



Letter from adoptive parents to birth relatives after an introductory meeting

Research message

Building relationships between adoptive and birth families is key to making direct and indirect contact work. Introductory meetings without the child present make a useful contribution to building trust and can help all of the adults involved to feel more positive about direct and indirect contact in the long term.

There is sometimes a long gap between these introductory meetings and the first contact of any kind. This letter is intended to help bridge that gap and reassure birth relatives that their role in the child's life has not been forgotten, building a foundation for direct or indirect contact when the time is right.

Dear ----and -----

We wanted to write to say that it was really good to meet you on-----.

We will be able to keep all of the information which you shared with us so that as ---- grows up and asks questions we will be able to tell him/her about the day that we met . It will mean that we will be able to tell him /her more about you and the things that you wanted for him /her, and we hope that we will be able to keep in touch with you through the 'letterbox' .

It was good to know why you chose his/her name, something about your interests and your life as this will all help us when we need to tell him /her about being adopted . It will be good for him/her to know that we met and talked about him /her and your wishes.

I enclose a copy of the photograph which we had taken on the day and we will be in touch by letter in -----.

Best wishes

- ---- and -----

This letter was created by Sefton Adoption Team