



National Adoption Awareness Month

Let's Talk! Daily Challenge

30 prompts to promote conversations with your children.

Parents, review the following list and select questions that are developmentally appropriate for you child. Modify questions, as needed, to fit your child's story and age. Always ask questions in a safe environment when you have time for a thoughtful conversation. Right before bed or when you only have 15 minutes is never a good time.

Allow your child to lead the conversation and always validate what they share. Some kids may not want to engage in every question and that's okay. Reassure them that if and when they want to talk, you will always be ready to listen. We've included several resources at the bottom of this list to aid you in discussing adoption with your child.

1. **Parents:** Explain what National Adoption Awareness Month is, why we celebrate it, and what the daily challenge is.
2. What is your adoption story?
3. What does adoption mean to you?
4. Do you feel comfortable talking about adoption?
5. **Parents:** tell your child about some of the first experiences you/they had in regard to adoption
 - a. First time you met their birth mom (or learned about them-what were your thoughts and feelings)
 - b. First time you met them
 - c. First visit with their birth family
6. What is your earliest memory of adoption?
7. What questions do you have about adoption?
8. What books, TV shows, or movies talk about adoption?
9. How do you explain adoption to your friends?
10. How do people respond when you tell them you were adopted?
11. How can we celebrate your birth culture/racial identity more?
12. If you could change one thing about your adoption, what would it be?
13. How can I honor you more in daily life?
14. Write a letter to your child's birth family together.
15. What is the happiest thing about adoption?
16. What is the saddest thing about adoption?
17. How can I better support your relationship with your birth family?
18. Are you confused about any part of your adoption story?
19. What's your best memory with your birth mom/family? What would you like to do?
20. How do you feel about the contact you have with your birth family? Do you want more, less?
21. What is one thing you wish more people knew about adoption?
22. Do you know anyone else adopted?
23. Should we talk about adoption more in our family?
24. Draw your family tree.
25. **Parents:** share why you chose to adopt.
26. How can you deal with any negativity that comes up regarding topic of adoption?
27. What is your favorite food, activity, and music? Do you think your birth family likes those things too?
28. **Parents:** what was the first thing you said and felt when you first saw your child?
29. What is something that makes you special?
30. Celebrate with Cake! Make a wish for growth, strength, and love.

Resources to help navigate conversations:

[Adoptive Families Guide to Positive Adoption Conversations](#)

[How Do You Manage Intrusive Questions about Your Adopted, Foster, or Kinship Child?](#)

[6 Things Your Adopted Kids Need to Know by Age 6](#)

[Positive Adoption Language & Why It Matters](#)

[Talking With Kids About Adoption at Different Ages. Creating a Family](#)

Please don't hesitate to reach out to ACI for guidance or support. We remain committed to supporting our families throughout their lifelong adoption journey.