



**Forever Families** • **Through Adoption**

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Now that the rush of the holiday season has drawn to a close, perhaps we are focused on resolutions we have made for the coming year and how to keep them alive. As we begin this new year, we offer several thoughts on staying motivated and inspired, no matter where in the adoption process you may find yourself.

If your dreams of expanding your family have been realized, like most parents, you are probably feeling both fulfilled and exhausted with your new family. If you are just beginning your adoption journey, perhaps all of the new information you are gathering is overwhelming and confusing. Prospective adoptive parents whose process is well underway may be feeling restless and may wonder just how long the rollercoaster ride will last.

Of course, all of these feelings are to be expected and although we are all unique, many of the experiences you have had and will continue to have are shared by many of us. Family building, regardless of the path or outcome, can reveal both our best and worst selves. It can also teach us about what's most important and draw us closer to one another.

So take this time to choose just one step that will lead you to feel more satisfied. Learn something new about your child's birth history or culture and create a special way to share it with them. Take pictures of yourselves everywhere you go even if it's just at the supermarket; you never know where you will take the picture that leads to being chosen by an expectant parent. Finally, reach out to the adoption professionals you are working with to let them know one thing you feel is working, one concern you have had, and one thing you'd like to do differently in the new year as you move ahead. Being more actively engaged often helps quell feelings of anxiety, doubt or disappointment, and may even awaken a renewed sense of purpose and excitement. Here's to a beautiful, peaceful 2012 in which all we set out to achieve is accomplished!

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