



Practice resource: Welcome letter from adoptive parents to birth relatives after a child is placed

Research message

Building relationships between adoptive and birth families is key to making direct and indirect contact work well. There is often a long gap between introductory meeting and first contact, this letter is intended to bridge that gap and continue to build relationships. It also aims to offer some reassurance to birth relatives, many of whom grieve deeply at the loss of their child and find some comfort in hearing news.

This letter could be used as a guide for adopters with newly placed children. It could also be used as part of adoption training, helping prospective adopters to develop communicative openness and explore in more depth how they might feel about the reality of post adoption contact.



Dear _____

We are writing to you to let you know how is settling with us and a little about ourselves so you will know that is happy and well cared for. We are a young couple who enjoy(eg walking/trips to the coast/ sport etc) so will have an active lifestyle with us. (or give an alternative view of yourselves that is relevant)

Although is our first child he/she will never be lonely, as there are lots of children in our family who he/she sees often- one cousin is just a few months older/younger than ... and another cousin is ... years old who absolutely adores to play with him/her and help him/her to do her jigsaw puzzles/play peek-a-boo. Both these cousins are girls but there are male cousins also for her to play with too. We come from very close extended families and everyone (including granddads and grandmas) have been delighted with ...

Or say a bit about your birth/adopted child, such as how they interact together and like to play/help etc

.... loves our little dog and the two are already best friends - it helps that he/she is always dropping crumbs whenever she/he eats which the dog eats up! We are an active family and go for lots of walks with ... to the countryside and seaside, which enjoys. (write what he/she does on walks). We also like eg music /camping etc and is enjoying ...(eg playing with the keyboard/singing/playing with friends/swimming etc).

.....is a lovely little boy/girl and we feel very lucky to be able to care for him/her, which we will to the best of our abilities. As you knowis (list her attributes eg loving, kind, funny, intelligent etc and give a couple of examples). He/She likes to play (write specific things/games/toys here).

He/She is developing all the time and already his/her speech has come on since he/she came to us, it probably helps him/her that we all chat together all day long! His/Her favourite words are ...He/She has a very good appetite and enjoys....(write what foods are his/her favourite). He/She has grown too and is now ...cm tall. He/She has her own fashion sense and likes to wear (eg pretty dresses and have her hair in matching hair bunches). His/Her favourite outfit is...

We have explored local toddler groups and nurseries for but there is no hurry, we will introduce him/her slowly to one or two when he/she is ready. He/She will also go to an adoption play group (with us). He/She will never be bored!

We will keep you up to date with ... through the letterbox letters and we hope that you are able to write back to us to let us know how you are getting on too. We think it is very important for ... to know about his/her birth family and we already share some photos of you with ... and as he/she gets older we hope to share some of the letters with him/her too.

This is a photo of ...'s bedroom, as you can see he/she loves his/her (eg teddies). He/she still has the teddy that you gave her and it sits on his/her bed.

Best wishes

(give first names only of adult adopters that you wish to be know by)

This letter was created by Sefton Adoption Team