

## **The Seven Skills for Successful Adopting**

1. **Know your own family:** Assess and embrace your individual and family strengths and recognize your needs.
2. **Communicate effectively:** Use and develop the communication skills you will need to effectively raise an adoptive child.
3. **Build strengths; meet needs:** Understand and learn how to meet the unique needs of an adopted child.
4. **Be loss and attachment experts:** Develop the skills that will enable you to help your adopted child manage loss, grief and attachment.
5. **Build connections:** Develop the skills to help your adopted child maintain and develop relationships that keep them connected to their pasts.
6. **Build self-esteem:** Develop the skills to help your adopted child build a positive self-concept and positive family, cultural and racial identity.
7. **Assess impact:** **Assess the ways adopting will affect your family.** Parents will understand that adoption is a life-long learning process. We will help them understand that like any family there may be conflicts or crisis which they have to deal with. We will provide them various adoption centered tools and resources which they will be able to utilize for many years to come.