

## Unexpected Stresses on Newly Adoptive Parents Outline

While we'll be separating this discussion between domestic infant adoption and international or foster care adoption, there is overlap between the stresses new adoptive parents feel regardless of the type of adoption.

### Domestic Infant Adoption:

- Process
- Typical stresses adoptive parents feel
- Lack of sleep
- Not deserving to complain
- Feeling like a babysitter
- Not feeling love at first site
- Impact of infertility struggles on transitioning into parenthood
- Stresses with parenting a child with neonatal abstinence syndrome
- Stresses with open adoption

### Older child adoption through foster care or international adoption

- Process
- Typical stresses adoptive parents feel
- Unrealistic expectations of the child and of yourself
- Love at first site
- Feeling like a babysitter
- Language issues
- Cultural issues
- Parental attachment styles-How the way we were parented influences how we parent.
- Challenging behaviors
- Sibling issues

Change is stressful and adding a child to your family is a huge change regardless of how the child joins the family. What can newly adoptive parents do to prepare in advance and to cope in those first few months?

How has the idea of cocooning impacted stress?

### Additional Resources:

- [Doc McStuffins](#), "Baby McStuffins" (Season 3)
- [Sesame Street](#), "Gina Adopts a Baby"
- Suggested Book List on [Preparing Children for Adoption of a Sibling](#)
- Suggested Book List on [Explaining Adoption To Birth Siblings of Adopted Children](#)

- Creating a Family resources on [Disrupting Birth Order](#)
- Creating a Family courses on [Combining Kids by Birth and Adoption](#)