

# What Participants Say...

- "It's BOOT CAMP for adoptive parents!"
- "The parenting sessions were fantastic! Thank you for sharing your experiences. I will recommend this series to other adoptive families."
- "I loved these sessions and the smaller group atmosphere. I feel very connected to the 40 participants and hope to see more of them once we are all parents."
- "The Children's Bridge staff made these sessions educational and fun. Thank you!"
- "Wow! I am much better prepared. This course is a must for all families."
- "The AdopTALK series was excellent, well-researched information and practical tips. We now better understand the vital role we can and must play in our adopted daughter's transition and development."
- "We felt that it was really worthwhile, especially since we are new parents. There were a number of times in China that we recalled and appreciated the pearls of wisdom learned in the workshops."



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*Children's Bridge presents...*

# AdopTALK

An Adoption  
Parenting Workshop

# What Adoption Professionals Say...

"I attended the AdopTALK seminar in London and was very impressed by its organization, depth and extent of content, professional presentation and practical information. I intend to encourage all of the international adoptive families that I work with to attend in the future! The information was that valuable and readily transferable to all countries. From a practitioner's perspective (of 17 years) it was helpful to me in preparing families for this life changing experience."

- Jan Congram, B.A., B.S.W. Private Adoption Practitioner

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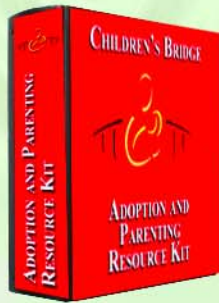
# What is AdopTALK

Through the AdopTALK parenting education series we will support adoptive parents to manage the challenges of becoming first time parents. We will teach adoptive parents about the practical real life scenarios they may encounter.

This series was conceived, developed and is facilitated by adoptive parents. Our educational series will help prospective parents to decrease their anxiety and increase their capacity to parent proactively and positively.

## Adoption and PARENTING RESOURCE KIT

The Adoption and Parenting Resource Kit is essential for participation in this series. The Kit is a valuable tool provided by Children's Bridge to families who chose to complete an adoption with our agency. The Kit is available for purchase to families who are working with another agency. Topics covered in the kit include:



- Sleep Issues
- Attachment and Bonding
- Speech and Language Resources
- Health
- Culture
- Talking About Adoption
- Child Care
- Behavior Management
- Feeding and Nutrition
- Routines and Transitions
- Safety Issues
- Recommended Reading

## An Adoption Parenting Series ...

### 1

#### Coming Home

The **"Coming Home"** workshop will provide couples/singles with strategies to transition into parenthood. After attending the workshop, the participants will learn how to meet their child's physical and emotional needs. Also, participants will discover the importance of establishing a support system for themselves through this transition period.

### 2

#### Health Matters

The **"Health Matters"** workshop will provide support and guidelines for families with infants, toddlers and preschool children. The goal of the workshop is to create awareness around the various health issues that our children will face when adopted internationally and provide resources and support for those families who need help.

### 3

#### Bonding and Attachment

**"Bonding and Attachment"** will provide pre-adoption support for families preparing to create their family through adoption. After attending the workshop the participants may become more aware of the issues around attachment, bonding and separation anxiety. "Make the Connection" methodology will also be used in this workshop.

### 4

#### Interracial Issues in Adoptive Families

The **"Interracial Issues in Adoptive Families"** workshop will provide support and strategies for families with children adopted from a different racial background. After attending the workshop, the participants will become more aware of the greater identity challenges their children will face and will be given effective strategies to assist their children with this special challenge.

### 5

#### Talking to Your Child About Adoption

The **"Talking to Your Child About Adoption"** workshop will provide participants with the tools and resources to support their child throughout the ages and stages of development. As well, the participants will learn the importance of networking within the adoption community and accessing post adoption services.

### 6

#### Journey of a Lifetime - Trip Preparation

In the **"Journey of a Lifetime - Trip Preparation"** workshop, prospective adoptive parents will learn about the referral process, and will also be provided with practical tips for their adoption travel journey.

