



Children's guide to adoption Adoption Support



When you have been adopted into your new family we hope that everything will go well for all of you.

We know that being an adopted child may not always be easy and there might be things that you don't understand or would like help with.

The kind of things that you might want help with include:

- ☺ Understanding why you were adopted
- ☺ Information about your birth family
- ☺ Arranging to keep in touch with brothers, sisters, your birth mum or dad and other relatives and friends
- ☺ Managing your feelings; sometimes you might feel angry or sad or just not know how you feel
- ☺ Coping with school; some children find school very difficult and need extra help

If you ask your parents about any of these things they may be able to help you themselves or know where to go to find out more. Your parents can also contact the adoption team to help answer these questions. The adoption team has special workers who work with adopted children and their families.

We also arrange fun things for you and your family to do when you can meet up with other adopted children and their families. The adoption team runs Family Days twice a year and if you live in Herefordshire you and your family will be invited.

If you would like to talk to someone about any of these things you can contact the adoption support social worker on 01432 383240.

Children's Resource Team, Moor House, Widemarsh Common, Hereford, HR4 9NA.