

# Creating a Profile Book

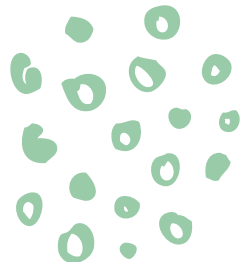
## A HELPFUL GUIDE

BEGIN BY THINKING ABOUT WHAT YOU WANT TO INCLUDE IN YOUR BOOK- IT CAN BE HELPFUL TO MAKE A LIST OF EACH ASPECT OF YOUR LIFE YOU WANT TO INCLUDE.

SOME THINGS THAT SHOULD BE INCLUDED IN YOUR BOOK ARE:

- "DEAR EXPECTANT MOTHER" LETTER
- YOUR STORY (HOW YOU MET, WHY YOU ARE PURSUING ADOPTION)
- "MEET EACH OF US" PAGE (FOCUS ON INDIVIDUAL PASSIONS AND CHARACTERISTICS)
- "MEET OUR PETS" PAGE IF YOU HAVE ANY
- "WELCOME TO OUR HOME" PAGE (IT IS HELPFUL FOR AN EXPECTANT MOTHER TO BE ABLE TO VISUALIZE WHERE HER CHILD MIGHT BE LIVING)
- FAMILY AND FRIENDS PAGE (THIS IS A GOOD PAGE TO INCLUDE STORIES ABOUT YOUR FAMILY AND FRIENDS RATHER THAN JUST GIVING US THEIR NAMES)
- "WHAT FRIENDS AND FAMILY SAY ABOUT US" PAGE (THIS IS A GREAT PAGE TO INCLUDE SOME THINGS THAT YOUR REFERENCES SAID ABOUT YOU)
- "WE'RE EXCITED TO..." PAGE (SHARE WHAT YOU ARE LOOKING FORWARD TO ABOUT PARENTING THIS CHILD)
- "HOW WE WILL TALK TO OUR CHILD ABOUT YOU" PAGE (SHARE HOW YOU PLAN TO INCLUDE THE EXPECTANT MOTHER AND HOW YOU PLAN TO TALK ABOUT ADOPTION WITH YOUR CHILD)
- "WE PROMISE/ BELIEVE" PAGE (THIS IS A GOOD PAGE TO SHARE YOUR CORE VALUES AND BELIEFS WITH THE EXPECTANT MOTHER)
- HOBBIES/ INTERESTS PAGE (EXAMPLES: TRAVELING, SPORTS, COOKING, CRAFTING, ETC.)

MAKE SURE  
YOUR BOOK IS  
A GENUINE  
AND  
AUTHENTIC  
PORTRAYAL OF  
WHO YOU ARE



Absolute Love  
ADOPTIONS

YOUR BOOK IS AN EXPECTANT  
MOTHER'S FIRST IMPRESSION OF  
YOU, MAKE SURE SHE WANTS TO  
LEARN MORE!

AS YOU GO THROUGH THE REST OF YOUR BOOK, THINK ABOUT ANSWERING THESE QUESTIONS:

- WHY DO YOU WANT TO BE A PARENT? / WHY DO YOU LOVE BEING A PARENT?
- WHY ARE YOU GROWING YOUR FAMILY THROUGH ADOPTION?
- WHAT ROLE DO YOU WANT YOUR CHILD'S BIRTH MOTHER TO PLAY IN THE FAMILY?
- WHAT COMMITMENTS CAN YOU MAKE TO THE EXPECTANT MOTHER? VISITS? LETTERS? WILL YOU TELL YOUR CHILD ABOUT THEM? WHAT KIND OF FAITH AND VALUES WILL YOU INSTILL IN THE CHILD?

**DIG DEEP  
AND SHARE  
WHAT  
MAKES YOU,  
YOU!**

TIPS FOR FORMATTING YOUR BOOK:

- LEAVE SOME SPACE ON EACH PAGE. DON'T OVERWHELM THE PAGES WITH PICTURES.
- USE PICTURES THAT ARE NO OLDER THAN 2-3 YEARS OLD (WITH THE EXCEPTION OF A COUPLE WEDDING PICTURES).
  - THE EXPECTANT MOTHER ISN'T LOOKING AT YOUR PAST, SHE'S LOOKING AT YOUR CHILD'S FUTURE.

**SHARE THE IMPORTANT PIECES OF  
YOUR LIFE, BUT DON'T OVERWHELM  
THE BOOK WITH YOUR LIFE STORY**

## Writing the "Dear Expectant Mother" Letter

THE "DEAR EXPECTANT MOTHER" LETTER CAN BE CHALLENGING TO WRITE, SO HERE ARE SOME HELPFUL TIPS:

- DON'T USE THE TERM "BIRTH MOTHER". IT IS IMPORTANT TO REMEMBER THAT SHE IS NOT A BIRTH MOTHER UNTIL THE ADOPTION IS FINALIZED. UNTIL THEN, SHE IS AN EXPECTANT MOTHER WHO IS IN FULL CONTROL AND HAS THE ULTIMATE DECISION ABOUT WHO WILL PARENT HER BABY.
- TRY NOT TO USE PHRASES LIKE, "I KNOW HOW DIFFICULT THIS MUST BE FOR YOU". THESE SHOULD BE AVOIDED BECAUSE EVERYONE'S ADOPTION EXPERIENCE IS PERSONAL AND UNIQUE. IT IS NOT FAIR TO ASSUME WE KNOW HOW SHE IS FEELING.
- IF YOU WERE AN EXPECTANT MOTHER, HOW WOULD YOU WANT TO FEEL FROM THE LETTER?
  - EMPOWERED? SUPPORTED? LOVED? IN CONTROL OF THE CHOICES SURROUNDING YOUR BABY? THAT THERE AREN'T ANY EXPECTATIONS TO CHOOSE ADOPTION FOR YOUR BABY?
- SPEAK FROM THE HEART, AND REALLY CONSIDER HOW YOU CAN CONNECT ON A DEEP LEVEL WITH THE EXPECTANT MOTHER