

Attitudes Toward Adoption



Women facing unexpected pregnancy are often reluctant to place their children for adoption. To better understand the barriers, Heartbeat International surveyed pregnancy help organization staff and volunteers about their experiences and their clients' viewpoints.

Client Attitudes Toward Adoption

What are the most commonly recognized initial barriers to adoption?



What the Data Shows

What are client misconceptions about adoption?	Belief that adoption is abandonment rather than a loving choice Fear she will have no role in selecting an adoptive family Confusing private adoption with the foster care system Fear she will never have contact with or updates about her child after the adoption
What factors help women choose adoption?	Ability to have an active role in choosing adoptive parents Support of family and friends believing adoption to be a positive option for both her baby and herself Ability to maintain contact with her baby after adoption Ability to place with a married mother and father Ability to place her baby with a family that shares her values/faith tradition Availability of post-adoption counseling or other services for birthparents
What factors most discouraged adoption among clients?	Client feels it would be too difficult emotionally (considers adoption as abandonment or fears child will not be cared for) Fear of judgement over choosing adoption Lack of support for adoption and/or pressure to abort from father of the baby, family, and friends Lack of information and understanding about modern adoption

See the full report at:

Heartbeat International. (2025). Exploring Attitudes Toward Adoption. Heartbeat International, Inc.
<https://www.heartbeatservices.org/attitudes-toward-adoption-survey-results>