



## Creating A Profile

### A Word About Your Profile

The creation of your profile is one of the most important steps in your preparation to adopt. Birth mothers will form their impressions of you and your family from your profile. They will picture their child in your family, home and neighborhood. They will gain peace from being able to glimpse into your lives and imagine that their child is a part of that. Knowing this, you will want to give the birth mother as much information as you are comfortable giving her. You will also want to make your profile beautiful and welcoming. Birth mothers can tell from your profile how you feel about adopting, as well as yourselves as future parents.

### Guidelines for your Dear Birth mother Letter

- Address your profile by saying something like, “Hello, please let us introduce ourselves to you”. Expectant mothers intending to place their baby for adoption prefer to not be called a birth mother until they actually place their baby for adoption.
- Do not put a date on your profile.
- Make sure you use only your first names in the letter.
- Let her know how grateful you are for her sacrifice. Let her know how grateful you are that she has chosen life for her baby. Tell her of your concern for her. Acknowledge how you feel about what a brave and unselfish choice she is making. Try to stay positive. Do not focus on how difficult her plan will be to carry out.
- Tell her why you have chosen adoption. Make sure adoption does not sound like the next best thing to having a biological child. Let her know that adoption can make your dreams of becoming parents come true.
- Express to her how much you want to be parents and why. Share with her your parenting styles and philosophies. Help her envision you as the parents of her child.
- Tell her about your family, home, neighborhood, friends, and church activities. Make your life come alive for her.
- Include descriptions of your pets, hobbies and the activities you enjoy.
- Tell her about holiday and family traditions.
- Have both husband and wife write the letter. Talk about the stability of your marriage. If you have been married for a long time, share that with her. Help her get to know your spouse as a partner and future parent.
- Share with her your educational background and your hopes and dreams for her child in that area.
- Do not put your phone number, e-mail address or last names on the profile.
- Tell the birth mother about your occupations. Reassure her that you are able to provide for a child financially.
- If you already have children in your family, explain why you would like to them to have a sibling. Have your children write a paragraph or draw a picture sharing why they want another child in the family.
- Conclude your letter by reminding her of the things you would love to offer a child placed in your home. Let her know you are thinking of her as she makes this decision. Reassure her that you would love to speak with her if she is comfortable doing so. Then sign your first names by hand.

## **Suggestions for Your Scrapbook**

Please make your profile no bigger than 8 ½ x 11. Some families use a theme to make their profile more interesting. Create a profile that shows your personality and style. Be creative and have fun! There are many companies online that make beautifully bound profiles.

Make sure you caption by each picture, so the expectant mother is clear about what each picture is. Include pictures of parks, schools, your home and vacations in your profile. Also include pictures of special activities, extended family, pets, and holiday activities. Include some casual pictures that will help her relate to you and feel comfortable.

## **A Final Word**

And finally, please remember that after you are home with your baby your birth mother will treasure the profile you created for her for years to come. It will be a tangible reminder of the life she gave her child.