

## **Coming to Terms with Infertility Grief Before You Foster or Adopt Outline**

- Adoptive parenting is the same as, and very different from, genetic parenting. Ways in which raising adopted children is different. Ways in which it is the same.
- Fostering has some significant differences from genetic parenting, including adopting from foster care.
- What are the losses of infertility?
- How to know when you are ready to stop fertility treatments and move to adoption or fostering? What are the signs of readiness?
- The myth of needing to do everything that you can to become pregnant before moving to adoption or third-party reproduction.
- How have the advances in infertility medicine changed the landscape of moving to adoption or fostering?
- Accepting Plan B without making the child feel like second best.
- How to know when you are ready to foster or adopt from foster care.
- How to grieve the loss of the biological child that you never had?
- Tips for coping with the losses of infertility.
- Coping with the unknowns of adoption or fostering and lack of control.
- Adopting while staying in treatment.
- Should you go back into infertility treatment after having adopted a child?
- How to find a mental health professional that specializes in infertility.