

## Ways to Build a Family Definitions & Key Facts

### Assistive Reproductive Technology

- **Ovulation-Stimulating Medications** – used to increase the number and quality of eggs and luteal follicles developed
  - Often a first step in ART
  - Used in conjunction with timed intercourse
  - Also used with IUI and IVF
- **Intra-Uterine Insemination (IUI)** – placing of sperm into a woman’s uterus when she’s ovulating
  - Used for singles/couples with unexplained infertility, minimal male factor infertility, and women with cervical mucus problems
  - Often done in conjunction with ovulation-stimulating drugs
  - Can be performed using the male partner’s sperm or donor sperm
- **In Vitro Fertilization (IVF)** - involves removing ripened eggs from the female's ovary, fertilizing them with semen, incubating the dividing cells in a lab, and then replacing the developing embryo in the uterus at the appropriate time
  - Used for singles/couples with unexplained infertility, male factor infertility, female factor infertility
  - Can be performed using donor sperm, donor eggs, and a gestational surrogate
- **Please Don’t...**
  - Ask if multiples are “natural”... All God’s children are natural
  - Use the word “implanted”... embryos are transferred into a uterus, then they may or may not implant

### Surrogacy

- **Traditional Surrogacy** – Carrier is genetically linked to the child (carrier’s egg, intended father’s or donor sperm)
  - Relatively uncommon today
- **Gestational Surrogacy** – Carrier is not genetically linked to the child
  - Can involve any combination of intended parents’ eggs/sperm and donor eggs/sperm
  - More common than traditional surrogacy
- **Things to know...**
  - The woman carrying the child is a “Gestational Surrogate” or “Gestational Carrier”
  - The people who will rear the child are the “Intended Parents”

**Infertility. Miscarriage. Infant Loss. Spiritual Resources.**

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## Adoption

- **Domestic Infant Adoption**
  - Children are under a year when placed with adoptive parents – adoption is usually finalized in about 9 months.
  - Most domestic adoptions are “open,” meaning there is a level of contact between the birth parents, adoptive parents, and the child
  - Most birthparents are between 18-25 years old when they place their child with an adoptive family
    - Teens are the least likely to place their infants through adoption
  
- **Domestic Adoption from the Foster System**
  - Can take several years before children are “legally-free” and an adoption can be finalized
  - Children can be any age
  
- **International Adoption**
  - Children can be any age – most are at least toddlers
  - Can have been in an institutional or foster setting – it varies by country
  
- **Positive Adoption Language**
  - Children are “placed” for adoption, not “given up”
    - We don’t “give up” things we value, we “place” them with someone we trust
  - Adoption is a finite process
    - Children “were adopted,” not “are adopted”
    - Example: I would say “My son, Rhys, who was adopted” NOT “my adopted son, Rhys”
  - A woman who is pregnant and considering adoption is an “Expectant Mother”
  - A woman who has placed her child for adoption is a “Birth Mother” or “First Mother”
  - A man/woman who has adopted a child is a “Parent” or “Adoptive Parent”