

A FOSTER-ADOPTION STORY:

Angela and Michael's Journey

A Therapeutic Workbook



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Angela and Michael were sitting on their porch swing one breezy afternoon, watching their dog play. Most days, the children were happy about their life in their adoptive family. But sometimes they had big feelings about what happened to them that brought them to this swing...this place...this family.



Do you think about your life before your adoption? Do you sometimes feel sad, or angry, or scared?

Like all children, Michael and Angela have birth parents. They used to live with their birth parents, Jodi and Rick. Sometimes the family had good times, like when they watched movies together or went to the park. But a lot of times things were bad.

Do you have good memories about your birth parents? What are some of those memories? If you do not remember your birth parents, what do you imagine they were like?



Angela and Michael's birth parents had some very serious problems. Sometimes they used drugs and were not able to take care of the children. Sometimes they drank too much alcohol and they would yell and fight. Sometimes they even hit the children.

Michael and Angela remembered times when there wasn't enough food, and when the family had to live in a car. Michael was two years older than Angela so he tried to take care of her; but he was still a child himself, and it was very hard.



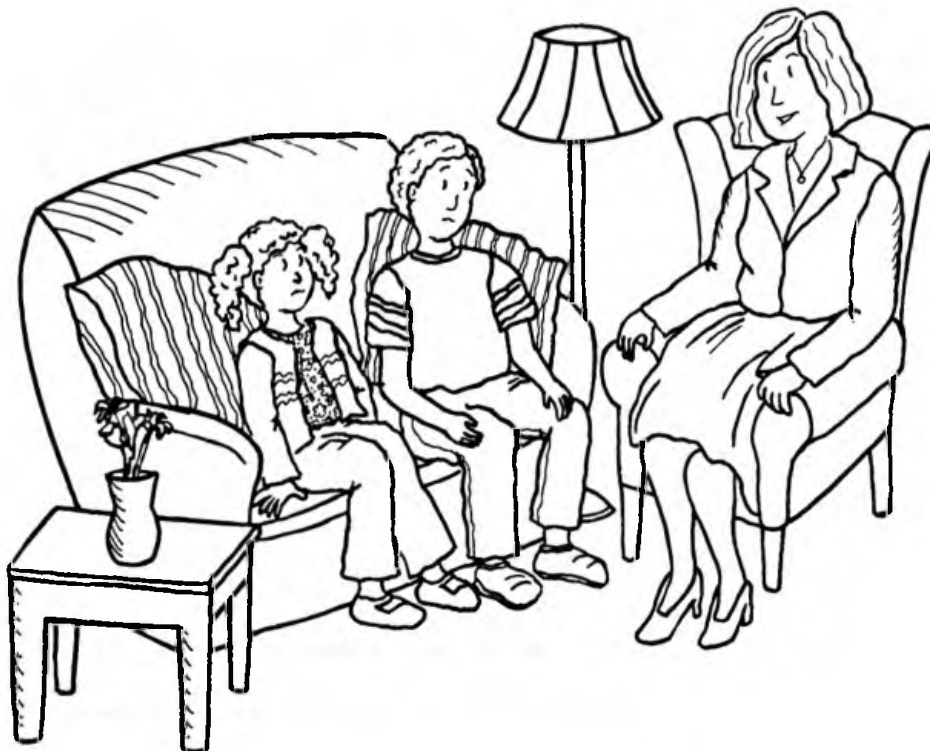
What were some of the problems in your birth home? Was it scary and confusing?

Sometimes Michael and Angela went to school dirty, hungry, or with bruises. The teachers were worried, and they called a social worker to check on the children.

The social worker's name was Gloria. It was her job to make sure children are safe and well taken care of. She found that the children were not safe in their home.

Angela and Michael were afraid to leave their birth parents. They were sad, because they loved Jodi and Rick very much.

Do you know how you came into foster care? How did you feel when that happened?



Gloria took Michael and Angela to live at a foster home. The foster parents, Mr. and Mrs. Johnson, were very nice. They had three older birth children, who were nice also. The house was clean and there was always enough food.

