



A Children's Guide to Adoption Support

Your therapist is a therapist who has worked with adopted children for many years.

She wants all children who have been adopted to have happy lives. Here are some ways that she helps adopted children and adoptive families:



- Playing games together*
- Getting to know you*
- Listening to you*
- Talking about feelings*
- Helping with problems*

FEELINGS

It helps to talk about feelings instead of keeping them inside. Children all have different feelings at different times about being adopted. I wonder which feelings you have at the moment?



Confused?



Sad?



Angry?



OK?



QUESTIONS

Often adopted children have lots of questions about their adoption - such as -

Why was I adopted?

Am I the only person who is adopted?

Can I tell my friends I am adopted?

I wonder if you have any questions that she can help you with?



THERAPY SESSIONS

Your therapist will meet with you every week, on the same day and at the same time. She will let you know how many times you will meet together and whether she will see you on your own or with your parent.

HELP

Your therapist hopes that she will be able to help you but there are other organisations that can help too.

CHILDLINE is a free, private service where you can talk about anything.

Tel no 0800 11 11 www.childline.org.uk

NATIONAL YOUTH ADVOCACY SERVICE offers advice and information to children and young people Tel no 0808 808 1001

www.youngpeople.nyas.net

THE CHILDREN'S COMMISSIONER for England is called Dame Rachel de Souza. Her tel no is 0207 783 8330 www.childrenscommissioner.gov.uk

IF YOU ARE UNHAPPY

If you are unhappy about anything to do with our sessions, please tell your parents who will tell your therapist. If you are still unhappy then you or your parents can contact the organisation below to make a complaint.

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