

**Family Adoption Services**  
2010 Lancaster Road  
Birmingham Alabama 3509  
(205) 414-6003

**PARENTING PLAN**

Newborns and infants need special care and therefore require careful planning prior to their arrival. Your local hospital and your pediatrician will be excellent sources of information and support as you prepare for your child. Our social worker will discuss all of your parenting plans during the Home Study interview, answering your questions and making suggestions as needed. We realize most of our couples are facing parenthood for the first time; please do not be embarrassed or afraid to ask for assistance.

1. The birthmother's obstetrician will always give us an expected due date, however, this date may be plus or minus two weeks. It is imperative that you remain very flexible during this period of time and keep us advised of your whereabouts if you will be away from home overnight. Unless we feel there may be a problem during the 5-day period of revocation, all newborns will be placed with their adoptive family upon discharge from the hospital. Newborns are usually ready to leave the hospital within 48-72 hours after birth. The adoptive parents must be available to receive the child at that time. The agency also requires that one parent remains in the home with the child for a minimum of four weeks after the child is placed in the home.

2. All newborns must be seen by the adoptive family's pediatrician no later than 48-72 hours after arriving in the adoptive family's home. Prior to the birth of the child, we will need to know the name, address and phone number of the pediatrician you plan to use in order that we may inform the hospital nursery.

3. All newborns are discharged from the hospital by the pediatrician who treated them and supervised their care while in the hospital nursery. This pediatrician has placed the child on a formula that he deems necessary for the child. **DO NOT** change or mix formulas for any reason without the consent of a pediatrician.

4. You will be given instructions from the hospital explaining how to care for the umbilical cord and circumcision. The instructions are very easy to understand, and must be followed unless your family pediatrician tells you otherwise.

5. Please try to limit the amount of company you have in your home during the baby's first few weeks there. We understand that you want everyone to see the baby, but family and close friends only should be the rule. Also, be especially sensitive to taking the baby out of the home into large crowds (shopping at the mall, etc.). You will have a lot of volunteer help when the baby arrives; let them. Send friends, family or spouse on errands so that one of you stays home with the baby. After a few weeks it is a good idea to get a trusted babysitter and plan a date night out (if only for a few hours). Remember - you are still married!

6. Take a parenting class and an infant CPR class at your local hospital. You will come away from these classes feeling more confident and self-assured and they really do offer invaluable tips for first-time parents (feeding, changing, room temperatures, etc.). **Please attach a copy of your certificate of completion from the CPR class and return it to the agency along with your Parenting Plan.**

7. There are a number of books available from your personal gynecologist/obstetrician, the pediatrician you have chosen, as well as through the parenting classes at your local hospital.

8. Your child's birthmother is making what will probably be the most difficult decision of her life. YOU can help her be more comfortable with her decision, by understanding her requests for snapshots and progress notes during the child's first year. Do not feel threatened by this. Most birthmothers need some assurance that the child is healthy and happy (we have found this to be especially true during holiday seasons and/or special occasions). As with all other aspects of your adoption, the same level of confidentiality will be maintained and all requests and correspondence will be handled through the agency.

\_\_\_\_\_  
Name

\_\_\_\_\_  
Date

Please explain, in detail, your plans and expectations for your child's first year. Please indicate....

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(a) Who will stay with the baby for the first four weeks after arriving in your home: \_\_\_\_\_

\_\_\_\_\_

(b) Length of maternity and/or paternity leave you have available to you: \_\_\_\_\_

\_\_\_\_\_

(c) Plans for child care should both parents return to work after the initial four-week period: \_\_\_\_\_

\_\_\_\_\_

(d) Plans for the use of babysitters, day-care, etc.: \_\_\_\_\_

\_\_\_\_\_

(e) Attendance at parenting/infant CPR classes (please give dates and location of these classes): \_\_\_\_\_

\_\_\_\_\_

(f) Schedule for sending notes and/or snapshots to the agency for the birthmother: \_\_\_\_\_

\_\_\_\_\_

**Please detach this page and return with Home Study package.**