

Dear Families,

This is a time where we are all faced with the unfamiliarity of a pandemic of epic proportions. It is powerfully affecting the whole World and how we typically live our lives on a daily basis. TDH steadfastly believes it's important for our families to undoubtedly know that we continue to support them during their adoption journey and through these challenging times.

TDH wishes to express to our families that our dedicated staff is diligently continuing to work on each family's adoption process. We are also operating alongside with our official government, our country's representatives, and the country's central authorities to willingly comply with the specific directive of all parties involved.

Every day is and will be challenging for all of us, and so this may mean that travel dates and/or processing of the documentation could be delayed, put on hold or suspended for some time. TDH will continue to carefully guide and provide necessary instructions and information to our families who are directly affected by the current circumstances as it becomes available.

Please remember in these times, the most important thing is the health and safety welfare of the children and our families. TDH encourages our families to stay properly informed and promptly follow the health advisories of the Public Health Agency of Canada, <https://www.canada.ca/en/public-health.html> and government officials. We will keep you informed as new information becomes available.

Further down, we are providing our families some published literature on the possible impact and long term effects on bonding and attachment; that could occur if traveling with your child (ren) during these trying circumstances that we are currently facing.

We thank you for your patience and support during this very difficult time in our lives.

Sincerely yours,

Here are some things to think about before traveling:

Consider potential impacts (i.e. employment, child care, access to medications, financial responsibilities, etc...) should you be quarantined, or contract the virus and need extended health care services.

Think about the essential items your travel party, and any family members not traveling, may need to have on hand (prescriptions, over the counter medications, etc...) in the event that you are transferred to a quarantine facility upon arrival.

Should you or anyone in your party become symptomatic you could be subjected to mandated changes to travel plans, which may impact your ability to return to Canada as planned. If you are quarantined abroad, you will be responsible for covering any associated costs (flight changes, accommodations, food, etc...)

Considerations regarding the quarantine experience:

There are multiple quarantine facilities in use across the country. Travelers will not have an opportunity to choose their quarantine location.

If ordered to be quarantined in your home, you will need to have everything delivered for at least two weeks (food, household, and medical supplies). Make your support plan ahead of time.

In a quarantine facility, your family will likely be evaluated and tested multiple times a day, including needle pokes, by medical professionals wearing bio-protective suits. This is not a normal experience and will be scary to a child who is already confused and overwhelmed.

Possible impacts to adjustment/attachment:

Children's stress levels are subject to our own. Traveling under these circumstances will certainly be a challenging experience for everyone. Discuss ways to manage your own anxiety and stress ahead of time.

When a child's initial experience of a new parent(s) is to be confined/quarantined and medically probed, the child might blame the parent(s) for the experience, which might have long-lasting negative impacts on the relationship.

For children who have a history of negative attachment experiences, the intensity of being confined in a small space with adults they are not familiar with could negatively impact the adjustment/attachment process.

Families considering solo-parent travel under these circumstances must reflect on their capacity to meet the child's emotional needs in a well-regulated state without much (if any) external support or entertainment.

For children with a history of medical trauma, the experience of being met with invasive medical testing/care by medical professionals wearing bio-protective suits may trigger significant fear-responses that could present as withdrawn or aggressive behaviors.

Children with extensive pre-existing or unforeseen medical needs who enter into a quarantine facility may have limited access to specialty services and care.

Expect developmental and behavioral regression to occur in waves at each new juncture (i.e. upon entering quarantine, leaving quarantine, arriving at your home) which are all new transitions for your child (i.e. new environment, new people, and new foods).

It is unknown if there will be any translation support while in quarantine. An inability to communicate could result in a child that experiences significant frustration and, as a result, emotional dysregulation.

Individuals who have recently traveled overseas, as well as those currently leaving quarantine, report experiencing discrimination when returning to their communities. Consider how this might impact your family and your child's adjustment process.