adoption a heart

Children's Guide to Adoption Support

This book belongs to:

Children's Guide to Adoption Support

This is a booklet for children who are adopted. It will help you understand more about adoption, and it may also help answer any questions or worries that you may have about being adopted.

You can read this booklet with your parent(s) or another adult you trust and ask them anything that you are not sure of.

If you need this booklet in another language or format then please contact us at:

Adoption@Heart
CWC Hickman Avenue Office Building
Off Hickman Avenue
Eastfield
Wolverhampton
WV1 2HS



How you feel matters

As you are growing up there may be times when you don't understand something or when you would like some help with something that is worrying you.

You may be feeling upset and angry about something, or your head or tummy may be feeling all muddled up inside.

If you tell your parent(s) or another grown up whom you can trust about how you're feeling, they may be able to help you. If it is hard to find the words about how you are feeling or if you have any questions, worries or problems, you could write these down so that you can talk about them.

Who else can help?

The Adoption Support Team can talk to you and your family and help you understand your feelings. They can also give you any help and support that you and your family may need.

Everyone needs a bit of support sometimes, so it is okay to ask for a bit of help…

The sorts of things you may need help with are:

- Understanding why you can't live with your birth family (the family that you were born into).
- Understanding your feelings if you are feeling sad, angry, upset, muddled or confused or unsure about how you feel.
- If you are having problems at school.
- If someone is hurting or bullying you.
- Understanding your feelings about your adoptive parents, brothers or sisters.

Let's Talk More About Families!

There are all kinds of families, and children join their families in all sorts of ways. Some live with birth parents, aunts, uncles, grandparents or friends, some live with foster carers and some children are adopted.

What Does Adoption Mean?

Adoption means belonging to and growing up with a new family when you cannot live with the family you were born into.

Just like you, there are lots of other children all over the world who have been adopted. Hundreds of children are adopted every year. Some of these children are babies, some are older, some are adopted with their brothers and sisters, some are adopted from different countries into this country, and some are adopted by people they know like relatives and friends of the family.

Adoption is very common and it is just another way of 'belonging' to a family.

Living in a new family can take a lot of getting used to and sometimes, even years after a child has been adopted, they may have lots of different questions that they may want to ask about being adopted.



Do you have any questions?

Perhaps you can write any questions that you may have here, or you can write them on another piece of paper if you like.



Here are some questions that other adopted children have asked:

Question: **What do I tell people at school?**

Answer: Some people want to tell everyone they meet that they are adopted, and some people don't want to tell anyone. You can choose to tell whoever you would like about your adoption, and how much you tell them is up to you. Always remember though, that it is your information and once you have shared things about yourself, you can't take back what you have said. So only tell people that you feel you can trust.

Question: **Can I meet other adopted children?**

Answer: Yes of course you can. You and your family can go along to fun days organised by Adoption@Heart and to groups which are arranged for adopted children. You can get together and make new friends and have lots of support from each other.

Question: **How do I find out more about why I was adopted?**

Answer: You will have a life story book to look at and when you are a little older, a later life letter. These will help you understand more about your life before you were adopted.

Question: **Can I talk to my adoptive parents about my birth family?**

Answer: Yes, of course you can. Your adoptive parents will understand that you may sometimes want to talk about your birth family. They will listen to you and if you have any questions about your birth family that they are not able to answer, or answers which can't be found in your life story book or later life letter, they can help you contact the Adoption Support Team to see if the Adoption Social Workers there may be able to help.

Your adoptive parents will understand that you will want to talk about your birth family from time to time, so that's okay.

Do you have any further questions or is there anything that you would like others to know about you, like your teacher?

You can write about anything you would like help with or let people know some things about you or how you are feeling on the following pages. You can ask your adoptive parents to help you, or another grown up that you trust it you wish.

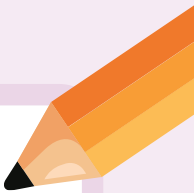
There is also a useful information page that you can give to your teacher which tells them about adoption and how to help adopted children in school



I would like help with...



What I want you to know about me...



Useful websites for teacher and parents

Useful information for school teachers and parents to help make education a successful and safe environment for adopted children.

www.adoptionuk.org/Listing/Category/our-services-for-educators-professionals

www.pac-uk.org/our-services/education/education-resources/

www.beaconhouse.org.uk/resources/

www.innerworldwork.co.uk/

www.thechildpsychologyservice.co.uk/resources/

www.catchconnect.org/home-adopters/

CATCH is an online support hub offering adopters access to over 600 expert led resources, including eLearning, webinars, peer support forums, and practical guidance on trauma, attachment, behaviour, education, and wellbeing.

Useful Contacts

Here are some other contacts that you may find useful now and in the future.

For information about adoption support, you or your parent (s) can call **Adoption@Heart** on **01902 553818** and ask to speak to an Adoption Support Social Worker.

Or email us at **info@adoptionatheart.org.uk**.

You can also write to:

Adoption@Heart
CWC Hickman Avenue Office Building
Off Hickman Avenue
Eastfield
Wolverhampton
WV1 2HS

If you have any problems or worries about adoption it is best to speak to your parents) first if you can. If you find this difficult, you can speak to another grown up whom you trust.

If you decide not to contact us, then here are some other people who are also good at giving help and support:

National Youth Advocacy Service *(NYAS)*
Telephone: **0800 808 1001**
Website: **www.nyas.net**

The NYAS provides children and young people with information about their rights and to have a voice and be heard when decisions are made about their lives.

Childline
Freephone: **0800 111**
Website: **www.childline.co.u**k

You can contact Childline about anything. No problem is too big or too small. Whatever your worries, it's better out than in.

The Office of the Children's Commissioner for England
Sanctuary Buildings, 20 Great Smith Street, London SW1P 3BT
Telephone: **020 7783 8330**
*Website:***www.childrenscommissioner.gov.uk**
Email: **help.team@childrenscommissioner.gov.uk**

If you're not happy with your Social Worker or Adoption@Heart and you wish to make a complaint, you can ask a grown up you trust to help. You can complain to:

Complaints Manager, City of Wolverhampton Council, Civic Centre, St Peter's Square, Wolverhampton. WV1 1SH
Telephone: **01902 551155**

Ofsted
Piccadilly Gate, Store Street, Manchester M1 2WD
Telephone: **0300 123 1231**
Website: **www.gov.uk/government/organisations/ofsted**

adoption @ heart

Web:
adoptionatheart.org.uk

Email:
info@adoptionatheart.org.uk

Phone:
0800 073 0597

Facebook:
adoptionatheart

Twitter:
@adoptionatheart

Instagram:
@adoptionatheart

Address:
CWC Hickman Avenue Office Building, Off Hickman Avenue
Eastfield, Wolverhampton WV1 2HS

Dudley Metropolitan Borough Council | Walsall Council | Sandwell Children's Trust | City of Wolverhampton Council

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