

# CHAPTER 3



## ADJUSTMENT TO PARENTHOOD



Adoption Council of Canada  
Conseil d'adoption du Canada

# SELECTED QUALITIES OF SUCCESSFUL ADOPTIVE PARENTS COURTESY OF NACAC

Successful Adoptive Parents:

- Have a tolerance for the ambivalent and/or strong feelings they feel when parenting children with special needs in extreme situations
- Refuse to be rejected by the child and have an ability to delay the gratification of their parental needs
- Are able to find happiness in small increments of improvement
- Share their parental role with other key adults
- Have a systems view of their family
- Take charge of their parental role
- Insist on developing an immediate relationship with the child
- See humour in daily life (even in crisis) and practice self-care
- Have an open versus closed family system