



An Adoptive Parent's Guide to Holiday Gift Giving

by Jess Nelson at PairTree



The holidays are right around the corner. They can be an exceptionally difficult time for birth parents.

Those first years post placement when birth parents are navigating the first major events and holidays without their child can be especially hard. Taking a few moments to let them know you're thinking of them this holiday season might mean more than you know.

You are not obligated to get your child's birth parents a gift for the holidays. A simple, heartfelt card is gift enough. *(And they make the cutest ones at [Adoptionly Yours](#)).*

If you do want to give a gift, we've included a variety of ideas over the next couple of pages. (Just remember, it's the thought that counts, not the amount of money spent.)

And if you have ideas that aren't on our list, [let us know](#) so we can include them in future gift guides!

Jess

We do not receive commission or compensation if you purchase anything, nor are we in any way affiliated with these companies. Have questions? [Reach out.](#)



Simple, Yet Sweet.



Holiday Card and Gift Card – nothing fancy, or expensive.

Just something to let them know you're thinking of them. This is a great gift if you don't have a super open relationship with your child's birth parents or they don't always want pictures or updates.



Artwork

Anything handmade is a home run! A hand-print wreath or a drawing, a footprint reindeer or a picture colored by their child will be cherished forever.

Photos

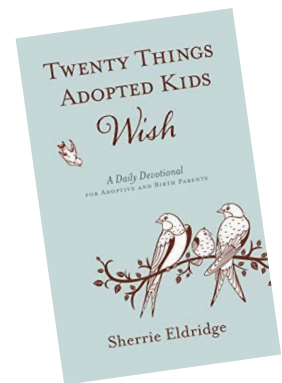
You can never go wrong with photos, but you can always be more creative than just sending your birth mom a stack of photos. Spend a couple hours and create a photo book of their child's year, they're easy to assemble, inexpensive, but so meaningful.

Thoughtful and Unique



Devotional

Sherrie Eldrige authored a phenomenal devotional for adoptive parents AND birth parents. This book would be a wonderful gift for the birth mother in your life, especially if you get a copy for each of you. [Find one here...](#)



Jewelry

Adoption jewelry is always a safe choice. There are plenty of inexpensive options available! Some incorporate the triad symbol. Some are also able to be personalized with names, dates and birthstones. [Find some on Etsy...](#)

Artwork with a Twist

You can take a piece of your child's artwork and have it brought to life! Check out these amazing necklaces that turn a drawing or piece of art into a meaningful keepsake that can be taken anywhere. [Find some on Etsy...](#)



Start a New Tradition



Ornament

Take your child's annual Santa photo and create an ornament with it for your child's birth parents. It's a great way to start a tradition and a gift for every year. Or gift them an ornament that is meaningful every year. As your child gets older they can even help pick it out! [Here's one...](#)



Charm Bracelet

Charm bracelets are such a unique and easy to personalize gift idea, that are fairly inexpensive. Each year, add a charm that represents a meaningful event in their child's life! It could be a milestone or an interest for that year. As they get older, they could even pick out the charm! [Find some here...](#)

School Bus

A school bus frame would be a great birth parent gift idea for school aged kids! Gift them the school bus frame and every year send them a wallet sized school photo for them to update.

[Find one here...](#)



Support Other Birth Mothers



SOLACE from Absolute Love Adoptions

Absolute Love Adoptions, a PA based Adoption Agency, puts together gift boxes for Birth Moms. Items in each box have come from small businesses, often Etsy stores or local makers. Many of the businesses are owned by women, some by adoption constellation members. Additionally, 15% of proceeds from box sales returns to the nonprofit agency's Birth Parent Post Placement Support Fund.

www.absoluteloveadoptions.com/solace

For The Women Merch

The Lifetime Healing Foundation champions free post-placement care for women and these shirts help fund their mission! Not only will you be showing your support for her post-placement care with these beautiful shirts & hoodies, you'll be helping support other birth mothers as well.

www.bonfire.com/store/kneetoknee



Funding Love Merch

For the Disney lover, Funding Love is an incredible organization that supports post-adoption connections by creating long lasting Disney memories. Not only are their shirts adorable, each purchase helps support future Birth Mom vacations.

www.fundinglove.com/shop





For more information on PairTree, visit:

[*pairtreefamily.com*](http://pairtreefamily.com)