

Helping Internationally Adopted Children Develop a Healthy Cultural & Racial Identity Outline

- How are racial, ethnic, and cultural identities different for international adoptees?
- Why is racial, ethnic, or cultural identification important for the emotional development of a child adopted internationally?
- At what age does cultural and racial identity develop?
- For children adopted internationally, what are some of the acculturation and assimilation issues that these children face? Including those issues arising from factors such as race, ethnicity, religion, and culture.
- Does this differ by race?
- Does international adoption itself potentially create acculturation or assimilation issues?
- How can parents walk the balance between wanting the child to fully assimilate and acculturate to their new life while also identifying with their culture of birth?
- Does this change depend on the age of the child at adoption?
- What is the experience like for a child whose name doesn't fit their ethnicity? Do you recommend that parents think about this when naming their child?
- How to handle if a child is born into a family of one religion but adopted by a family of a different religion?
- What are the long-term implications for a family that has become multi-cultural through international adoption? How does this impact each family member: adopted person, siblings, parent, or grandparents?
- What does a healthy cultural identity for an internationally adopted child look like?
- What does a healthy racial identity for an internationally adopted child look like?
- Tips for how adoptive parents can help their children develop a healthy cultural and racial identity?
 - Read books about the history of your child's culture and country, starting at a young age.
 - Read books to provide the language and tools to help your child deal with racism. Again, start young.
 - Talk about racism with your child. See resources below.
 - Create connections for your child to people who look like them, as well as other adoptees.
 - Incorporate people of your child's race or culture into your friend group.
 - Consider a homeland tour.

Resources:

- [Also Known As](#) The mission of Also-Known-As is to build a community that empowers the voices of adult international adoptees, while providing resources and space to acknowledge the loss of birth country, culture, language, and biological family.
- [Beyond Culture Camp: Promoting Healthy Identity Formation in Adoption](#), Evan B. Donaldson Adoption Institute

- [How to Raise an Anti-Racist Child](#), Creating a Family podcast
- [4 Tips to Raising Anti-Racist Kids](#), Creating a Family article
- Resources for Extended Family
 - [Winning Over Reluctant Extended Family in Adoption](#)
 - [Preparing Your Extended Family When Adopting a Child](#)
- Books:
 - [White Privilege: Unpacking the Invisible Knapsack](#) by Peggy McIntosh
 - [White Fragility: Why It's So Hard for White People to Talk About Racism](#), Dr. Robin DiAngelo and Michael Dyson
 - [Who Was](#) Biographies