



## **BARNARDOS POST ADOPTION SERVICE TO CHILDREN ADOPTED FROM ABROAD AND THEIR PARENTS**

Barnardos Post Adoption Service offers an independent, confidential and professional service to children adopted from abroad and their families who are living in the Dublin, Kildare and Wicklow area.

Parents from around the country can contact us for advice through our helpline and email service and are welcome to attend training events.

Most adopted children make excellent progress once they join loving families. However many can be affected in some way by not having had their vital early needs properly met. Children can show these effects in a variety of ways – anxiety, indiscriminate affection, hyper-vigilance, sleep/food issues or difficulty with regulation or calming down.

Parents often need help and support in learning how to respond appropriately.

Adopted children can also experience challenges as they get older in gaining an understanding of their background and birth culture. Sharing sensitive background information, choosing the right time to visit a country of origin, and facilitating contact with birth families are some of the other issues that can be part of being an adoptive family. The service has considerable experience in all of these areas.

### ***Staff training***

- Barnardos Post Adoption Service aims towards best practice in post adoption counselling for children and families.
- Staff have backgrounds in social work or psychology and have training in Theraplay, Sensory Attachment Intervention, Dyadic Developmental Psychotherapy and in the therapeutic methods developed by Holly Van Gulden.
- The team works in consultation with a Child and Adolescent Psychotherapist.

### ***Support Groups/Training***

Parenting support meetings are held at intervals through the year and larger training events are regularly facilitated. Information about training events and support meetings are on Barnardos [www.barnardos.ie](http://www.barnardos.ie)

***What service is provided?***

- Helpline and email advice
- Once off advice/counselling sessions for parents
- A sessional therapeutic service for children and parents together

***How to avail of the service***

Parents can phone or email.  
The service is small and there may be a waiting list.

**Barnardos Post Adoption Service  
Hyde Square  
654 South Circular Road Kilmainham  
Dublin 8  
Tel: (01) 4530355  
Helpline: (01) 4546388 – Tues & Thurs – 10am to 1pm  
Email: [adoption@barnardos.ie](mailto:adoption@barnardos.ie)**

**The service is funded by HSE Adoption Services Eastern  
Region and through donations from adoptive parents, birth parents and adopted people. Charges apply to training events.**