

# upside down

understanding and supporting  
attachment in adoptive families

## *[the cheat sheet]*

- Many of our children lived in institutions or other hard places for years. Adoption begins with grief. The child brings that grief into the family, and then everyone needs healing. And the healing happens, but it takes time.
- If a parent says their child has special needs, trust them and not just the child's appearance or your own experience. So much is at stake.
- We want to be truthful. But we also want to protect our children, their story, and our family as a whole. We want to protect and encourage the adoption process. We often don't know how to merge all of these realities.
- Our perspective has to change, or we'll cause more damage to the child and isolate the family who is working so hard to help them heal.
- Parents sometimes live with the judgement of others when we set limits for our children from hard places, but we live with the consequences of their behavior if we don't.
- Adoptive parents can't - and shouldn't - defend themselves by giving everyone all the gory details of their child's story and needs.
- The Creator of the world turned everything upside down to show us we were valuable, cared for, and loved - for good, forever.  
The Savior let Himself be shattered to save the broken.