



# The Need to Provide Educational Deliverables to Enhance Parental Education for Families Going Through the Adoption Process

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## Introduction

In the past five years, a total of 9,170 children were adopted internationally (U.S. Department of State, 2024). The National Council for Adoption (2023) found that 115,353 children were adopted domestically within the United States during the 2019-2020 fiscal year. These statistics show that adoption is prevalent within society and affects many families every year. The newly founded 501c3 Adoption and Foster Clinic serves foster and adoptive families. Their interdisciplinary team consists of a pediatrician, a nurse, an occupational therapist, and a family therapist. Each staff member's role and professional knowledge is vital to providing holistic care to meet the developmental, medical, and emotional needs of the children. Research shows that adoptive parents found access to specialized services, such as an adoption-competent pediatrician, helpful in their adoption journey (Lee et al., 2018). The study also noted an interdisciplinary approach was beneficial for the child and the family.

## Methods

The handouts were created through relevant scholarly research using UAB databases from the past 10 years and the occupational therapist's knowledge. Each handout was created on Canva and reviewed by the therapist for any revisions needed to be made. Once approved, the handouts were organized in a binder based on specific categories (play, gross motor skills, etc.) and given to families as needed.

## Discussion

The educational handouts were given to families at the end of a session based on their needs. Each one was discussed with the family, so the parents would know how to transfer the activities to the home environment. These activities are provided to families to encourage activities that will promote attachment, play,

## Discussion continued

sensory regulation, etc. It will be beneficial to have ideas to incorporate in the home that are seen as fun activities. A limitation to the project was the small sample size (3 individuals). The staff at The Adoption and Foster Clinic was the focus of this project in order to help them feel prepared to give deliverables either about the clinic or their role and how they can serve the families. Providing a survey to the families seemed unreliable within the 14-weeks since there are 3-month, 6-month, and yearly visits based on needs. For future studies, a survey could be given at the visit and at the next visit to see how effective the handouts were.

### PLAY SKILLS

Play is one of the main occupations of a child. It is the way that a child learns about the environment, their body and their place in the world around them. Imitation is the best way to demonstrate how to play with more age appropriate toys. During play time with your child, choose 3 types of toys or activities to engage your child with.

#### 10-minute activity time:

- Step 1: Have your child sit in your lap or sitting in front of you
- Step 2: Place the toys behind your back (only 3)
- Step 3: Present one activity at a time
- Step 4: Provide hand over hand assistance or hand over wrist/forearm to show your child how to play with new toys

This type of play style addresses attachment, language skills, play skills, and thinking skills.

#### Examples:

- Identifying pictures in a book
- Putting pieces into puzzle
- Places shapes into shape sorter
- Stacking blocks
- Coloring/scribbling with crayon
- Rolling a ball or car
- Playing with a stuffed animal
- Introducing PlayDoh
- Popping fidgets
- Placing rings on a ring stacker



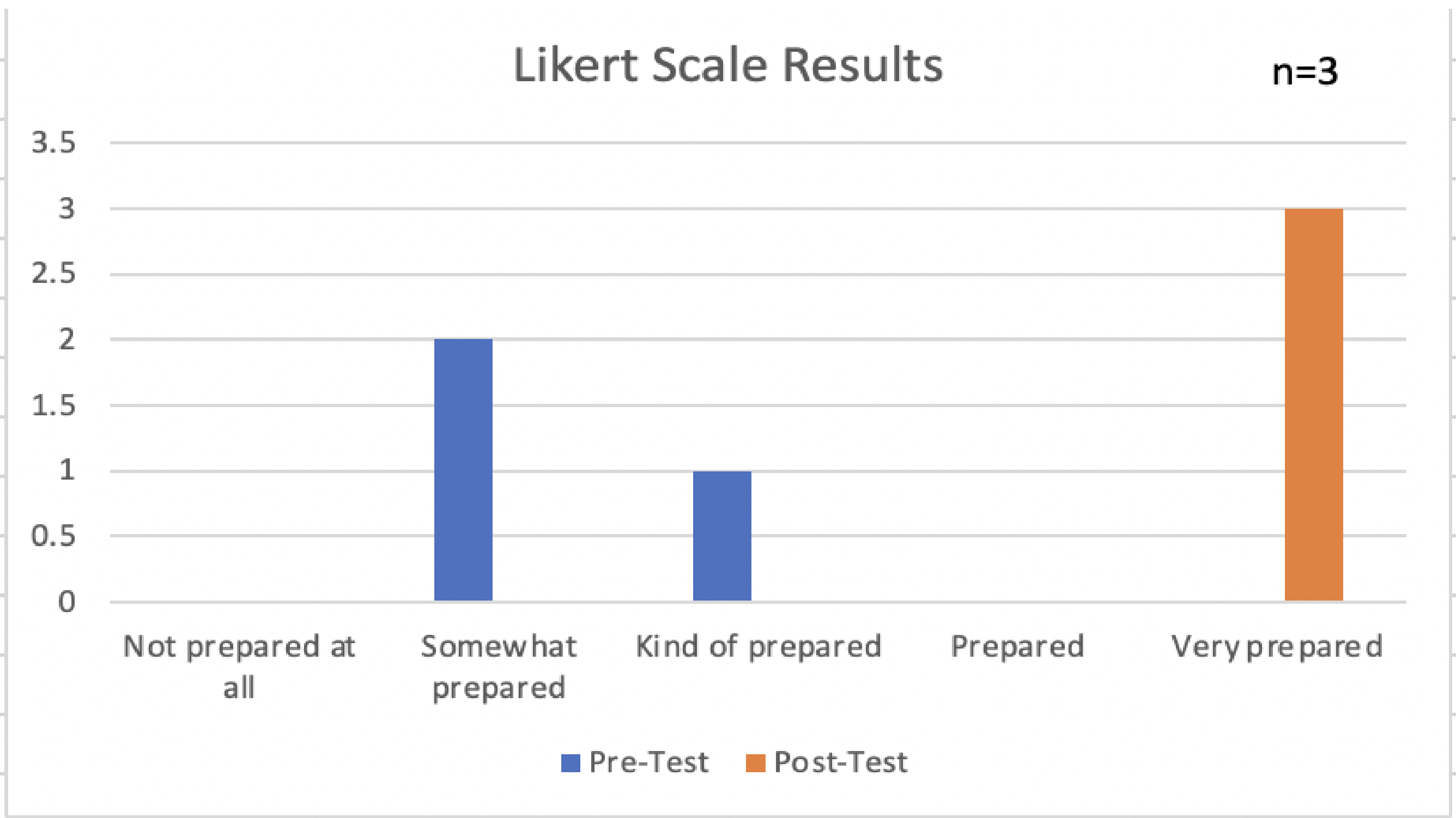
Look at the developmental checklist for more ideas to include in the 10 minute activity time.

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## Results

A 5-point Likert scale was asked how prepared do you feel to give educational materials that inform potential families, donors, and the community about your role and about the Adoption and Foster Care Clinic's mission?



## References

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