

Every state has different adoption practices.

Make sure to ask an ethical adoption professional about your state's laws.

### **You Have Rights**

- 1. You have the right to your own advocate.** - This is someone who is on your side - and your side alone. This person should help fight for your wishes - making sure you are in the driver seat at all times. It is important that you have the emotional and physical support you need, separate from the Adoptive Parents.
- 2. You also have the right to know your child and to design your adoption plan.**  
This means that as you think about the future, you can decide:
  - what you want your adoption relationship to look like.
  - how often to receive pictures and updates
  - how often to possibly visit with your child
- 3. You also have the right to other post-adoption care and follow-up beyond counseling.** Look for a professional that has an advocate checking in on you, support groups to connect with other birth moms, professional therapy, retreats, and more.
- 4. You have the right to take your time.** Trust your gut and do not rush into this decision.

*You are making hard decisions and it's important to know your rights so that you walk with your eyes wide open.*