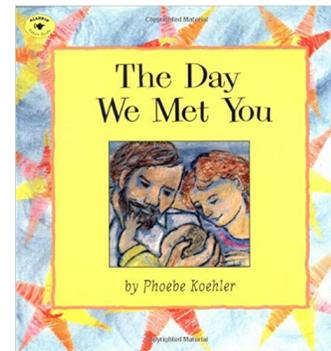


# The Day We Met You

By Phoebe Koehler

*The Day We Met You* describes how two parents prepared for the adoption of their baby. This simple story opens the door for communication about adoption between parents and very young children.



## Discussion and Questions:

- The author provides guidance for adults at the end of the book to help them navigate the topic of adoption with young children. It is important for caregivers and other adults to read this section prior to reading the story with children.
- How do you feel when you meet new people?
- Are there any babies in your life? Has your family ever welcomed a baby?
- What kinds of things do babies need?
- How are you alike and different from your family members?

## Activities:

- **All Families are Equal**
  - During group circle or meeting time ask children to finish this sentence, “A family is \_\_\_\_\_”
  - After a variety of answers have been provided, explain to the children that there are many different types of families.
  - Display pictures of families from other books, magazines, etc. around the room. Be sure to include pictures of diverse families (i.e., older and younger parents, various ethnic and racial backgrounds, etc.)
  - Talk to children about some of the similarities they see the pictures of families. Then ask the children to identify differences between the families in the pictures.
  - Explain that even though they may be different, all of these families are equal and love one another.
- **Exploring Uniqueness**
  - In preparation for this activity, ask families to bring a family photo **and** a photo of the child to school. Offer to take a picture of the family during pickup/drop off if they are unable to send one.
  - Help the children glue their pictures to a piece of cardstock. Place the family photo on one side and the picture of the individual child on the other side.
  - Review the concepts of similar and different with the group.
  - Then ask, “What are some things that are similar between you and your family members?” Help the children write down their responses on the side with the picture of their family. For example, “I have brown hair like my mom” or “I like to eat popcorn like my sister.” Remind children that they have things that are similar to their family members that aren’t visible and can exist for children who joined their family through adoption.
  - Next ask, “What are some things that make you different from your family?” Help children write down their responses on the side with their individual picture. Offer suggestions when children get stuck, such as, “I like to draw” or “My hair is red.”
  - Discuss the ways people are similar to and different from their family members. Emphasize each child’s uniqueness and value.
- **Sunshine Friends**
  - In preparation for this activity, ask caregivers to provide information about their child’s birth/adoption experiences (i.e., date of birth or adoption, weight, length, age/weight/height at

adoption). If possible, ask caregivers to provide a picture of the child from the first day they met (birth/adoption).

- Cut out large suns from yellow construction paper or cardstock.
- Help children glue pictures of themselves to their paper suns. If a family was unable to provide a photo, take a photo of the child to use for the activity.
- Write down the information the family provided on the paper around the photo of the child.
- When everyone has finished their sun pictures, help the children hang them on the wall at their eye level. With older children, share that the first meeting between a child and their caregiver is important and to be celebrated.
- **You Are My Sunshine**
  - This activity is appropriate for home or classroom environments.
  - Turn to the page in the book where the author writes, “You felt like the sun shining inside us.”
  - Ask the child(ren) if they know the song “You are my Sunshine.”
  - Invite children to assist in creating motions to go with the song lyrics with the help of caregivers or other children in the group.
  - As a family or class, sing the song together while performing hand motions.