

# Adoption Information Services, Inc. NEWSLETTER

Yes! You Can Adopt  
Usually in 3-12 Months

Issue 7

AIS is proud to have helped place more than 2,000 newborns with loving parents.



## When It's Time To Travel

1. Check with your hotel to see if they have a portable crib you can use. Otherwise consider a Pack-N-Play.
2. A baby pack (optional)
3. Special outfit for discharge – the birthmother may have purchased an outfit to give as a gift. If so, allow her to dress the baby if she desires. She may need this time with the baby.
4. Buy a card or small gift for the birthmother (parents). Often giving them something meaningful helps with their healing process and this is a kind gesture on your part. You may want to give them a guardian angel pin, a stuffed animal, flowers, music or a poem.
5. Be sure the diaper bag, car seat and camera with extra film go with you!
6. Remember there are local stores and marts where you can purchase anything you may need. Don't bring the kitchen sink with you!

## Nesting for EPUDs – Being Prepared for Domestic Travel when Receiving Your Baby Through Adoption

EPUD stands for “Emotionally Pregnant Unknown Duration.” Since there's no way to know when you may get the call, there are a few preparations you should make as an EPUD. You become an EPUD after you have completed your profile, your homestudy, and have applied with several adoption agencies or attorneys.

We all feel the need to prepare--especially women. We want to have the nursery all done, but on the other hand we don't want to look at an empty nursery, not knowing when (or if) this particular baby will be ours.

Here are our recommendations:

1. Purchase a nice easy-to-carry diaper bag and fill it with necessities for your baby, such as receiving blankets, onesies, t-shirts, diapers, wipes, bottles, nipples and formula.
2. Purchase a car seat.
3. Have a camera and film ready to go.
4. You want to decorate the nursery. **Don't!!!** Plan the nursery; pick out what you want with a friend or relative; put furniture, etc. on layaway.
5. Where will the baby be sleeping when you return home? Most will use a cradle in their bedroom for the first few weeks. So think practically when planning what is absolutely necessary to do ahead of time.



### Things NOT to do Before the Baby's Arrival

1. DO NOT have a baby shower. For adoption it's much better to have the shower once the baby is home and you know everything worked out. It's also a great way to introduce the baby to your family and friends.
2. DO NOT buy sex specific clothes. Even if the ultrasound indicates a boy or a girl, it could be wrong or this particular situation may not work out.

### Tips

Here are a few small emotional reminders to take with you before greeting your newborn:

1. This is an important trip, share your feelings with your husband or a loved one.
2. Try to jot down your feelings in a journal or notepad. You'll be able to look at what you've written years later.
3. Try to think of the birthparents and what they may be experiencing.



*“We want to thank you for being our friend and advocate through a process that at times seemed endless and impossible.”*



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For more information, visit our website at [www.adoptioninfosvcs.com](http://www.adoptioninfosvcs.com).

Request our educational DVD. A recording of one of our many seminars, it's packed with valuable information on the entire adoption process. It's free of charge, so get one for your friends, family, minister--anyone who might be interested in learning more about the adoption process