

**What shall I write?**  
**Suggestions for letter contents**

Please remember these are just suggestions and are designed to give you a flavour of the range of topics other adoptive parents have included in their letterbox at different times. You don't have to include them all in one letter! You might find that some things are easier to write about when your Letterbox has become established over time or there may be some topics below you never choose to include in your Letterbox.

- Your child's physical appearance, health, growth and development over the past year, their personality or temperament, food likes and dislikes.
- School (or playgroup/nursery) – what they like/dislike, how they're doing (the non-academic as well as the academic side), any achievements in either area, sport and other extra-curricular activities.
- What they like doing outside school, hobbies, leisure interest, any clubs or organised activities, tastes in music, favourite TV programmes.
- Any changes in your family or your family home (e.g. births, marriages, maybe deaths, house moves or swapping or redecorating bedrooms).
- Holidays, memorable day trips or special events.
- Amusing anecdotes.
- Your thoughts and feelings about being a parent to your child.
- Your thoughts about the birth family.
- Your child's comments/feelings about their birth family or about adoption.
- Questions/things you or your child would like to know.
- References to things the birth relative wrote about in their last letter (e.g. people or events in their life).

Don't feel everything you write about has to be totally upbeat and positive – it's important to give the birth relative a realistic picture but perhaps you can find ways of tempering the less good news with things that are going well.