

SOULFILLING

Adoption

TOOLKIT FOR MOMS



Created by Francine Apy

SoulFilling[®]
By Francine Apy

Welcome

Whether you created your family through adoption or not, motherhood is filled with deep love, layered emotions, and moments that stretch us and deepen our understanding of how we best can show up to the ever-evolving needs of our family. There's strength in building a support network of like-minded moms, women who understand the nuances of parenting and are committed to showing up with intention, compassion, and grace.

For those of us raising children whose stories include adoption, we simply have one more lens to look through while raising our families, a lens shaped by added questions, conversations, and considerations that adoption can bring.

While we may not be able to shape every circumstance or predict every challenge, we can return to the steady ground of what is within our reach:

Our thoughts

Our actions

The community we choose to build around us

This simple toolkit is here to remind you of what you can control, and to offer encouragement and reflection for wherever you are on this journey. It's grounded in three pillars:

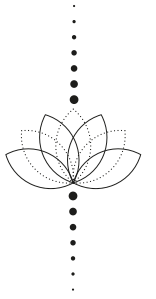
Rooted in Resilience.

Built on Connection.

Focused on What Matters Most.

Francine Apy

What You Can Control



WHAT THOUGHTS AM I CARRYING TODAY?

WRITE ONE IDEA OR PHRASE YOU WANT TO HOLD ONTO THIS WEEK:

Thought:

Action:

Community:

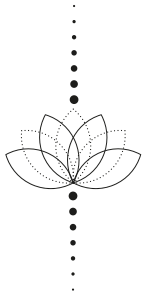
ARE THEY HELPING OR HURTING
HOW I SHOW UP AS A MOM?

WHAT'S ONE THING I CAN DO THIS
WEEK TO STRENGTHEN MY SUPPORT
SYSTEM?

*Example: text a friend, join a group,
ask for help, share a coffee.*

Resilience ISN'T ABOUT DOING IT ALL, IT'S ABOUT RETURNING TO
YOURSELF WITH COMPASSION AFTER THE HARD MOMENTS.

Your Story as a Mom



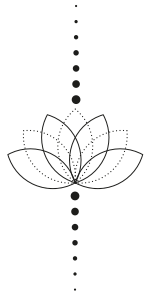
HOW DID I BECOME A MOM, AND WHAT DO I WANT MY CHILD TO KNOW ABOUT THAT?

WHAT PART OF OUR STORY AM I MOST PROUD OF?

WHAT WOULD I TELL ANOTHER MOM JUST BEGINNING THIS JOURNEY?

WHAT RELATIONSHIPS (FRIENDS, FAMILY, MENTORS) HELP ME FEEL MOST GROUNDED AS A MOM?

Gentle Guidance for Talking About Adoption



EVERYDAY LANGUAGE THAT SPARKS CONVERSATION

1. Simple words can make space.

Try phrases like “our adoption journey” or “the day our family grew” to casually and confidently include adoption in everyday conversation. These phrases spark curiosity and connection without needing a deep dive.

2. Say with care.

Instead of saying someone was “given up,” choose more respectful phrases like “placed for adoption” or “made an adoption plan.” These words acknowledge the love, thought, and intention behind the decision.

3. Keep it relatable.

Skip overly clinical terms or simplified phrases. Warm, age-appropriate, and honest language helps everyone feel included and understood, especially kids.

4. Honor all parts of the story.

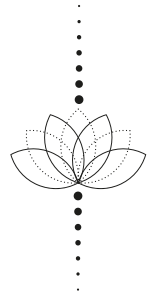
Use “birth family” or “biological family” if that fits your child’s story and your family’s language. The key is choosing terms that reflect respect, clarity, and what feels right for you.

CONVERSATION STARTERS FOR YOUNG KIDS

- Do you remember when we talked about the day you joined our family?
- What would you like to know about adoption today?
- That’s a great question, let me think about that, and we’ll talk more soon.
- Would you like to make an adoption book together? We can add pictures, write down thoughts, and create something that’s just for you to look at, add to, or keep wherever and whenever you’d like.

Mon Affirmation

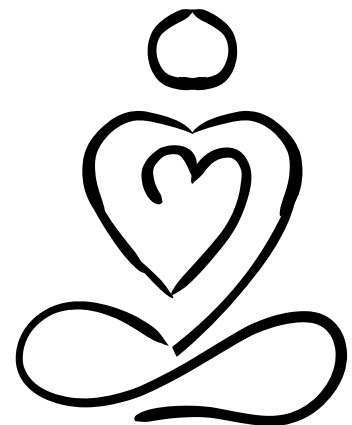
I DON'T NEED TO HAVE ALL THE ANSWERS. I JUST NEED TO STAY OPEN, PRESENT, AND WILLING TO KEEP THE CONVERSATION GOING.



A Soul Filling Pause

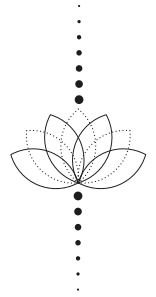
10-MINUTE RESET WHENEVER YOU NEED IT; TO GAIN PERSPECTIVE, NOT OVER REACT, OR FIND THE RIGHT WORDS THAT NEED TO BE SHARED.

- Breathe: Inhale for 4, hold for 4, exhale for 6.
- Pause: Step away from the moment to recenter, just for a few minutes, goes a long way. Practice again and again throughout the day, whenever you need a reset.
- Pray or Reflect: Help me show up with love, the right words and actions.



TAKING A MOMENT GIVES US THE OPPORTUNITY TO RESET, REFOCUS, AND MOVE FORWARD IN A CALM AND THOUGHTFUL WAY.

Built on Connection + Focused
on What Matters Most



Keep Going, Mom!

YOU DON'T HAVE TO BE PERFECT. WHAT MATTERS MOST IS SHOWING UP, WITH LOVE, HUMILITY, AND A WILLINGNESS TO KEEP LEARNING. FOCUS ON WHAT YOU CAN CONTROL, CARE FOR YOURSELF ALONG THE WAY, AND KEEP THE FAITH!

This toolkit is intentionally simple because what matters most isn't doing more, it's being more present in a calm, compassionate and authentically.

WANT MORE SOULFILLING SUPPORT?

SoulFilling is a faith-inspired, adoption informed space created by Francine Apy, a mom of three by adoption, coach, speaker, and author. Through tools, storytelling, and mindset support, SoulFilling helps moms navigate parenting with intention and heart.

Explore More at:

www.soulfillingadoption.com

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