

Adoptive Parent Competencies

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| P1. Understand the differences between raising a child by birth and by adoption. |
| P2. Understand implications of a child's unique history. |
| P3. Reframe behaviors based on assessment of experiences (i.e., histories of experiences with attachment, loss and grief and trauma, and genetic and pre- and perinatal histories) and level of development. |
| P4. Establish age- and developmental stage-appropriate behavioral expectations within the context of the child's unique history. |
| P5. Use parenting approaches that strengthen coping and self-regulation while preserving attachment and bonding. |
| P6. Use parenting approaches that strengthen attachment (i.e., recognize and use opportunities for experiences that promote secure attachments, give voice to their loss and grief in safe ways). |
| P7. Use parenting approaches that promote healing from trauma (i.e., recognize and use family rituals and experiences that nurture and heal, provide structure, routines, age-appropriate behavior management). |
| P8. Use parenting approaches that nurture healthy identity formation (i.e., initiate conversations about race, ethnicity, and culture, preserve connections to ethnic/racial heritage and culture, support identity exploration, assist in integration of racial/ethnic, sexual orientation/gender identity with other identities, and support individuation through adolescence and young adulthood). |
| P9. Accept, value, and support attachments to birth and prior foster families and support search and reunion if/when it occurs. |
| P10. Recognize the importance and value of advocacy and collaboration with the multiple systems that impact their child. |
| P11. Identify their own needs and learn to employ self-care strategies to sustain them in their therapeutic parenting. |