally, physically, and financially stable future.

Today, I support other women who make this decision for the betterment of their child..

A big part of my healing journey included my hospital experience.

At the time I placed my child there was not a lot of support and awareness around the adoption decision. Adoptions were mostly closed and the secrecy created an atmosphere of shame about my situation and inability to parent.

The health care professionals that were overseeing me decided it would be less traumatizing to put me in a different wing of the hospital away from the maternity ward. The hospital staff did not know what to say to me so they avoided conversation.

This isolation further contributed to the secrecy and shame of the decision..

The hardest part was the day that I was getting ready to leave the hospital.....



The morning that I was getting ready to leave the hospital, I was extremely upset and as I dressed my son in a special baby blue outfit. I wanted him to leave the hospital in it and go home to his new family. The nurses gathered around me and we all talked about how it matched his bright blue eyes.

They excitedly asked me if I had changed my mind. They all looked at me with such approval and joy in their eyes. Through my tears, I tried to explain that I would have loved to change my mind but my circumstances were still the same. They looked at me such disgust that I never forgot that moment.

The room was silent. No one knew what to say. I felt alone, empty, and extremely misunderstood.

It traumatized me for life.

That didn't have to be my experience and I don't want another woman to have that same experience today.

There is much more awareness around the adoption decision and women today are more equipped and empowered in the choice they make for their child's future.

It is my hope that this guide will help health care professionals in offering proper support and encouragement for the women they care for that are choosing adoption for their unplanned pregnancy.

Thank you so much for taking the time to learn how to support and care for women who place a child for adoption.

Kim Noeth

Supporting Her Decision and Her Choices...

It's important to remember that even though a woman might have been admitted to the hospital with the full intention to place her child with another family for adoption, she could change her mind after she delivers.

Prior to delivery, placing her child for adoption could have been this woman's fully researched choice. One that she feels confident in. She needs you to support her in this and not to try to make her feel bad about being uncertain regarding her decision.

She may have a hospital plan already established. This will keep everyone on the team understanding what her requests are regarding having the prospective adoptive parents in the delivery or recovery room etc.

Or it could be a choice that she feels helpless or pressured about because there are circumstances in her life that are not beneficial to raising a child.

She needs you to be alert to this and encourage her to wait until she has recovered from delivery and is not under any influence of medication. You can suggest that she take the time to re-explore all of her options..



The Hospital Stay

A major part of the hospital stay includes the room in which the expectant woman is scheduled to stay in. This room needs to be a safe place for every woman to deliver their child and get the physical help they need.

In the case of a woman who is considering placing a child for adoption, a little extra consideration in this area can go along way.

If available a private room might be a better option for a woman who comes in with an adoption plan, rather than putting her in a room where a new mom is being showered by joyful visitors with gifts..

Often, there is not the same type of celebration for a woman placing her child as there is for one who is parenting.

In addition, this extra privacy will allow her this special time with her child to work through her options and if placing before she places him/her in the arms of the couple looking forward to parenting.

If there is no option for a private room perhaps someone can be checking in on her often.

From the room to the company...



Labor and Delivery

Check in with her often...

As you already know, many expectant moms create a labor and delivery plan prior to coming to the hospital.

Expectant moms choosing adoption create birth plans too.

They have the hope that this written understanding will result in a better birthing experience as well as serve as a tool to communicate her wishes and desires in regards to medication, atmosphere, labor techniques, and the people she would like to support her through the birthing process..

Choosing to place a child for adoption is a very personal experience and often times a woman is not prepared for the overwhelming feelings that they experience after delivery takes place.

She might change her mind at the last minute.

An excellent way to support her would be to check in with her and ask her if she would still like to move forward with her original plans and if not ask her how you might best support her..





Recovery

The recovery stage is a crucial part of a woman's hospital experience and also a big factor in how she will speak of you in the years to come as she recounts her birthing story.

Just like a new parent is adjusting to the huge changes in their lives during the first few days after delivery, so is the woman who will be leaving the hospital without her child.

This is a very complex experience and often one she is not adequately prepared for prior to delivery.

A Little TLC will go a long way....

There is comfort in blessing a family who cannot conceive a child, yet she is having to separate her self from this child in order to do that.

If she is placing her child for adoption, it's usually because she is experiencing a time in her life where she is either not ready to parent or she does not have many choices or she is not in a good place to be able to raise a child with the stability and resources they need.

Your extra doses of empathy, attention, and consideration are sure to go a very long way. It will mean the world to her to know that others care about her and want to see her come to a place of peace in her life with her adoption choice..

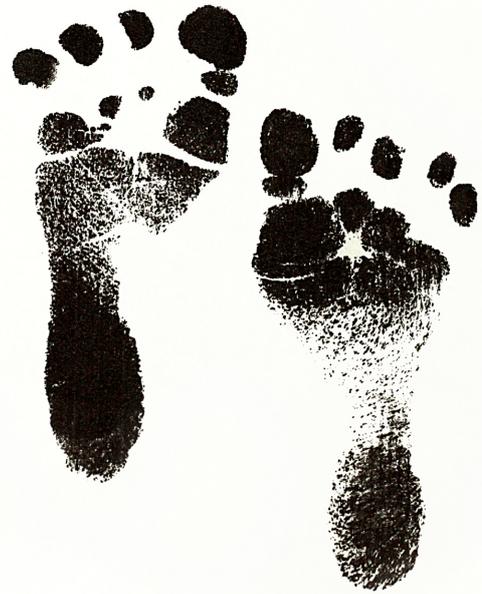


Keepsakes That Show You Care...

When a woman places a child for adoption she often leaves the hospital with an empty heart and empty hands.

It means the world to her to have something that she can save and remember her experience by.

Years later it also means the world to her child knowing that she was given and saved these most precious keepsakes.



Here are a few gifts from hospital staff that women who have placed a child for adoption said meant the most to them:

1. A plaster cast of the baby's hand. This one was the top BEST gift given by hospital staff
2. The baby blanket
3. The baby hat
4. Footprints or handprints
5. Crib card
6. Stuffed animal
7. Baby's hospital bracelet
8. A picture of them together
9. A staff member who shares a similar adoption experience
10. A card

Resources

The final day will be the hardest day. She may be leaving the hospital without her child and this is a very lonely experience. She may experience post partum depression and she will need to be connected with resources and people that can help her in the post adoption stage. Here are some helpful resources to share with her.



ONLINE SUPPORT GROUP

Birth moms from all stages of the adoption process. We are committed to viewing our experience through a more positive, pro healing, and pro supporting one another perspective.

[JOIN HERE](#)

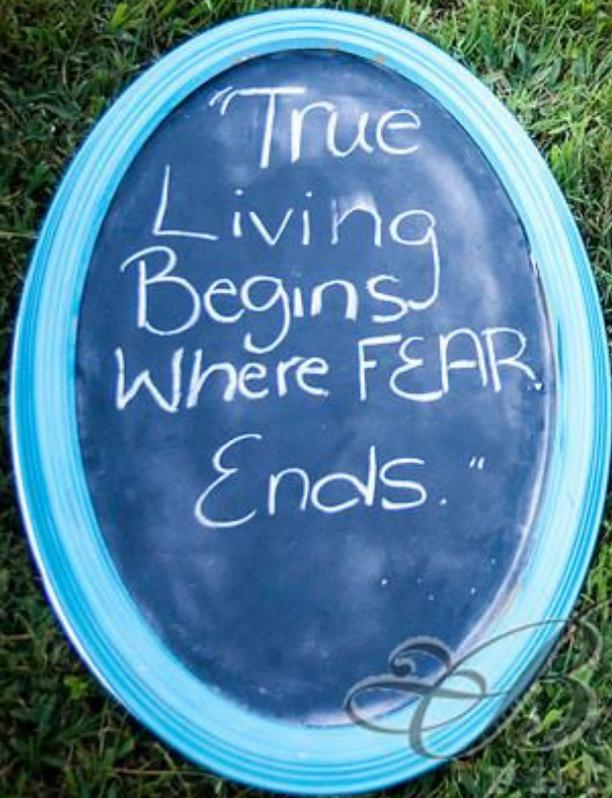
BIRTH MOM LIFE COACH

Everyone Needs Personal Support and Encouragement .
Let me Be Yours....

[FIND OUT MORE](#)



*Thank
You!*



*With BIG
Love!*

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LET'S TALK

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