

Instead of saying this...	Say this instead.	Why the change?
<p><i>Gave up for adoption</i> or <i>Gave the baby away</i></p>	<p><i>Placed for adoption</i> or <i>Chose adoption</i></p>	<p>Expectant moms who choose adoption aren't "giving away" or "giving up" their child. They were empowered to choose an option that made sense for them and their child.</p>
<p><i>The birth mom</i> or <i>Our birth mom</i></p>	<p><i>[your child's name]'s birth mom</i></p>	<p>The person who gave birth to your child is a woman with a name and an identity. Saying "the" birth mom disconnects your child from that fact, and from their relationship to her. Also, she is your child's birth mother — not yours, not "ours."</p>
<p><i>Your birth mom</i></p>	<p><i>[use her name in conversation]</i></p>	<p>"We're going to visit Sarah next Saturday. This will be so exciting for her to see how much you've grown!"</p>
<p><i>She decided to keep the baby</i></p>	<p><i>She decided to parent</i></p>	<p>Just like a woman doesn't choose to "give up" their baby for adoption, their other choice is not to "keep" their baby. The decision to place a child for adoption or to parent them are both viable choices.</p>
<p><i>Fall in your lap adoption</i></p>	<p><i>Surprise adoption</i></p>	<p>Every baby comes from somewhere. "Fall in your lap" removes the child's birth mother from the equation.</p>
<p><i>Open/closed adoption</i></p>	<p><i>Adoption with/without contact</i></p>	<p>The amount of contact you'll have with your child's birth family isn't all or nothing. You'll work out a level of contact that works for all parties.</p>
<p><i>Real mom/dad/family</i></p>	<p><i>Birth or biological mom/dad/family</i>  <i>Adoptive mom/dad/family</i></p>	<p>An adopted child has two families — neither one of them are more "real" than the other.</p>