



You're Not Alone

Facing an unplanned pregnancy can be overwhelming. This guide is here to support you—no pressure, no judgment—just honest answers about what open adoption could look like for you and your baby.

What is Open Adoption?

Open adoption means you get to:

- Choose the adoptive family
- Stay in touch if you want to
- Create a plan that fits your wishes
- Take advantage of free peer or professional counseling
- Have help with bills, rent, and transportation



Choosing the Right Family

You can search for families and look through family profiles. Each one includes:

- Photos and a video
- Info about their lifestyle, values, and home
- Details like hobbies, jobs, and whether they have kids

Want a family from a certain part of the country? Hoping for first-time parents? It's all up to you.



Adoption is NOT Goodbye Forever

Open adoption means you stay in touch with your child and her adoptive parents. You can decide what that contact looks like before you make an adoption plan. It can be:

- Getting pictures and updates through email or text
- Video chat or FaceTime
- Getting together for a visit each year

Real Talk from a Birth Mom

Tina placed her baby for adoption. She shares:

“I wasn't sure how open adoption worked, but I knew I wanted a say in my baby's future. I met amazing people and felt empowered. When I met the couple I chose, I knew it was right.”

Need to Talk or Text?
1-800-923-6784



Want to Explore Families?
[LifetimeAdoption.com](https://www.LifetimeAdoption.com)