

Adoption Choices of New York

Dear Birth Mother,

Please know that we understand this unplanned pregnancy and your consideration to choose adoption are so complex. Even if you are confident with your choices, it's a difficult process. We are here to talk with you and be of service.

We can never tell you what the "right" decision is for you, but we can help you work through all the emotions you're experiencing and questions you are asking. Hopefully, with our support we can help you feel comfortable and confident with your unplanned pregnancy options and choosing adoption.

We believe in providing honest, transparent adoption support, providing legal and ethical adoption services, and advocating for birth parents, and we are making an adoption commitment to you.

We commit to:

- Helping you process an unplanned pregnancy at any age and at any phase of life. Being pregnant at an age you didn't expect, or in a phase of your life that is already high-stress for you, is overwhelming – we are here for you.
- Reviewing all pregnancy options with you. And this means helping identify resources for parenting, for terminating your pregnancy, and for adoption. And discussing how these options fit with your beliefs. We believe in counseling you on ALL options. It is important that your plan is tailored to what you value.
- Always trying to understand what is going through your mind as you make this decision and address areas where we can help, no matter what.
- Transparency and being upfront about adoption expectations, procedures, and support.
- Never influence, pressure, nor judge you. We will provide you with helpful information so you can make an educated decision about your future and the future of your child.

- Helping you find and choose the right adoptive family for your baby. You always get to choose the family when you work with our agency, ask them questions, and even meet them in person.
- Providing you the option to choose the type of adoption plan you want and the level of openness you need. You will choose between open, semi-open, and closed adoption. Open adoption agreements are lawful and enforceable in New York which means if one party is not cooperating with the agreement, it is enforced in court – as long as the contact is still in the best interest of the child.
- Providing you financial support as allowable under New York state law. This includes financial support for living expenses from 60 days before birth and up to 30 days after birth, unless the court finds that there are exceptional circumstances which permit support for a longer period of time.
- Providing you legal assistance by experienced lawyers who regularly handle adoptions. We will make sure that your rights are respected and upheld throughout your adoption process.
- Ensuring you receive appropriate prenatal care. If you do not already have a doctor, we will help you find a doctor who understands your emotional and physical needs. You have the right to make your own medical decisions and create a birth plan/hospital plan as you see fit.
- Providing you counseling during your pregnancy and after you place your baby for adoption. We want you to get the emotional and mental health help/support you deserve.
- Respect your right to change your mind at any point in the adoption process up until the final paperwork is signed and your revocation period ends. Adoption is always your choice and nothing is final until it's final.

Your stability and rights in your pregnancy and through the adoption process are our biggest concerns. We want to cheer you on as a person and provide a safe, trusting environment. We truly respect your wishes and want to help you reach independence by finding housing, treatment, counseling, medical care, and family planning resources when you need them.

We will also

- always respect your privacy and confidentiality.
- always get to know you as a person as well as our client.
- always connect you to legal advice and representation for you during and after your pregnancy.
- always provide support to you in the way that feels most comfortable for you – calling, texting, video, meeting in person – we're ready to meet you where you are.
- always connect you with opportunities to discuss adoption with other birth parents who have placed a child for adoption.
- always help you face the complicated emotions that arise in adoption, during and after your adoption.
- always honor your decisions. For you, your pregnancy, your relationship, your family, and your baby.

~Your Adoption Professionals at Adoption Choices of New York

