

# Adoption Network Law Center

Monthly Update Newsletter August 2003



## After We Are Matched: Is There Anything We Shouldn't Talk About With Our Birthmother?

**A**fter the initial match meeting between an adoptive couple and their birthmother, the nervousness, anticipation and excitation start returning to (somewhat) normal levels. Before concluding the match meeting, a follow-up telephone conversation is scheduled without a counselor on the line. Just prior to the follow-up call, the question that seems to always come from the adopting couple is, "Is there anything we shouldn't talk about?"

When advising adoptive couples (especially the adoptive mothers) of appropriate topics for their weekly telephone chats, I always have two pieces of advice:

*1. Be yourself; allow your feelings and emotions to surface.*

The genuineness of your personality, as in all other budding relationships, is what will bond you to your birthmother. By allowing the birthmother to see you as warm and loving beings, you will reinforce the birthmother's choice of you becoming the parents to her unborn child.

*2. Avoid any expression of your fears.*

Fear has a way of building on itself; gaining a life of its own once it is given any power or energy. Statements to a birthmother such as, "I'm so afraid that you will change your mind," or "Does it bother you to be around other children?" or even, "I don't know how you can possibly give your baby up for adoption, but we are so glad that you are," provide the birthmother with reasons to

question her decision of adoption. Certainly discuss the baby, her doctor's visits, her pregnancy health or her changing body, but keep your fear in check.

Your fears and anxiety should only be shared with your Birthmother Counselor, not your birthmother. Your Birthmother Counselor will address all of your concerns. This period—between the initial match meeting and birth—is the time to take a deep breath, relinquish the need to exert control and simply trust. During this period, your job is to emotionally support your birthmother and enjoy your adoption process—which will likely be one of the most beautiful events you will ever experience.

Margarethe Smith,  
Birthmother Counselor



*Do you have comments or questions regarding ANLC's Monthly Update? We welcome any and all comments about our Monthly Update.*

*Please send an e-mail to [newsletter@adoptionpro.com](mailto:newsletter@adoptionpro.com) expressing your concerns. We look forward to addressing your issues and concerns so that we can better accommodate your needs.*



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## Mother's Day

I am afraid  
To plant this seed.

The sun is warm,  
The earth is rich and  
ready,  
But the days go by,  
And still no planting.  
Why?

The springtime of my life  
Is passing, too.  
And ten years' planting  
In a willing soil  
Have borne no living  
fruit.

So many times I've  
waited,  
Hoped,  
Believed,  
That God and nature  
Would perform  
A miracle  
Incredible but common.

Nothing grew.  
And often times I feel  
The mystery of life and  
growth  
Is known to all but me,  
Or that reality  
Is not as it appears to be.

I have a choice:  
To put aside this seed,  
Leaving the planting  
To the proven growers,  
Pretending not to care  
For gardening,  
And knowing  
If I do not try  
I cannot fail.

Or plant,  
And risk again  
The well known pain  
Of watching  
For the first brave green  
And seeing only  
Barren ground.

He also spoke  
About a seed,  
The mustard's tiny grain,  
Almost too small to see,  
But, oh – the possibilities!  
Those who doubt,  
Who fear,  
Are not inclined to cultivate it.  
But it was to them He spoke.

And God remembered Sarah...  
Rachel...  
Hannah...  
Elizabeth...

The seed is in my hand,  
The trowel in the other;  
I am going to the garden  
And the Gardener,  
Once more.

Margaret Munk  
From Perspectives on a Grafted Tree

