
Welcome to CARA

This brochure will answer some of the most commonly asked questions about adoption. We hope it will be helpful to you as you go through this important decision-making process. Of course, this is only the beginning. Your Child Adoption Resource Association social worker will be able to help answer your other questions and listen to your concerns.

CARA is a licensed, private, not-for-profit adoption agency. We have programs for the adoption of infants and older children. All of our staff members are professional social workers who will provide personalized services to you.

All our staff understand that this is a emotional and confusing time for you. Helping you make the best plan for your child and providing you with personal service is important to us. We will help you sort out your feelings, and treat you, and the decision you have made with respect.

Your social worker will be available to answer your questions and to provide you with all the information and guidance that you need throughout this process.

Dear Birth Parents

The Child Adoption Resource Association (CARA) has created three brochures for you. We hope to help you through the entire process from placing your baby for adoption through what happens after the adoption is finalized.

This brochure talks about Your First Step: Making a Plan for Your Child with the Child Adoption Resource Association.

Please ask your CARA social worker for our other brochures:
The Placement Process
After Placement & Finalization



Child Adoption Resource Association

2 Union Plaza, Suite 300
New London Connecticut 06320

Phone: 860-444-0553
Email: information@adoptacarakid.org
Web site: <http://adoptacarakid.org>



Making a Plan for Your Baby

First in a series of three brochures for birth parents

CHILD ADOPTION RESOURCE



Helping Birth Parents Cope with the Adoption Process

2 Union Plaza, Suite 300
New London Connecticut 06320
860-444-0553

The Different Types of Adoption

These are the different types of adoption plans for birth parents in Connecticut. In Connecticut, every adoption must be done through an **adoption agency** such as CARA. One type of adoption that is not legal in Connecticut is an adoption done **ONLY** by an attorney.

SEMI-OPEN ADOPTIONS

Nowadays, most expectant parents who choose an adoption plan choose a **semi-open adoption**.

We ask all adoptive parents to put together albums with photographs of themselves and their families. Each album tells you about the adoptive family in a way that tells you about their home, about the things they like to do and about the life your child might have with them.

They write letters to parents like you, telling you about themselves. This helps you know them a little bit better, so you will know your child will be safe and well-cared for.

Once you chose an adoptive family, this album is yours to keep. If you wish, you may meet the adoptive parents. These meetings are set up by your social worker. Only first names are used and your social worker will be with you. **Everything is confidential**.

After the adoption is finalized, you may ask the adoptive parents to send you pictures and written updates about the child. These are done through your social worker and the agency.

IDENTIFIED ADOPTION

Once in a while, a birth parent knows a family that wants to adopt a child. This type of adoption is called an **identified adoption** - 'identified' because the birth parents find the adoptive family on their own. There are specific regulations and rules about identified adoptions, so let your social worker know right away if you have a family picked out to adopt. Your social worker will go over these rules with you and the family you identified.

The adoptive family must have a completed home study before the child can be placed in their home. (*This takes a minimum of forty-five (45) days.*)



Everything is confidential

OTHER ADOPTIONS

Some birth parents do not want to be personally involved with the adoptive parents.

Your social worker will listen to how you want the adoption to be arranged. If you wish, CARA chooses the adoptive family according to your guidelines. You can decide how much or how little information you want to know about the adoptive family.

Who are our Adoptive Parents?

Most of the people who apply to adopt through CARA live in Connecticut, although sometimes adoptive parents who live in other states. Families come from all different races, ethnic backgrounds, and religions. Most parents are married couples who have been unable to have their own children. CARA also helps single parents and alternative families adopt children.

When adoptive parents apply to adopt a child, they must first have a "home study"; done. The home study is a thorough evaluation of the family and an assessment of their suitability for adoption. A social worker meets with them home several times. Information is collected about each member of the household, including family history, police and child abuse checks, to see if they have any criminal records, and reference letters. Every member of the family must have a physical exam and the home must be inspected for safety. The social worker also spends time educating parents about adoption and parenting adopted children.

Our Commitment to You

CARA is committed to helping birth parents throughout this process. During pre-adoption and post-adoption time, please ask your social worker any questions that you may have. All your questions and concerns are important to us, we encourage you to speak to your social worker anytime you have a question. We truly want your experience with us to be a positive one.