

While a resident of Connecticut I adopted my son in 1985 and my daughter in 1987 via Child and Family Agency in New London. They were traditional, “closed” adoptions. As adults, they were able to reconnect with their respective birth mothers which was very therapeutic for both.

As an adoption professional as well as an adoptive parent and an author who writes on adoption issues, I know secrecy causes great mental anguish for adoptees and their first mothers. I witnessed it first-hand while raising my children.

I believe all adoptees are entitled to access their own factual data. They should not be constrained as permanent children restricted from knowing their origins. This gap in information endangers them physically— because of incomplete and outdated health information— but also mentally as well. The financial cost operates as an additional unfair and unnecessary barrier as high fees make it impossible for many to afford to pay for searches and/or legal efforts to secure “permission.”

Now that social media and consumer DNA testing is widely available it makes it possible for many adoptees and first parents to find one another in very public ways.

Open access to one’s personal information is essential to provide adoptees a healthy, cohesive foundation on which to build their mental health and to be proactive in sustaining their physical health as well. It is a fundamental human right.

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