

Twenty Things Adopted Kids  
Wish Their Adoptive Parents Knew  
-Sherrie Eldridge



- 1) I suffered a profound loss before I was adopted. You are not responsible.
- 2) I need to be taught that I have special needs arising from adoption loss, of which I need not be ashamed.
- 3) If I don't grieve my loss, my ability to receive love from you and others will be hindered.
- 4) My unresolved grief may surface in anger towards you.
- 5) I need your help in grieving my loss. Teach me how to get in touch with my feelings about my adoption and then validate them.
- 6) Just because I don't talk about my birth family doesn't mean I don't think about them.
- 7) I want you to take the initiative in opening conversations about my birth family.
- 8) I need to know the truth about my conception, birth and family history, no matter how painful the details may be.
- 9) I am afraid I was 'given away' by my birth mother because I was a bad baby. I need you to help me dump my toxic shame.
- 10) I am afraid you will abandon me.
- 11) I may appear more "whole" than I actually am. I need your help to uncover the parts of myself that I keep hidden so I can integrate all the elements of my identity.
- 12) I need to gain a sense of personal power.
- 13) Please don't say I look or act just like you. I need you to acknowledge and celebrate our differences
- 14) Let me be my own person... but don't let me cut myself off from you.
- 15) Please respect my privacy about my adoption. Don't tell others without my consent.
- 16) Birthdays may be difficult for me.
- 17) Not knowing my full medical history can be distressing at times.
- 18) I am afraid I will be too much for you to handle.
- 19) When I act out my fears in obnoxious ways, please hang in there with me and respond wisely.
- 20) Even if I decide I want to search for my birth family, I will always want you to be my parents.