



Breaking the Cycle (BtC) - Information for Parents

Breaking the Cycle is a therapeutic support service for people who have had a child adopted and want to access support.

We understand that this may be a difficult time for you. We offer support with your experiences of adoption and trauma. We work at your pace. Some people may want to find out more before deciding if this is the right service. We are here if you would like to access our support and we want you to know that the choice is yours.

We have different pathways to access, depending on your circumstances and needs

The Pregnancy Pathway - we work with parents early on in their pregnancy. Our aim is to create a safe space. We work therapeutically alongside you and any professionals working with you and your baby. Our role is to support you, not assess you. We can help you understand any assessments that might take place and can attend meetings if this is helpful.

We understand that being pregnant can be an anxious time. We help to strengthen your relationship with your unborn baby and the professionals working with you. We will offer you support throughout your pregnancy and after your baby is born. We can provide different services depending on what you need, including practical help and space to reflect on how you feel about pregnancy and parenting.

The Parenting Pathway - we work alongside you to strengthen the relationship between you and your child/ren. We support your emotional well-being and offer you the opportunity to attend our therapeutic parenting groups run by our team, who understand the impact trauma may have had on you. We support you to meet other people who have been affected by adoption. We are not part of assessing your parenting, but can attend any meetings if this is helpful.

The Adult Pathway - is for people who have had a child adopted and wish to receive support to understand and process their losses and experiences. If you feel ready, we can help you to process your past at a pace that is right for you.

Some people may not know if they want to parent again. Our support helps you to think about past and future parenting in a safe and non-judgmental space. We can support you to meet other people who have been affected by adoption, if this is helpful.

Many parents have initially felt alone, vulnerable and judged about the adoption of their child. Breaking the Cycle can support you in making sense of these feelings.





We are always happy to hear from you

MAKING A REFERRAL

Any professional supporting you or your child can make a referral with your consent. You can also self refer.

To find out more you can contact us on the details below:

Breakingthecycle@birminghamchildrenstrust.co.uk

07927 665329



WHAT TO EXPECT AFTER A REFERRAL

Once you feel ready you will be connected with a therapeutic worker. You will be invited to an initial meeting where we get to know each other. We will listen to you and work out together what support will be most helpful. We can connect with others in your network to make sure you are getting the right help at the right time.

We understand that you may feel worried about talking to us, so will always be led by you. We offer a nurturing, safe space. We usually meet for weekly sessions, but these can be more or less often.

Breaking the Cycle does not have set time limits on how long we can work with you. Some people may work with us for weeks and others for years.



Feedback

To be in a group with others who have had children adopted is nice. It is relaxing as there are no worries of judgment. It is nice to be together. I wouldn't have got that feeling anywhere else.

It might be a year down the line, but we are getting there.... I think if it carried on as it was, I don't think we would have had a good relationship... I needed the support... we are doing well now and I feel more confident as a parent.

To start with, I found it very difficult and very emotional. Writing down my thoughts and feelings does help. I understand what happened to me now. It was tough but it got me through. I feel calmer. It was nice to have someone listen to me.

