



Journey of adoption can be memorable and enjoyable if you're willing to put in time and effort to do so. This effort not only brings you satisfaction and joy now but also gives comfort to your child years later when he/ she witnesses all that you had done to bring him/ her into your life. By no means this following list is the exhaustive one but to facilitate your creativity to come up with anything that you may want to do.

First thing you can do to store your memories is to get yourself a good box to keep them. This will help you to have all your work in one place. Value of memories can only be felt when you lose them.

5

things to

do to

make

your

adoption

journey

memorable

- **Start a journal:** This can be a simple notebook. Important thing about the journal is the 'timeline' so, remember to write the dates and the times of your documentation. Start writing your thoughts as early as you began thinking about adoption. At this stage, you may not know anything about the child but you know about your thoughts. Write in as detail as you possibly can by including any significant news events of the day such as Olympics, and elections etc. Journal writing doesn't end with your child's arrival but continues.
- **Scrap book:** Scrap book is a hybrid form of an album and a journal. To make a scrap book, buy yourself a large size photo album with individual pages. You can include pictures with text in decorative fonts & colors, letters you may have received from the adoption agency, and newspaper clips of significant events of the day etc. You can visit the internet by searching "Scrap booking ideas" to get more creative ideas.
- **Loving letters:** Ask those that you know loves you dearly and support your effort to adopt a child to write letter's to your child that the child can open on the day that they specify to open (for example on the 18th birthday of your child). This is so important because your child is going to hear from a neutral person about you, your effort and your love for your child. You should only ask those that you're absolutely certain that they will not write anything negative. It is recommended that you limit this to your supportive family members only.
- **Photo Album:** You have heard that a picture is worth more than a thousand words. Collect as many pictures of your child as you can. If you're computer literate, take digital pictures and store them on a CD with captions. Some families do celebrate two birthdays (adoption day and biological birthday) and take formal pictures in a studio with appropriate props.
- **Baby shopping:** This is normally done closer to your child's arrival date. There's nothing better than to make your own baby clothes but if you have limited time at hand, you can certainly buy them. Before you buy anything for the baby, be sure to know about the baby you're about to adopt (for example the age, gender and child's preferences etc). Your shopping can include clothes, toys, feeding items (feeding bottles, formula, nipples etc) linen, furniture (crib), and story books etc. Make sure to take pictures of those items you're buying to include them in the scrap book.