

[00:00:01.150] - Lisa Qualls

Welcome to the Adoption Connection podcast where we share resources by and for adoptive and foster moms. I'm Lisa Qualls.

[00:00:09.040]

And this is Melissa Corkum. Don't worry, we get it, and we're here for you.

[00:00:14.380] - Lisa Qualls

Welcome to Episode 135 of the Adoption Connection podcast. In honor of Father's Day, we're devoting the month of June to a series we're calling Dad Connection. For each of the five Tuesdays this month, we're featuring a different foster or adoptive dad. Here at the adoption connection, we value hearing from a wide range of voices and we're excited to bring these special dad conversations to you.

[00:00:40.000] - Melissa Corkum

This week, I had a chance to sit down with Aaron Ivey. Aaron is the pastor of worship at the Austin Stone Community Church in Austin, Texas, where he pastors a team of worship leaders, artists, storytellers and musicians. Aaron has written and produced 10 worship albums and has written hundreds of congregational worship songs that are sung all over the world. He's passionate about mentoring and developing young leaders and world changers and spends much of his time communicating on topics of leadership, theology, art, and culture. He and his wife Jamie have four children Cayden, Amos, Deacon and Story. I think you're really going to enjoy this conversation with Aaron. Hey, Aaron, welcome to the Adoption Connection podcast.

[00:01:27.800] - Aaron Ivey

Hey, thanks so much for having me. I appreciate it.

[00:01:30.740] - Melissa Corkum

Yeah, well, we're super excited as most folks are listening know, in June, we are just highlighting some adoptive dads. You guys are kind of like the un-sung heroes in this whole equation. You know, moms are just active doing a lot of a lot of things, right. And in a lot of cases, there's a dad behind the scenes. And for whatever reason, we just don't hear from you'll as much as we hear from moms, so we're really glad that you're here.

[00:01:56.300] - Aaron Ivey

I am, too. And I think the reason moms are so up front is because moms are so awesome. Our house would not function or be nearly as fun and healthy without without Jamie, my wife, so I think moms should be up front, yeah.

[00:02:10.430] - Melissa Corkum

Well, I love that. So you already mentioned Jamie and I know a lot of folks probably already know your family because you guys are in a lot of places serving a lot of people well, but who kind of makes up your family? Can you just give us a quick rundown?

[00:02:24.950] - Aaron Ivey

Yeah, my wife and I have been married for 20 years. We have four kids. Three of them came into our family through adoption. Our oldest is our only biological kid. He's Cayden, he's 17. And then we have an almost 16 year old, a 15 year old, and a 13 year old. And two of our kids came into our home from Haiti and then one was a domestic adoption from here in Texas, so that's the makeup of our family. It's incredibly fun, really like fun and interesting and hard, but we're in the season right now of parenting teenagers. It's just totally different than any other season of parenting, but we're having a lot of fun and just trying to survive.

[00:03:08.060] - Melissa Corkum

Yeah, all teenagers, right? Is everyone a teenager right now?

[00:03:09.410] - Aaron Ivey

Yep, all of them are teenagers, yep. And they're all within like four years of each other. So it feels like they're basically just all the same age.

[00:03:16.440] - Melissa Corkum

Yes, I am probably one of those weird people actually love teenagers. We have, our kids are all either teenagers or young adults right now and I just love it.

[00:03:28.970] - Aaron Ivey

It really is our favorite season. I mean, I was a youth pastor before we had any kids, and so that was just totally normal to be like pouring into teenagers. And Jamie and I have served in student ministry back in the day when we were first married, so we love teenagers, like they're always teenagers in our home. Most nights of the week there's somebody else here. It's just a blast right now. We're having a lot of fun.

[00:03:52.100] - Melissa Corkum

It's so fun. But have you discovered that part where, like, teenagers are more fun, but they also can be like more trouble? Like the, like the worries also tend to be.

[00:04:00.680] - Aaron Ivey

Oh, yeah, yeah. Like the the depth of the kinds of things that you're thinking through as a parent and the things that they're going through, wrestling through, things that they're going through at school or with relationships, it is so much more complex. But they've become like, you know, not just these tiny humans running around, but like they're growing into adulthood. They're starting to think about really deep, complex sort of things and they're just fun. It's just a blast right now.

[00:04:27.390] - Melissa Corkum

OK, so take us all the way back, though. You have one child by birth and the three through adoption. Where did that come from for you guys? Like whose idea was it to decide to adopt or how did you guys as a couple come to that conclusion that that was going to be part of how you built your family?

[00:04:44.480] - Aaron Ivey

Jamie and I lived in right outside of Nashville, Tennessee. When we first got married, we had Cayden and then about a year and a half into it, we started to notice, like in our community, a lot of people at our church were adopting kids from China at the time. This is about sixteen years ago. And we would always find ourselves at the National Airport cheering on a family that brought home the son or daughter from China and I mean, I guess there was probably 20, 30 families. And so it started to feel very normal that you would think about adoption and that you would consider that, you know, just because so many of our friends and neighbors, community, church community was we're in the adoption process. And so it kind of just lodged in our heart, like, why would we not consider something like that? Maybe this is how God wants to build our family and form it. And so Jamie and I walked into an adoption agency. Cayden was still like a year and a half. I mean, he was like, we're in a stroller kind of season, right. And we walked into a place called Bethany Christian Services. We didn't know what we were up to, we didn't know how it worked, we just went in, like, totally blind. But we sat down with someone and said, we feel like God has put adoption on our heart. What's the process look like? What are kind of like options? And then we asked, like, what's the biggest need right now, like, in America for adoption? Because we kind of assumed we would start with domestic adoption. And their answer was, man, right now there's a massive need for families to adopt biracial or African-American boys. And that was just a real no brainer for us, right? Well whoever has the biggest need, that's who we would like to kind of jump into the adoption process with. So we did that and, and then we were there for Deacon's birth in San Antonio, Texas, and met his birth mom, who is an extraordinary woman and Deacon has been in our home since like day two or three.

[00:06:45.520] - Melissa Corkum

I love that you mentioned airport parties. I've told the story probably on the podcast before, but, so I'm an adult adoptee from Korea, two siblings who are adopted and for some, some by some weird, providential craziness, I grew up on a street where, like out of the eight houses on our block, you know, four on one side, four on the other, three of them were adoptive families from Korea and we've

all grown up together. And so as a kid, the only memory I have of welcoming new babies to families was going to airports.

[00:07:16.150] - Aaron Ivey
Yeah.

[00:07:16.570] - Melissa Corkum
And waiting for planes to come in. And I swear, if you had asked my six year old self where babies came from, I probably would have told you airplanes and airports.

[00:07:25.570] - Aaron Ivey
That's amazing.

[00:07:26.470] - Melissa Corkum
And of course, that was way before 9/11, right. So we used to go and we used to like party at the gate and watch babies come off of planes. I know it looks a lot different now, but I just love that that's a part of your family's story.

[00:07:39.580] - Aaron Ivey
Yeah, it is. And we've been to so many airport welcomes to and held up signs and cheered on friends. That's a really beautiful part of the story to have like a community of people around you welcoming a new person into your family. I'll never forget we had an airplane experience like that, airport experience when our two kids from from Haiti came home and they came home at different times, but both times we were in the Austin airport and I can remember holding them and going down the elevator, escalator and seeing like 50, 60 of our friends with signs cheering us on. That, those, those those kind of memories are real treasure as a part of our family's story.

[00:08:23.470] - Melissa Corkum
Yeah, I love that. We got off the plane from Korea a total hot mess. Our youngest is from Korea and I'm actually glad there were not 50 to 60 families there when we got off that plane because we had to wait for like twenty six hours and we were all kind of looked like death warmed over, but I mean, generally speaking, I love a good party. So that's that's fun.

[00:08:45.490] - Aaron Ivey
Absolutely.

[00:08:45.490] - Melissa Corkum
You mentioned you have two kids from Haiti and that your son is either black or biracial. What has that taught you guys in the last I mean, especially like the last couple of years, this is like been at the forefront of the news and a lot of things like, what has your family learned or what have you learned personally as a white father raising black kids?

[00:09:07.510] - Aaron Ivey
Yeah, I'll never understand what it means to be black in America. Never. No matter how many books I read or documentaries I watch or how many friends I have that have that experience. I think as a dad, it's really helpful to realize and just embrace, like, I will never understand fully what it means to be black in America. And so Jamie and I have just decided to be like students, students of our culture, students of our our kids experiences, really, students of like friends. We have so many friends. Our community is very diverse. And we intentionally have surrounded ourselves with people who look different, different age, different backgrounds, different countries that they came from or grew up in, so that we can have those kind of learned experiences because if you are a white parent and you're raising any kids of color, it is so crucial and so important to be a learner and not just to assume that parenting a black kid is going to be the exact same as parenting a white kid in America. It's not. It's not the same at all. So I think that's one thing I've learned is just to be constantly like learning and growing in my understanding of how to be a good dad. And I think the second thing that comes to mind is, you know, we have always in our home had very candid and open conversations, whether it was dinner table, age appropriate things about sexuality, about relationships, or conversations about

race and what's what's going on here in America. So any time there's a tragedy and there's there's a massive thing that happens, we talk about it like just unashamedly, hey, what do you guys think about that? I'm sure you heard about that. What does that do to you? What do you think? What does it feel like to be black in a predominantly white school in South Austin? Those conversations have become very normal to us. And so some people ask us, is it hard to have conversations about race with your kids? And for us, it's not hard. It's just become such a normal part of talking about life. It's hard to answer some things sometimes. It's hard to see the reality of what it's like to experience America as a person of color. Those are hard things to, like, unravel and dialog about, but it's not hard to answer really candid conversations about life and what's going on, because soon our kids will leave here and we want to set them off as adults that have already been talking about this and already been learning and know that they have a white mom and dad that don't just care about white culture or see things through the lens of what it's like to be white in America, but hopefully have eyes open to other experiences and how people navigate through the complexities of what it's like to live in America.

[00:11:56.120] - Melissa Corkum

Yeah, I think that culture of candid conversation, even from when your kids are little and before maybe it feels like you have really big things to talk about. It's huge because it sets the stage for so many other things.

[00:12:10.910] - Aaron Ivey

Yeah, like we just had a conversation last week. One of our kids had a person at school come up and they had a swastika written on their, drawn on their hand and they were talking about how much they love Hitler and what does that feel like for you to be black? And he hates all people of color and I love Hitler, all this kind of stuff. And so our kid came home and they were just, like, deeply disturbed by that. But the conversations have already been going that it was, it felt normal to talk about that. How did that affect you? What do you think about what that person said? Where do you think that sort of ideology would come from somebody who's still in middle school? You know, that candid culture that you're talking about is so crucial, especially for being white parents, raising kids of color.

[00:12:58.160] - Melissa Corkum

Yeah, we kind of as a general rule, I think we never said it, but it's kind of become, and as parents of young adults and teens, like, we kind of make it our job almost to bring up the conversations that not shock our kids, but like, you know, like we find that like it's like our job to say the thing that maybe everyone's thinking, but no one wants to say, like, you know, say the word, say the concept, bring up the question. You know, kids are always like, "MOM!", you know, "we don't want to talk about that." I'm like, I know, I'm just I'm just going to throw it out there, guys.

[00:13:30.740] - Aaron Ivey

Yeah, because if parents aren't provoking those conversations, kids in general aren't going to just bring them up, but they're thinking about them, they're wrestling through them, they're talking to their peers about them. And so Jamie and I are pretty fearless in provoking those sort of conversations. Being the initiator in, "did you guys talk about this? What do you think about that?"

[00:13:51.410] - Melissa Corkum

Yeah, for sure. I bet you there's some really interesting conversations that happen in your house with four teenagers.

[00:13:56.990] - Aaron Ivey

It's, it's unbelievable some of the things that we talk about.

[00:13:59.990] - Melissa Corkum

Yeah. So you already alluded to some of the things, but what do you love, Aaron, about being an adoptive dad?

[00:14:09.800] - Lisa Qualls

We're interrupting this interview to ask you to do us a favor, really, it's not for us, but for adoptive and foster parents just like you.

[00:14:17.870] - Melissa Corkum

If you find our podcast helpful, pause this episode and revisit your podcast app where you can rate and review the show. Honestly, this isn't about making us feel good. This is about other parents finding confidence, hope, and friends who understand.

[00:14:32.900] - Lisa Qualls

Thanks so much for helping us get the word out. We really appreciate you.

[00:14:36.890] - Melissa Corkum

Now back to the conversation.

[00:14:42.830] - Melissa Corkum

You already alluded to some of the things, but what do you love, Aaron, about being an adoptive dad?

[00:14:47.870] - Aaron Ivey

I just love being a dad in general. I never have been like a baby kind of person when somebody is like, oh, look at my baby. I was like, OK, cool. But I've grown in my love for just being like a father. And I think when it comes to being an adoptive dad, honestly, like, I don't really think very often about being an adoptive dad because so much of fathering, so much of parenting is about seeing these humans that that God has entrusted you to kind of shepherd into adulthood. Like we're not just raising kids, we don't just want kids to be obedient and to be perfect, but we're we're raising adults to be sent out to be agents of change in the world, to be successful through the lens of being a responsible person that cares and loves and is kind and generous. So I don't know that I have something favorite about being an adoptive father, because our life now, 17 years into parenting, they're just they're just my kids. I don't really think about being an adoptive father until somebody asks me, what's it like to be adoptive father? So I think, you know, to answer your question, because you probably want, like, a real answer. I think what I love the most is how it has caused our family to be incredibly diverse in what people are into, what our family thinks about what, how people dress and what their passions are. You know, having people from different countries and with different skin colors makes it so, so interesting. I love how diverse our family is and not just our kids that we've adopted, but the spheres of people that are kind of hovering around our family all the time. We have a really good friend that lives with us. That's a Mexican twenty three year old, and that's really good for our family too to kind of see life through his perspective and his upbringing. We have friends all the time that are here that are just very different than us. And I love that about being an adoptive dad.

[00:16:51.830] - Melissa Corkum

Yeah, I love that. Is there anything else that you could name how adoption, being an adoptive family has shaped or changed your life other than that diversity, which is obviously fantastic and is also a great answer, but I'll throw it back to you.

[00:17:08.610] - Aaron Ivey

I think it's it shaped us. You know, the further that you get into being an adoptive, you I think sometimes your perspective shifts on really what is caring for the orphan mean, like what's the zoomed out version of what it means? What's a holistic kind of mindset on caring for the orphan? Because we're all called if you're a Christian, there's like a mandate. There's a calling on our life to care for the widow and to care for the orphan. And no one's really exempt from that. But that doesn't always mean adopting a kid from from America or from another country. There's so many other opportunities and there are other ways to really care for the orphan and to care for the birth mother and the birth father. That adoption is almost like it's too narrowed in how we care for the orphans. So it's caused us to really care about refugees that are coming into Texas that don't come with a parent when they're 10, 15 years old and they don't have any parents. They cross the border and they got here and they're like, what do I do now? That's a part of orphan care is caring for someone that came here that doesn't have a mom and a dad or not just caring about the abortion issue from the front end of it, but what happens after an abortion? How do we care for the birth mom? Right. That's now going through a tremendous tragedy and the loss in her life. It's caused me to really zoom out and go, ok, orphan care is bigger than adoption. Adoption is one piece, but we should all care really deeply about

what it means to care for the orphan.

[00:18:48.590] - Melissa Corkum

Yeah, that's beautiful, and I think, you know, when my husband and I started thinking about adoption more seriously and we were kind of narrowed in to adoption and we went to some of the very first Christian Alliance for Orphans gatherings. I just remember our world being blown wide open and just being like and it's almost like embarrassing to talk about it now, to be like, oh, duhh. Like, you know, there's so many pieces to this orphan and widow and vulnerable children and all the pieces of the puzzle and all the ways, you know, there's a book about the adoption constellation. It's not even just a triad like when a birth mother places a child, like there's grandparents who loses a grand child. And when we welcome a child into our family through adoption, right, like it just it touches everyone. It touches our friends and our family. And it's just there's so many interwoven pieces.

[00:19:45.320] - Aaron Ivey

Absolutely. Yeah. I think the other kind of major thing that we've learned, and this is what Jamie and I are really zealous about telling other families that are considering adoption, because we do get asked often where do we start? Should we adopt, where should we adopt from? What does adoption like? And I think one of the things that we always try to like really press into people is like learning as much as you can about adoption before you enter into that and not assuming that it's the super glamorous, super flashy, really cool thing to do because adopting a baby from someone, from somewhere and bringing them into your family is very, very different than raising a 17 year old, right. It's very different. And so I think Jamie and I went into a super blind like we didn't know what it would be like to raise black kids. We didn't know the complexities of what it's like for someone to be uprooted from everything that they know as a two year old or four year old, like our two kids from Haiti, and then come here and you expect it just to be like, oh, fun. It's awesome. Aren't you aren't you so happy to be here?

[00:20:58.190] - Melissa Corkum

Aren't you so grateful that we saved you? Right.

[00:20:59.150] - Aaron Ivey

And there's there's there is tragedy and there is loss in every single adoption story, every single one. There are complexities to an adoption story, whether it's from the perspective of the birth mother, the birth father or the kids traumatic experience that they went through. It's always laced with suffering and tragedy. And I think it's really important for people to understand as they're considering what God has for them in terms of adoption and then just surround yourself with community. We have several friends who have also adopted kids, and it's helpful to go here's what we're experiencing. Here's some of the things that we're wrestling through, OK? We're not alone and we don't have it figured out. You don't either. But at least there's some helpful dialog in how to do it as best as we possibly can.

[00:21:46.460] - Melissa Corkum

Yeah, and really, the adoption connection was born out of some of that, because Lisa and I both, we adopted kind of around when you guys, you know, it's been a decade or decades like it's been, and there weren't as many resources in this trauma, informed adoption, informed world. You know, Dr. Previs was just making her debut, like all of these different things, right. And so we all came in like bright eyed and bushy tailed young and with a lot of energy. And some of us have walked through just heartbreaking things. And there were not resources, you know, we were like no one told us quite this was, you know, that it was going to go this way. And and and and what now? And so the Adoption Connection was like born out of this need in post adoption care for families to say, like, where's my community or am I really alone, and then also the practical like, what do we do in these situations?

[00:22:40.910] - Aaron Ivey

Absolutely. You mentioned Dr. Purvis and she has been super helpful. And you're right, 17 years ago, there weren't a whole lot of resources or conversations about this. And so typically when somebody and this just happened a couple of months ago, someone came to me and said, hey, we're thinking about adoption one day, like, where do we start? And I think the right place to start is by just having eyes open and learning, being being finding good friends who are adoptive parents and like, what

does that look like? What complexities are there? What layers are there to be reading books like not to just jump in, like you said, bright eyed, bushy tailed, but to walk into that with eyes wide open because it will stretch you and it will stretch that child so much more than you can possibly imagine, because it's not it's not this glamorous thing. It's something that, like God loves, he loves when when we care for the orphan in that way, but it's also incredibly difficult. It's incredibly difficult. And Jamie are super thankful that God wrote that into our story. But he doesn't write it into everybody's story, and so it's OK to walk through a season of discovery and learning and having yourself, like, shaped and pressed and ask questions, and what does that mean? Was it look like and is this the best way for me to care for the orphan or are you calling me to care for the orphaned in another way?

[00:24:06.400] - Melissa Corkum

I tell people a lot like, find another adoptive family who might need you, because there's a lot of us out there who need more hands on deck. So sometimes it's adopting a whole other like adopting a whole adoptive family, right?

[00:24:19.060] - Aaron Ivey
Absolutely.

[00:24:20.320] - Melissa Corkum

So that is a fantastic message to kind of like this pre-adoptive families. What message would you have for adoptive dads who are kind of like you, like kind of in the middle of it? Maybe it's not exactly what they were expecting. Maybe they feel like they're in the trenches. Maybe they have an infant that maybe they don't relate to yet because they'd rather be parenting teens or maybe they have teens that are making big decisions that ultimately we can't control. Like what, do you have encouragement for dads who are kind of like in the thick of it?

[00:24:49.750] - Aaron Ivey

For sure. As dads, we don't have any say or any control over the choices that our our kids make. You know, we can try, we can try to shepherd them and parent them in the very, very best way we can. But at the end of the day, the choices and the things that our kids make along the way are their own. And so we just get to come alongside them and help point them in the right direction and show them the right way. And what that requires is a ton of patience. I think adoptive dads, but also fathers in general, there's a requirement for a lot of patients to see as much as you can like further down the road than the moment you're in. I mentioned like parenting adults. It's really easy for me to get caught up in 15 year old drama and me thinking, oh, my God, they're going to make the worst decisions in their entire life and they're going to end up in prison. And what if they don't get in college and they're going to destroy their life. But it's helpful as a dad to be patient and go, OK, God, this is your kid. You made them, there in your image, not in mine. So you were ultimately the one that's going to have to shepherd them along the way. And I'm going to have, like, forward thinking of who is he or she going to be when they're twenty five or when they're 40 or when they're 50. That requires some patience and it requires like not taking the present moment, like, so seriously that you miss the zoomed out version of God loves this kid and God put this kid in our family for a reason, for whatever reason, he chose over everybody else on the planet for Aaron Ivey to be the parent of Cayden, Deacon, Amos, and Story, right. And so I can trust him with my kids. I can trust that he's going to work it out and be patient and loving along the way.

[00:26:35.950] - Melissa Corkum

OK, so you've mentioned Jamie a couple of times and you guys have done things as a team, best as I can tell. Even from your adoption story, you were like it wasn't like Jamie dragged me to Bethany. It was like we were doing this together. And so you guys have a project that you've been working on that recently just came out. Will you tell us a little bit about that?

[00:26:55.030] - Aaron Ivey

Yeah, we swore that there are two books that Jamie and I would never write. One is a book on parenting and one is a book on marriage. And we ended up writing a book about marriage. It's called Complement and it's actually two books in one. So you get like a little sleeve set and then there's Compliment by Aaron Ivey and there's compliment by Jamie Ivey. And we wanted to take like kind of

ten concepts, ten things that we've learned about marriage, things like serve, forgive, fight, love, sex, parenting mission, and give you our individual perspective on how we complement each other in marriage. The goal of marriage is that it wouldn't be one person oppressing the other or one person holding their thumb down on the other person, but the goal of marriage would be the two very different people come together and bring out the best in the other person. Like two complementary colors, you know, one color on its own is awesome, but when you have two complementary colors that come together, it's something more beautiful than the actual individual color. And that's what we believe marriage is supposed to be. So whether it's through things like serving or being a mission or just be parenting. You know, I want to bring the best out in Jamie as a mom and she strives to bring the best out in me as a dad. And so we both wrote on those 10 chapters. We didn't read each other's books and so we sent them to the editor. And so you're getting the real raw kind of versions of each of our perspectives. But we hope it's helpful for people that are embarking into marriage or our first couple years of marriage or are just stuck and they're like man, there's got to be more to marriage in life than the one that we have. We hope it's helpful for anybody who's thinking through what is marriage and how do I have one that's like thrilling and Life-Giving and fun, hard for sure, but actually complimenting each other and bringing out the best.

[00:28:46.330] - Melissa Corkum

Oh, so excited. I love that you wrote them separately and we get to hear both perspectives, super fun. So thanks for sharing that with us.

[00:28:54.430] - Aaron Ivey

yeah, we're really excited about that.

[00:28:56.290] - Melissa Corkum

Where can we find it? I mean, Amazon or websites like.

[00:29:01.480] - Aaron Ivey

Anywhere you would buy books. There's an audio book version, too, that Jamie and I read. But Amazon is a great place to get it. And its complement with an E, not complement with an I. We're supposed to compliment our spouse with an I, but we wrote about complementing them with an E, and then there's a separate resource that you can get also to seven week Bible study that couples can go through and dive really, really deep into, like what the Bible says about these ten concepts. So you can get Jamie and Aaron's perspective, and then you can also get perspective from something way better like the Bible.

[00:29:33.400] - Melissa Corkum

Well, Aaron, I know you're busy, guy. Thanks so much for taking some time to just share your thoughts, your life, your heart with our audience. We really appreciate it.

[00:29:41.530] - Aaron Ivey

Absolutely. It was it was a blast. Thank you so much for having me.

[00:29:49.430] - Lisa Qualls

I really enjoyed that conversation, Melissa. I appreciated that you both went into a deeper conversation about race and like being a white parent of black kids, that all these things matter and that we have to be open to learning a lot and listening a lot. So, I, that for me, was kind of a highlight of your conversation.

[00:30:11.330] - Melissa Corkum

Yeah, we're kind of all the thick of it with parenting teens, trans racially, and yeah. So it was kind of fun to connect. If you want to hang out more with Aaron, you can do that on Instagram. He's @Aaroniveyatx. And if you don't listen to the happy hour with Jamie Ivey, his wife, that's that was my first introduction to podcasts many moons ago. So that's a fun lesson as well. We'll have links to all of those things, including their new book, Complement at the show notes and you can get to those at theadoptionconnection.com/135.

[00:30:52.730] - Lisa Qualls

Before you go, we'd love to connect with you on social media. You can find us on Facebook or Instagram as @theadoptionconnection.

[00:31:00.320] - Melissa Corkum

Thanks so much for listening. We love having you. If you enjoyed this episode, please leave a quick review over on iTunes. It will help us reach more moms who may be feeling alone.

[00:31:10.550] - Lisa Qualls

And remember, until next week, you're a good mom, doing good work and we're here for you.

[00:31:17.680] - Melissa Corkum

The music for the podcast is called New Day and was created by Lee Rosevere.