

NAVIGATING OPENNESS AND CONTACT DURING COVID-19

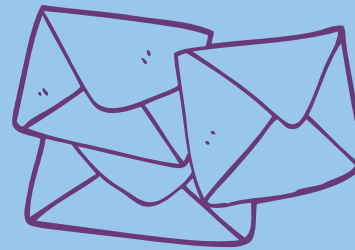
Communication is key



Explain that this is not forever.

Things will get back to normal, and your child will be able to see their birth family in person again.

Take it old school



Send drawings, letters, and photographs through snail mail.

Encourage birth family members to do the same.

Technology can help



Apps like Messenger Kids and Zoom can be great for connecting with family we can't see right now.

Try scheduling daily or weekly chats.

Go for a drive



If birth family members live near by, try driving by their house and waving from a safe distance.

A short chat may even be okay if social distancing guidelines are followed.

Openness and contact are designed with a child's safety and best interest at heart. We know openness looks very different for everyone. If you'd like advice for your specific situation, your Family Support Worker can help!

Contact our Family Support Workers:
bcadoption.com/support



Adoptive Families
Association of BC