

# Fred & Heather

*Dear Birth Parents,*

*We want to start by saying how much we admire you for making the loving choice to create an adoption plan. You are making a brave and self-less decision. Thank you for allowing us the chance to share our story with you through this album.*

*Adoption is already part of what makes our family special. Heather's brother is adopted from Korea and her cousin, who is Puerto Rican, is also adopted. More importantly, we adopted our own son Nathan in 2013. We were able to be there for his birth and fell in love with him right away. Nathan fills our lives with joy and we are blessed to be his parents. We want Nathan to have a sibling and feel one more child would make our family complete, so we are very excited to begin the adoption journey again. We can't wait to welcome another child into our hearts and our home through adoption.*

*We have an open adoption with Nathan's birth mother and we enjoy staying in touch through pictures, e-mail and face-to-face visits. We would welcome an open adoption again. We would like for you to be able to stay connected with us and the child we all love. However, we respect your wishes as to the level of openness you are comfortable with.*

*Again, we thank you for the choice you are making. We celebrate adoption in our family and we are teaching Nathan to admire his birth parents for the decision they made and we will do the same with our next child. We hope you enjoy getting to know us better as you look at our album and read more of our story.*

*Fred and Heather*



# Fun Family Facts



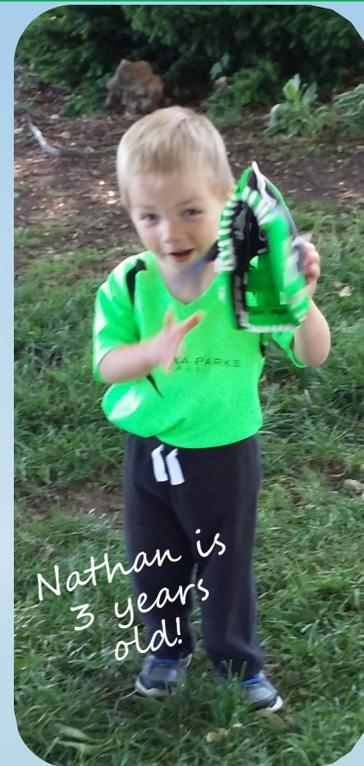
## Views on Adoption

We always knew we wanted to adopt since having biological children was not in God's plan for us. We also had a heart for adoption since Heather's brother is adopted. We were so thankful to be able to adopt our son, Nathan. We are so grateful for Nathan's birth mother and keep in touch with her via email with updates and pictures. We also love to do visits with her at times. We know choosing adoption was a hard choice for her to make, but we know she made it out of love for Nathan, as you are doing for your child. We are also very open with Nathan regarding his adoption. We have made him an adoption life book and work with him to understand his adoption. We will always be grateful for the decision birth mothers make and our birth mothers will always have a special place in all of our hearts.

## Views on Parenting, Education & Discipline

We believe in setting boundaries by modeling and making expectations clear. We also believe it is important to be a team as parents. We work hard to find fun things for us to do as a family and try to do a good job encouraging Nathan to develop himself as a person. We look forward to including another little one in our time together as a family and seeing how he or she develops.

Daddy & His Boy



Nathan is  
3 years  
old!

## Child Care Plans

During the school year, Nathan is in daycare four days a week and with Grammy one day a week (that's the plan for new baby, as well). Because of Heather being a teacher, she is off during the summer and holidays.

## Nathan & His Proud Grandparents!



Life Is Good!



Mommy & Her Little Man

## Family Life

**Fred:** I am a supervisor/ donation specialist for a local ministry. I enjoy reading, writing, watching and playing sports, and outdoor adventures. Three words I would use to describe myself are caring, playful, and adventurous.

**Heather:** I am an elementary school reading specialist. I enjoy reading, boating, planting flowers and having coffee with a good friend. Three words I would use to describe myself are loyal, easy-going, and nurturing.

We have been married 6 & 1/2 years!

Fred's mother and brother live back east. We all try to visit each other as much as possible. They can't wait for us to adopt again. Fred grew up in the Bahamas and that culture is a part of our family culture.

Heather's parents live nearby and we see them a couple times a week. Heather has one brother, who was adopted from Korea. We think it is awesome that our children have an uncle who will have so much in common with them.



Family Fun Time!

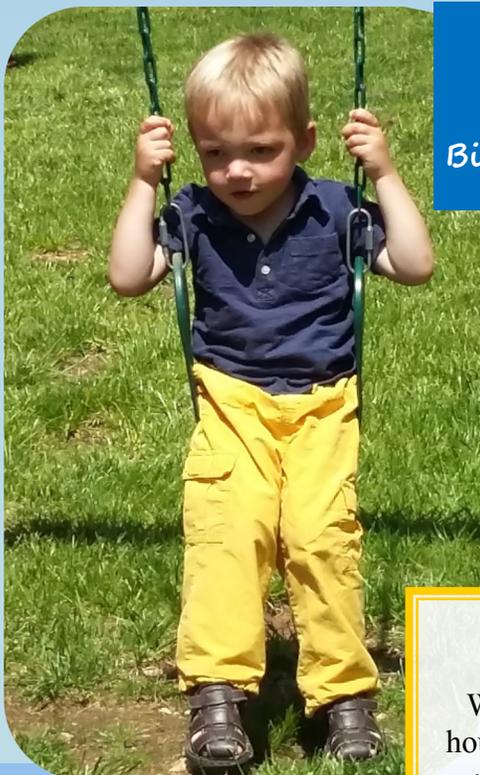
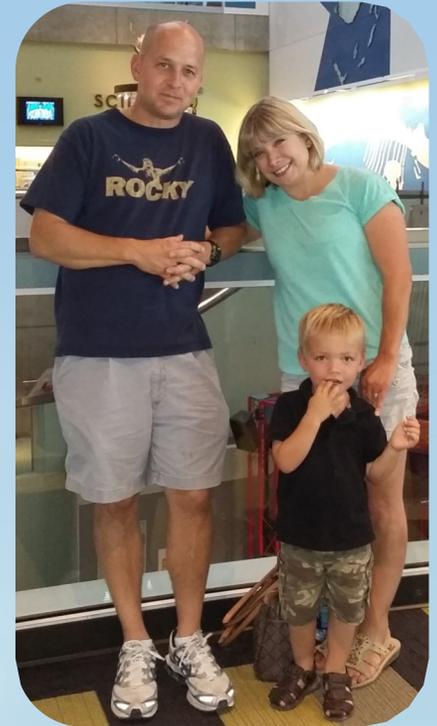




*Oh, How Time Flies!*



**Religious Life**  
Our faith is a vital part of our lives. We are a part of a wonderful church and feel that bringing our children up in the church is important in raising them to be strong, responsible and respectful individuals.



*Nathan Will Be A Great Big Brother!*



**Our Home**  
We live in a 4 bedroom, 2 bath house with an open floor plan that promotes a lot of family time.