



What Happens Next?

If you choose to move forward with Adoptions From The Heart, below is the step by step process.

- 1) Contact Adoptions From The Heart by phone, email or online at www.afth.org. A counselor will talk with you about your options and if you are ready, will set up a time to meet with you in person.
- 2) Your counselor will meet with you throughout your pregnancy to walk you through each step of the process including the necessary paperwork. You will be asked to provide information about your medical history.
- 3) If you need help with getting medical insurance, prenatal care, or county/state benefits (*such as food stamps, cash assistance, etc*) your counselor can help and can also assist with transportation to pregnancy-related appointments.
- 4) During your meetings with your counselor you will explore options related to your pregnancy and adoption decisions. A part of the discussion will be about the baby's father. Your counselor will reach out to him if he is available to discuss his feelings about adoption.
- 5) Your counselor will ask you about your preferences for the adoptive family which may include type of family, amount of visits you want in the future, or other things important to you. You have control over this part of the process and can be as involved as you want.
- 6) Based on your choices your counselor will provide you with information about the families who match what you are looking for. You will be able to review a profile and video that each family has created in order to choose the family that feels right for you. If you prefer not to choose the family, your counselor will choose a family based on what you want.
- 7) Once you select a family, you can meet with them before the baby is born. Your counselor will be with you when you meet with the family.
- 8) Your counselor will talk with you about how you want the hospital experience to go. You get to make decisions about your time at the hospital including who you want to be there and when, whether you want to spend time with the baby and how much, and what you want to happen when you leave the hospital. Your counselor will share your plan with the hospital staff and the adoptive family.
- 9) When it's time to go to the hospital, we understand that your feelings may change. That's ok. Your counselor is there to support you and help you get what you want. Your counselor will be there to meet with you when you are ready, and the hospital social worker will be available on site as well. The adoptive family will come to the hospital when you want them to and the baby will go home from the hospital with them.
- 10) Sometime after the baby's birth, when you are feeling ready, you will meet with your counselor to complete legal paperwork for the adoption. You will receive a copy of everything you sign.
- 11) Your counselor will continue to follow up with you to check in and see how you are doing. You can reach out any time for more support. You will also begin receiving pictures and letters from the adoptive parents if you choose starting as early as the first week after birth.

Making an Adoption Plan While at the Hospital

The steps are the same however they will happen in a shorter time frame. You will still get counseling and support and be able to make choices about the adoptive family and the rest of your hospital stay. If you are currently at the hospital and considering adoption, let the hospital staff know and a counselor can meet with you right away.