

Guidance for writing mailbox letters

From Adopters To Birth Families



What information should I include in my letter?

A mailbox letter is a way for adopters and birth parents to safely share information.

There are times when this does not feel easy, but it is important to remember that adopted children benefit greatly from these exchanges.

Some suggestions

 Talk about what's happening in the child's everyday life, interests, hobbies, likes and dislikes.

Example – Favourite foods, TV programmes, books, school subjects.

- How they are getting along with their friends.
- · Progress at school.
- Positive comments that the child has made about adoption or the information included in their life story book about their birth family.
- · Mention the child's health and general development.
- It may be useful to include information about any relevant changes in the adoptive family.

REMEMBER Writing a letter is a way of making it clear to the child that their adoptive family accept everything about them including their birth family and past life.

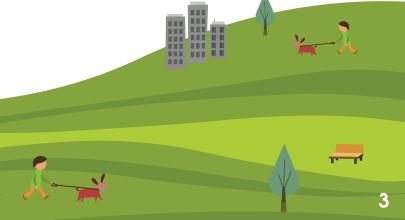
Finally

While we all like to give positive news, occasionally adoptive parents and birth families may sometimes have to share worrying or distressing information about:

- Health issues
- A death in the family
- Difficulties in their family

Sometimes it is best to discuss with a worker from the post adoption support team about how to pass on such news.





We've put together a step-by-step guide to help you to post your letter.

Step one

Please put your letter/information update into a plain stamped, unsealed envelope.

Step two

Place this envelope in another envelope, together with a note with your name and address (sender), name and date of birth of the child the letter relates to and who the letter is for (birth relative).

Without this information the mailbox administrator cannot identify who the letter is from and where it needs to go.

From - Peter & Stella Smith

To - Jayne Jackson (Birth Mother of Thomas Jackson)

DOB 15/07/2006

Step three

Please then post to:

Adoption Mailbox
Room C27A
PO Box 1337
County Hall
Preston
Lancashire
PR2 OTG

If you have any queries please contact us on 0300 123 6701



Letter from adopters to birth family

REMEMBER NOT TO INCLUDE YOUR ADDRESS!

Dear

(first name of birth relative)

Thank you for your last letter. Thomas does ask lots of questions about his past and really enjoys hearing about you.

Thomas is now 8 years old and in year 3 in school. He enjoys school and is very popular. He has really shot up this last year and has made good progress in all his subjects. He is particularly good at English and enjoys writing short stories. He is part of the school football team and has started to play for a community team on Sundays. He also enjoys playing the guitar and has recently passed his first music exam.

We recently went on holiday to Spain. There was a huge pool at the resort and Thomas practised his swimming strokes. He is quite a strong swimmer and recently got a swimming certificate. He made several friends on holiday and we are hoping to return next year.

Thomas has said that he wanted to send you something this year, so I have enclosed a picture that he has done for you.

Best Wishes
Peter and Stella.







