



HELPFUL RESOURCES

IMPACT OF ADOPTION

Adoption is a lifelong journey — one that continuously shapes the lives of adoptive parents, birth parents and, most importantly, adoptees. In the articles below, learn more about the long-term effects of being adopted and the ways in which your adoption may play a role in shaping your personal identity, your relationships and more.

- [Lifelong Impact of Adoption](#)
- [The Impact of Adoption Fact Sheet](#)

COMMON NEEDS & CHARACTERISTICS OF CHILDREN AWAITING ADOPTIVE FAMILIES

There are over 400 children in Kansas awaiting their forever family. Children are of all ages, races and ethnic groups, and from all socio-economic backgrounds. The majority of waiting children are age 8 and older, have two or more siblings, or have special needs.

- [About the Children](#)
- [Childhood Trauma and Its Effect on Healthy Development](#)
- [Parenting a Child Who Has Experienced Trauma](#)
- [Adopting from Foster Care Guide](#)

MAINTAINING BENEFICIAL CONNECTIONS

Many children in care have relationships with family, caregivers, or other important people that are beneficial to the child. It is often recommended that a child maintain these relationships after adoption. Continuing relationships with important people can ease feelings of grief and loss, aid in identity development, and provide a sense of belonging. In order to understand the importance and benefits of helping your child maintain connections, we recommend you read the below material.

- [Helping Your Adopted Child Maintain Important Relationships with Family](#)
- [Birth Family Connections and Openness](#)

PARENTING DIVERSE FAMILIES & MAINTAINING CULTURAL CONNECTIONS

It is possible that you will adopt a child who does not share your same race, ethnicity, religion, tribal affiliation, language, or other cultural attributes. It's important for families to acknowledge cultural differences in their home, and to actively work to create an environment that honors a child's culture. Failing to do so can lead to isolation or identity confusion. We strongly encourage you read the following material in order to prepare for this possibility.

- [Parenting in Racially and Culturally Diverse Adoptive Families](#)
- [The Personal is Political: Racial Identity and Racial Justice in Transracial Adoption](#)
- [Talking with Children about Race and Racism](#)

POST-ADOPTION RESOURCES

Following adoption, your family can utilize various forms of support, including additional training and education, clinical services, support groups, and government assistance. The resources listed below are just a sampling of support your family can turn to.

ADDITIONAL TRAINING

- Children in foster care have experienced trauma, grief, and loss. Your family is encouraged to continue educating yourself about trauma and its impact on children.
- [Children's Alliance of Kansas](#): Large library of trainings on various topics that are relevant to adoptive families.
- [Trust-Based Relational Intervention \(TBRI\)](#): a therapeutic model that trains caregivers to provide effective support and treatment for at-risk children.
- [Child Trauma Academy](#): The ChildTrauma Academy is a Community of Practice working to improve the lives of high-risk children through education, research and the dissemination of innovation.

BOOKS

- [The Connected Child](#) by Karyn B. Purvis, Ph.D., David R. Cross Ph.D. and Wendy Lyons Sunshine
- [Parenting from the Inside Out](#) by Daniel J. Siegel, M.D., and Mary Hartzell, M.Ed.
- [The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma](#) by Bessel van der Kolk, M.D.
- [Playful Parenting](#) by Lawrence J. Cohen, Ph.D
- [Brainstorm](#) by Daniel J. Siegel, M.D.
- [Adopting the Hurt Child](#) by Gregory C Keck, Ph.D., and Regina M. Kupecky, LSW
- [Parenting the Hurt Child](#) by Gregory C Keck, Ph.D., and Regina M. Kupecky, LSW
- [Beyond Consequences, Logic, & Control](#) by Heather T. Forbes

KANSAS-SPECIFIC SUPPORT

- [Kansas Post Adoption Resource Center \(K-PARC\)](#): Find helpful tips and information specifically tailored for parents of adopted children
- [Kansas Caregivers Support Network](#): bridging the gap between Kansas Caregivers and the Child Welfare System by creating access to resources to sustain a healthy placement.

ADOPTION ASSISTANCE

- [Kansas State Adoption Assistance Program](#)
- [KS DCF Adoption Assistance Brochure](#):

CLINICAL SERVICES

- [Association of Community Mental Health Center of Kansas](#)