

# Nine critical care tips for new adoptive parents

1. Be aware of your own issues. Consider counseling pre-adoption. Adopted children are very stressed by nature of their early experience, regardless of how young you get them, and this stress can easily cause a deeper triggering of stress in the parents. It will be very important how old stories surface in your present life. They are bound to surface at some point. That's the toughest one.

2. Newborn adopted children require lots of skin to skin contact. Get a sling for your baby. Carry the baby as much as possible. It's not possible to spoil a child internally, only externally by buying it too much stuff.

3. Get a king size bed, and practice the family bed. This recommendation can stir up fear in parents. Counseling and education will help with this fear.

4. Inform the extended family that your new baby is very sensitive, and easily frightened. Preferably only grandparents and siblings that live close by would be permitted to hold your baby during his early months. Remember to a baby everybody is a stranger unless he sees them at least two to three times per week.

5. Have a support system. Babies are challenging. You'll need support even outside of your spouse. Don't be afraid to join mothering groups.

6. Your adopted child will be very sensitive and frightened easily. Be aware of this intimately. There are a number of resources available at [www.postinstitute.com](http://www.postinstitute.com)



[www.postinstitute.com](http://www.postinstitute.com) which can educate you about basic brain development and effects of stress and trauma for adopted children.

7. The less stimulation for the first year the better. Keep the lights down low, lots of soothing music, and minimal television. The greatest stimulation will be contact with you and your husband.

8. Read all you can find by Dr. William Sears.

9. Know that you can be and will be a great parent. When in doubt, seek help.

—B. Bryan Post PhD, LCSW adopted as an infant himself, is an internationally recognized expert in the treatment and parenting of adopted children of all ages. For more information visit:

[www.postinstitute.com](http://www.postinstitute.com).

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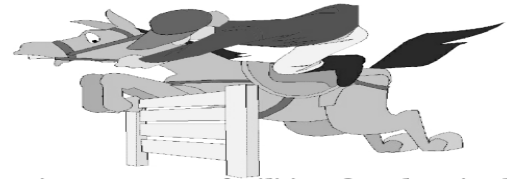
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