

# Adopting a Toddler

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Ideal for first time parents, preparing for the arrival of your toddler or older infant. Includes basic childcare information while addressing the unique need of adopted children.

## Adopting A Toddler

### Advantages

- Potty trained
- Sleep through the night
- More mobile/ interactive
- Health- may aid in Diagnosis of Medical issues: FAS, Cerebral Palsy, etc.
- Temperament: mood/personality, activity level, attention/distractibility, emotional response, response to stimulation

### Early Obstacles

- Neglect, abuse, and trauma
- Poor caregiver ratio, or frequent changes
- Inadequate nurturing and stimulation
- Food insecurities/nutritional deficiencies
- Misdiagnosis or treatment of medical conditions

### Growth and Development

#### Preparing for your new arrival

- Naming your Child

#### Preparing your Home

- The Nursery
- Potty Time
- Bath Time

#### Meeting your Child

- Love at first sight
- Expectations versus realities
- Caretaker Questions
- Grief and loss
- Trauma/Transition
- Common Medical issue

### Feeding your Child

- Changing Diets
- Food Sensitivities
- Food Allergies
- Hoarding and Bingeing
- High Calorie/High Protein Diet

### Past, Present, and Future

#### Fostering Attachment/Parenting

- Regression
- Attachment Games
- Control/Limit Settings
- Establish mom first
- Establish Routine
- Immediate Response
- Comfort Crying

#### Adoption Resources

- Early Intervention/ Childfind
- Preschool Services
- Special Ed
- Developmental Pediatrician
- International Adoption Specialist
- Pre- and Post Adoption Support