# Pregnant? Thinking about adoption?

**An easy reference guide to our services.**

THE CHILDREN'S Home
& LEMIEUX Family CENTER

# WHAT IS BEST FOR YOU?

### OPEN ADOPTION
You can choose your level of contact, including receiving letters, pictures and/or having visits.

### CONFIDENTIALITY
It is your choice as to how much information you want to share with an adoptive family.

### CHOOSING AND/OR MEETING A FAMILY
You can choose your level of involvement in making an adoption plan.

### SPENDING TIME WITH THE BABY IN THE HOSPITAL
Some birthparents choose to spend time with their baby after delivery, while others prefer the adoptive family to care for the baby.

### TRANSITIONAL CARE
If you need a little more time to make a decision, transitional care parents can care for your baby until you feel ready.

### COUNSELING
Birthparent counselors are available to you at any point in time if you choose.

### TALKING WITH OTHER BIRTHPARENTS
A support group can be arranged or you can talk or email one-on-one with a birthparent.

### STILL UNDECIDED ABOUT ADOPTION?
A birthparent counselor can discuss all of your options and help you make the decision that is best for you.

**THERE ARE MANY MORE CHOICES AVAILABLE TO YOU.**
**Our birthparent counselors can answer your questions and help you make an adoption plan that feels right to you.**

# THE BASICS

Our experienced birthparent counselors are Master's-level professionals who will listen to you, answer your questions, help you sort out your options—whatever you need for as long as you choose.

Services to birthparents are objective, confidential, and at no cost to you.

You can contact us 24 hours per day, 7 days per week.

Your birthparent counselor can meet you anywhere that is convenient for you.

To learn more about
The Children's Home of Pittsburgh or to read more about the adoption process

visit our website at
www.childrenshomepgh.org/adoption

or find us on facebook at
facebook.com/chomepghadopt

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**"I knew that my family was embarking on a journey that was bigger than anything we had dealt with in the past and that we would need support."**

Birthmother, Colette and her mother, Rita

"One of the very first calls I made when I found out that my teenage daughter was pregnant, was to call an acquaintance of mine who I knew had been a counselor for birthmothers. I knew that my family was embarking on a journey that was bigger than anything we had dealt with in the past and that we would need support. I was immediately put in touch with an angel from The Children's Home of Pittsburgh. We were given extensive information on each choice that was available to my daughter. We were given a hand to hold and a 24 hour, phone-call-away support system. After many months of soul searching and heartbreaking decisions, my daughter chose to place her beautiful baby girl with an adoptive family. She and the family have agreed to an open adoption, which means we receive updates and pictures and feel as though we are a part of her life. I do not want to give the impression that any of the days after that initial call were easy. They were not, and there are still many moments of deep sadness that come at unexpected times. The overwhelming feeling that comes up more often than any other is that adoption was the right choice for my daughter and for her child. My daughter made the most loving and unselfish decision a woman could make. It will soon be three years since that beautiful baby was born. As we approach that day, we know that if we need any support at all we still have our hand to hold and our 24 hour a day friends from The Children's Home."

**Rita**
(Birthmother's mother.)

"When we found out that I was pregnant, the baby's father and I knew that an open adoption would be the best choice. We started researching agencies and, fortunately, The Children's Home of Pittsburgh was recommended to us. One afternoon I made the call and was put in touch with a wonderful woman that would be our birthparent counselor. We were able to choose from a large selection of families and decided to meet with our top choice couple, who we instantly loved. The Children's Home was there to help guide us along with no pressure and no judgments, even when the baby's father and I opted to place our newborn daughter in transitional care to get some perspective on this important decision. They even put us in contact with other birthparents during this "in between" time and the transitional care mom would call to keep us informed. After following through with our initial plan and placing our baby with the couple, I was able to participate in support groups that helped me feel less alone. Adoption is the hardest decision I'll ever have to make. Although it's been worth the pain to see how happy and loved my daughter is, it has truly helped to have the excellent support that The Children's Home provides."

**Rosie**
(Birthmother)

**"The Children's Home was there to help guide us along with no pressure and no judgments..."**

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**"I knew that The Children's Home would find a wonderful family that would provide my baby with everything I wanted him to have..."**

"When I first started working with The Children's Home, I was scared because I knew that I wasn't emotionally ready to choose or meet with an adoptive family. I met with my birthparent counselor who explained to me that I didn't have to choose and instead could provide preferences as to the type of family I'd like my baby to go home with. This is what I did and I knew that The Children's Home would find a wonderful family that would provide my baby with everything I wanted him to have. After my son was born, my birthparent counselor came to see me in the hospital and told me that the adoptive family had been called and couldn't wait to meet my son. This was so reassuring to hear! It has now been 1 year since my son was born and although I am not as sad as I was initially, I still know that I am not ready for any contact with the adoptive family. My birthparent counselor told me that if I am ready in the future, I can call her and receive an update or picture. I am not sure if I will ever be ready but it is nice to know that this is an option for me."

**Morgan**
(Birthmother)

# WHAT'S NEXT?

**If you're interested in learning more about adoption or taking the next step in the process, choose one of the options below to reach a birthparent counselor at The Children's Home of Pittsburgh.**

## MAIL

back the enclosed post card.

## CALL US

at 412.441.4884 or 1.800.961.7704.
You can reach a counselor at this number 24 hours per day, 7 days per week.

## TEXT US

at 412.736.2908. You can reach a counselor by text 24 hours per day, 7 days per week.

## E-MAIL US

at birthparentcounselor@chomepgh.org.
One of our birthparent counselors will respond to your email as soon as possible.

5324 Penn Avenue
Pittsburgh, PA 15224

phone: 412.441.4884
toll free: 1.800.961.7704
fax: 412.441.5323
text: 412.736.2908

e-mail: birthparentcounselor@chomepgh.org
www.childrenshomepgh.org
www.facebook.com/chomepghadopt