



Adopting Overseas:

**A Guide to Adopting from Australia, plus personal stories that will inspire you.
by Lucy Burns and Ailsa Burns**

Rockpool Publishing; rrp: \$34.95; paperback; 272 pages; ISBN978-1-921295-02-7

"I remember how excited we felt attending our first adoption information evening. This was the beginning of what was to become the most important event of our lives."

Anthea and Craig's story Chapter 8

Intercountry adoption has become the most common form of adoption in Australia. This topical book looks not only at the processes involved in adopting a child from other countries into Australian families but also includes the findings of the largest survey of adoptive parents in Australia. The information they share with us and their personal experiences are heartwarming, inspiring and sometimes confronting.

This book also provides useful tips and coping strategies for managing change for both the parents and children of adoptive families who may be experiencing problems.

"Adoptive parents often feel they have to be 'super parents', equipped for all situations, and that asking for help is like admitting some sort of failure as a parent. There is very much a code of silence about adoptive parents asking for help. Many parents are afraid that reporting problems might lead to the involvement of child protection services," says author and mother of two adopted children, Lucy Burns.

ASIAC NSW President, Evelyne Schilz-Middleton agrees, "This book will refocus the overseas adoption debate on post-adoption experiences and issues. It highlights the critical role that adoptive parent support groups such as ASIAC have in helping families with information, research, links to professionals and other families, to provide them with the best chance of making the adoption experience a fulfilling one."

Adopting Overseas offers both expert advice and personal accounts on how best to manage a range of issues that some adoptive families will face such as;

- Why choose intercountry adoption?
- The assessment process and reasons why it can be a lengthy and stressful process
- Will our child attach to us?
- Settling and tantrums
- Anxiety about being abandoned
- Health issues such as skin, teeth, delayed growth and motor development
- Behavioural/Psychological issues
- Finding out about your child's background and keeping the birth culture alive
- Racism

This book is the first comprehensive account of adopting from overseas from Australia with tips on travel, health and child care, through the advice of other adoptive parents and experts.

Lucy Burns and President, ASIAC NSW, Evelyne Schilz-Middleton are available for interview.

www.rockpoolpublishing.com.au

For further information, please contact Jackie Evans, Publicist,
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About the Authors

Lucy Burns RN, MPH, PhD has a background in public health policy and epidemiology and is a Lecturer at the National Drug and Alcohol Research Centre at the *University of New South Wales*. She has published internationally in the area of drugs, mental health and pregnancy and has a strong interest in the areas of adoption and child development. As a parent of two children adopted from overseas, Lucy found there was very little information or support available, especially after returning from overseas with her children. She became strongly involved in the adoptive parent support group (ASIAC NSW) and became president for three years. She is married to Paul and is the proud mother of two children adopted from Thailand, Tatch 13 and Bee 9 years old.



Ailsa Burns PhD is an Honorary Associate in the Department of Psychology, *Macquarie University*, with a longstanding research interest and international profile in examining the changing nature of families in Australia. She has written many articles and books in the area of child development and the impact of changes in family structure on children. She is also Tatch, Bee, Max and Cam's much loved 'Gramma'.

About ASIAC (NSW) www.asiac.org.au

This book is proudly supported by the Australian Society for Intercountry Aid for Children (ASIAC). ASIAC is the largest non-profit adoptive parent support group in NSW. It comprises families that have adopted or are in the process of adopting a child from China, Korea, Hong Kong, India, The Philippines, Taiwan and Thailand. ASIAC has been helping adoptive families for over 30 years by supporting, guiding and educating its members during all stages of the adoption journey. ASIAC's philosophy is that every child, regardless of colour, race or creed, has the best chance to develop to his or her full potential within a loving family. Evelyne Schilz-Middleton has been the current president for 2 years and is also available for interview. Evelyne and her husband Richard are the proud parents of their vibrant 4 year old son, Juneau adopted from Korea.



Please note that names in the personal stories have been changed to protect the privacy of families.

The authors are donating their royalties from the sales of this book to overseas aid for children.

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