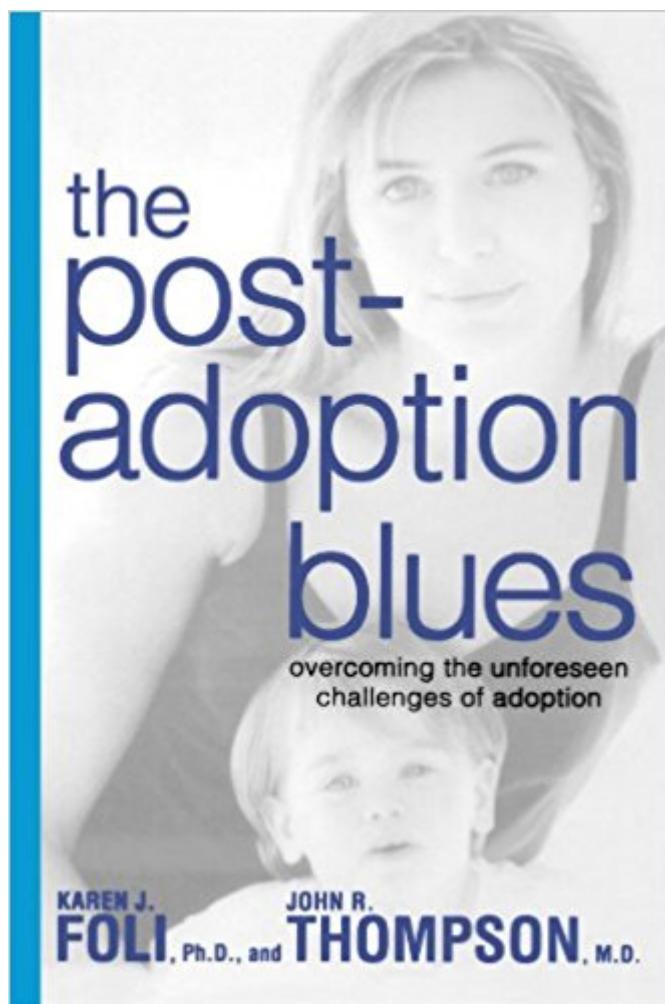


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# The Post-Adoption Blues: Overcoming The Unforeseen Challenges Of Adoption



## Synopsis

Over 150,000 people adopt children each year, and more than 2 million parents are now raising adopted children and grandchildren. While the path to parenting through adoption is rich with rewards and fulfillment, it's not without its bumps. This compassionate, illuminating, and ultimately uplifting book is the first to openly recognize the very normal feelings of stress that adoptive families encounter as they cope with the challenges and expectations of their new families. Where do parents turn when the waited-for bonding with their adopted child is slow to form? When they find themselves grieving over the birth child they couldn't have? When the child they so eagerly welcomed into their home arrives with major, unexpected needs? Until now, adoptive parents have had to struggle silently with their feelings, which can range from flutters of anxiety to unbearable sadness. At last, Karen J. Foli, a registered nurse, and her husband, John R. Thompson, a psychiatrist, lift the curtain of secrecy from "Post Adoption Depression Syndrome" (PADS). Drawing on their own experience as adoptive parents as well as interviews with dozens of adoptive families and experts in the field, the couple offers parents the understanding, support, and concrete solutions they need to overcome post-adoption blues-and open their hearts to the joy adoption can bring.

## Book Information

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## Customer Reviews

The mission of The Post-Adoption Blues is to examine the challenges of adoption, and to alleviate feelings often experienced during and after the adoption process. More specifically, the authors' state the following as their goals:- Narrow the differences between what is expected during the

adoption process and what is actually experienced in order to lessen stress and depression.- Teach adoptive families to confront stress and depression by allowing them to express the very real pain they're feeling; this will create opportunities for growth.- Open dialogue on post-adoption emotions in order to contribute to better-prepared adoption experiences. Concentrate on securing for adoptive parents the care and help they need.- Increase awareness and usage of effective coping strategies to help deal with stress and depression.- Describe and better understand the specific vulnerabilities of each type of adoption, be it domestic (open or confidential), international, foster parent, or kinship.In the book, the authors tackled difficult, but all-to-real fears that many adoptive parents experience. Some of them included concerns about parenting skills, and worries about how attached they will or will not become with their child. They described the following scenario regarding attachment:"Falling in love with a child that smells different, looks different, and behaves differently than you expected can be difficult. In some cases, immediate and visceral feelings of rejection of the child ensue. Then overwhelming panic grabs you as you realize that you have no idea what you need to do to change the situation.

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