

Name:

A Strengths/Needs Worksheet for Fertility Loss Experts

This worksheet is for individuals or couples who have experienced the loss of fertility, i.e., have not been able to conceive a child or give birth to a surviving child.

It can help you consider if fostering or adopting is “right” for you, in terms of infertility issues.

Please read the tasks below. Write out examples of how you know you have accomplished the task. Write any needs you have concerning any or all of the tasks. For any or all of the tasks, you may have both strengths and needs. Some of the tasks may not apply to you. If two of you are participating in the program, compare your lists.

Task	Strengths (What I have done to accomplish this task)	Needs (What I still need to do)
1. I have decided that I want to parent a child and that parenting is more important than giving birth.		
2. My decision to pursue fostering or adopting has happened gradually over some months.		
3. I have not been able to conceive a child and I have grieved for that loss.		
4. I have sought information about foster care or adoption for several months.		
5. I am willingly pursuing fostering or adopting and at this time do not feel coerced by my spouse or others in my family.		

Task	Strengths (What I have done to accomplish this task)	Needs (What I still need to do)
6. I have talked with at least one family who has fostered and at least one family who has adopted.		
7. Over several months, conversations with family members and friends have focused on foster care or adoption.		
8. I have planned and discussed ways to talk with a child about being adopted or being in foster care.		
9. I feel comfortable about “sharing parenting” with birth parents — if not in person, then at least through helping the child have a positive self-concept and feel positive about self-identity and “roots.”		
10. I understand the difference between foster care and adoption.		

Task	Strengths (What I have done to accomplish this task)	Needs (What I still need to do)
11. I understand if I choose foster care, I have an obligation to help the child return to their birth family.		
12. I am committed to participate in the program as a way of accomplishing the above tasks.		
13. I feel comfortable about helping the child learn information about and/or locate birth family and previous foster families.		