



## **Parenting vs. Adoption Challenges**

*Adoptive Mother, Kolkata*

Even as adoption is truly an enriching and fulfilling experience, parents need to be emotionally prepared to hand hold the child during its formative years. Each child has a unique mental makeup and constitution. Notwithstanding parent's infallible love and commitment, the child may develop its own comprehension, fear, anxiety or comfort with adoption, at its own pace.

Separation anxiety can exist in children at emotional level, even if they were adopted as an infant. It could manifest in their behavior and response through the growing up years. Our son has always been attached to us, but we also discovered traces of separation anxiety when he would worry, when I would go out, if I will come back or not! He would repeatedly ask me if I loved him. He would cling to me; feel insecure if I cuddled another child or hate if other family members would hug another child in his presence.

Such a situation would worry any parent and we too would initially felt at a loss as to how to handle this. But worrying is not an answer. Reaching out to other adoptive parents, increasing our awareness by reading and interacting with experts helped us to understand that all it needs is constant reassurance to the child.

Situations keep recurring that reinforce the fact of adoption to our son – through school assignments, births in the family, growth pattern of cousins and their resemblance to parents etc. Reaching out to professionals, being close to our son and being objective about adoption are some of the tools and methods that come in very handy in addressing adoption related challenges.

It is noteworthy, that we, as adults, might underplay adoption related challenges, but these may become very significant and overbearing for young tender minds, as they get compared and emboldened at each interaction with larger sections of the society.

The very joy of parenting through adoption is enriching. I never knew there is so much to learning and understanding a child while parenting him.