

1. What are your expectations in this adoption?
2. What are some realistic expectations you should have about your child?
3. Explore your own issues with your parents, as well as past traumas. Is there anything you need to address and work on?

## Simplify Your Life

4. What are some practical things you need to do at the time of placement?
5. What will it look like to simplify your life for your child? What are some steps you can take now to prepare?
6. What do you need to create for your child in the first days, weeks, and months? How can you create this? Are any changes needed?

## Provide Familiarity and Continuity

8. What are some questions you may try to have answered before placement?

## Be Fully Present

9. What does it mean to be fully present? What are some ways to be present?
10. What would a newborn's environment look like? How can you implement this for your new child (no matter their age)?
11. What outcome can being fully present consistently bring?

### Expect Long-Term Challenges

12. What does trauma response look like?

13. How should you respond to your child's trauma behaviors?

### Embrace the Complex Needs of Your Child

14. What are some things you need to understand about your child?

15. How can you help your child begin the healing process?

16. What is the difference between the chronological age vs. developmental age?

### Create a Balance of Nurture and Structure

17. Why is balance of nurture and structure important?

18. What would it look like to parent with both nurture and structure at the same time?

### Give Your Child Voice

19. What are examples of giving your child a voice?

20. What will a child learn when they have a voice?

21. What are some strategies a child will use if they don't feel like they have a voice?

### Give Your Child Nurture

22. What are some ways you can nurture your child?



### Give Your Child Shared Power

23. What are some practical ways that you can share power with your child?
24. What does it mean to look at your child's background to understand some of the power you need to give them?
25. How do you empower a child that has had issues with having a lack of food?

### Give Your Child Predictability

26. What can being predictable look like? What are some ways to parent predictably?

### Give Your Child Permission to Process Feelings

27. How can you create a safe space to give your child permission to process their feelings?

28. What are some responses you can have when your child says something hurtful to you?

29. What could a “magic feather” be for a child? How can it help your child?

30. What is the gift of knowing that you can give your child?

### Give Your Child Playfulness

31. What does play do for your child?

### Give Your Child Healthy Parents with Good Self-Care

32. What are some ways you can care for yourself? How can you start this *before* your child arrives?

33. Can you take care of others if you don't take care of yourself? What are some quick, simple things you can do for yourself when you are not feeling at your best but need to be your best for your child?