



Post Adoption Mediation Services

In answering these questions, keep in mind your non-negotiables (things you really want) and things you would prefer, but are open to discussion. Stay focused on your wishes, and be creative! Sometimes the easiest solutions are the hardest to see.

We encourage you to take some time to answer these questions on your own. CSS is here to help you sort through your questions and concerns, and help prepare you for your mediation session.

- What were your expectations at the time of the adoption?
- How has reality matched your expectations?
- Who (birth parents or adoptive parents) will initiate contact?
- What type of contact do you prefer (phone calls, emails, letters, visits)?
- At what frequency are you comfortable with each type of contact?
- What days are special to you? Holidays, birthdays, etc.?
- What are your thoughts regarding contact around these days?