

AdoptiveDads.org – a Resource Site for Fathers in Adoption and Foster Care

By Arleta James, PCC



Both fathers and mothers possess the capacity to significantly influence the healthy growth and development of their children with histories of trauma, and to impact their potential as successful and well-adjusted adults. In fact, the child who has two psychologically active parents is:

- exposed to a diverse array of interests and activities
- more socially flexible
- more successful in his or her academic endeavors
- more successful in athletic endeavors
- higher in self-esteem
- better able to problem solve
- less impulsive
- stronger in moral development/empathic concern for others
- less stereotypical with people regarding gender issues
- more resilient at times of maximum stress
- less likely to engage in various types of risk-taking behaviors
- *more satisfied with family life and sibling relationships* (Lamb, 1997; Biller & Trotter, 1994 & Pruett, 1987 & 2000).

1 Arleta James, PCC, ABC of Ohio, 440-230-1960, arletajames@gmail.com, www.arletajames.com, *Welcoming a Brother or Sister by Adoption: From Navigating New Relationships to Building a Loving Family* (Jessica-Kinsley Publishers - <http://www.jkp.com/>, 2013)

Often, the unique strengths (and weaknesses), viewpoints and needs of male parents in the lives of their children-by-adoption are not addressed. AdoptiveDads.org seeks to contribute to fill this gap. The site has many authors—adoptive fathers—and they post about all aspects of adoption. What makes this resource site so truly wonderful is the compassion and feelings with which these dads describe their experience of fathering. Many of the posts are truly touching. Professionals and parents—mothers and fathers—will gain a depth of insight as to the true meaning of becoming and being a father after reading the stories and replies. No one who takes the time to explore this site will ever view adoptive fathers as other than having the capacity to be a full parenting partner when encouraged and given the opportunity.

Fathers, themselves, will feel supported and will certainly learn an array of ways to care for themselves and their adopted child. From completing paperwork, helping extended family accept the idea of an adopted grandchild or niece, talking to a child about the loss of the birth family, to creating a support system—and much more—AdoptiveFathers.org offers some ideas.

Visit AdoptiveDads.org today!

2 Arleta James, PCC, ABC of Ohio, 440-230-1960, arletajames@gmail.com, www.arletajames.com, *Welcoming a Brother or Sister by Adoption: From Navigating New Relationships to Building a Loving Family* (Jessica-Kinsley Publishers - <http://www.jkp.com/>, 2013)