

Strategies for Addressing the Needs of Young Internationally Adopted Children

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At arrival, families of internationally adopted children are faced with the challenge of managing their child's difficulties with eating, sleeping, and adjusting to their new home. Little is known about the perception of adoptive parents regarding their internationally adopted child's behaviors, or the consequences of these behaviors on family function. Furthermore, little is known or has been described about the strategies parents use to address these challenges.

Therefore, we selected a set of parents, to share their reflections on the strengths, challenges, and strategies in parenting their newly internationally adopted children. This preliminary study suggests that prior to adoption and throughout the adoption process families need the support of adoption specialists to assist in building strong family relationships. Therapists working in this field must focus intervention around supporting and training parents how to better deal with their newly adopted child's needs in the areas of temperament, self-regulation, and sensory processing.