

## Questions Parents Should Ask Before Disrupting

1. Are my expectations about my parenting and about my child realistic?
2. What outside resources were put in place for my child?
3. What interventions were put in place for my partner or children?
4. What have I done to educate myself about the needs of my child?
5. What have I done to accommodate the needs of the adoptive child and my family?
6. What else could I try that might make a difference? And how could I find out?
7. How do I know I have I made every possible attempt to attach and bond to my child?
8. Am I taking the behaviors my child is demonstrating personally?
9. What supports are in place for my family?
10. Is this a temporary crisis or have all resources or interventions failed?
11. Have I talked to other parents who have parented a child like mine?
12. How have I tried to modify my lifestyle or parenting techniques to meet the child's needs?
13. What at this time is best for my adopted child and my family?

I remember in pre-placement meetings they said "it is not IF you and your family will need support, but WHEN". FDR, 2014

