



QUESTIONS TO EXPLORE

Starting the process of adopting while still in the thick of TTC may sound wise – like “not putting all their eggs in one basket.” However, adoption is not a cure for infertility nor is it a cure for the grief you may be (very understandably) experiencing. [Adoptee Diana Watts at American Adoptions](#) put it wonderfully: “[W]hen you pursue adoption, your infertility journey will affect more than just you...Hopeful parents who haven’t fully grieved their infertility and moved forward can’t wholly embrace and become excited about the adoption process. They might feel like they are ‘settling’ for their ‘second-choice’ way to build a family, and that’s not fair to them (or their child). Not only do you need to let go of the dream of having a biological child, you need (and deserve) to actually be excited about adoption as its own equally wonderful way to build a family.”

If you still find yourself hoping that this month will be the month, it’s okay – and you likely aren’t ready to shift to adoption being how you might grow your family. While infertility grief may never completely go away, it’s important that you (and your partner, if you have one) come to a place of resolution and are in a position where you can manage your feelings about your infertility experience in a healthy way.

START HERE

For many, it takes real effort to grieve infertility before beginning an adoption process. Doing work around the following may help:

- Processing your difficult feelings.
- Ensuring you and your partner (if you have one) are both on the same page about shifting pathways.
- Seeking [counseling or therapy](#) with a provider who specializes in infertility.
- Engaging in supportive spaces with infertility organizations like [Yesh Tikva](#).
- Learning more about adoption from reputable organizations and start considering what adoptive parenthood would really be life.
- Letting time pass after ending fertility treatments. So many of us become accustomed to the go-go-go of infertility, with each week and month having a TTC purpose to it. Letting some time and distance pass as opposed to just shifting that all that energy from TTC purpose to an adoption purpose can make a difference.



HAVE YOU EXPLORED YOUR OPTIONS?

If biological parenthood has felt important to you, it's imperative to understand all potential avenues for biological parenthood before moving on to adoption. It's not unusual or "wrong" to feel a deep desire to carry a pregnancy, give birth, or be biologically or genetically connected to your child. Consider if there are any treatments or other pathways (such as donor conception or surrogacy), you've not yet considered. These pathways have their own nuances and outcomes for you and the child(ren) hopefully in your future and should be fully explored.

WHAT ARE YOUR EXPECTATIONS OF PARENTING AND PARENTHOOD?

You likely went into trying to conceive with some ideas of what parenthood might look like – and infertility may have decimated those expectations. It's time to revisit what those expectations are today. What do you value and desire as a parent? Do you feel a strong pull to raise a child from birth? Do you feel strongly that your child needs to look like your family? Do they need to be considered Jewish from birth? While it can be difficult to explore this honestly, it's essential for your next steps.

WHAT DO YOU ALREADY KNOW ABOUT ADOPTION, & WHERE DID YOU LEARN IT?

It can be helpful to write down and inventory what you know about adoption and where did you learn it. Many individuals have beliefs about what adoption is and isn't. Those beliefs can feel like facts – when in reality, they come from fiction, historical practices, and misconceptions.

WHAT ELSE DO YOU NEED TO KNOW, & WHERE WILL YOU LEARN IT?

This guide will help uncover and explain many of the nuances of adoption. It's also important to seek more information from those with lived experience (adoptees, adoptive parents, and birth parents) as well as ethical, well-trained professionals.