

Elitsa (Ellie) Dobreva

Clinical Counsellor, MPCC

821 Cambie street, Vancouver, V6B 0E3

604-771-0962

ellie@elliedobreva.com

Member of the Canadian Professional Counsellors Association No. 4174

Talking to Your Child About Surrogacy: A Guide for Intended Parents

Surrogacy is a beautiful and intentional way to bring a child into the world. Whether you're a same-sex couple, a heterosexual couple, or a single parent, your child's story is one of love, planning, and hope.

This guide is here to help you talk to your child about their surrogacy story in a way that builds pride, connection, and trust — from the earliest years and through every stage of life.

Why It Matters

Telling your child about their surrogacy story helps them:

- Build a strong, secure sense of identity.
- Feel confident in how they came into the world.
- Trust in your openness and honesty as a parent.
- Celebrate the unique love and community that helped create their life.

When to Begin

Early and open communication is best. Ideally, begin when your child is a baby or toddler — long before they understand the details.

Why early is good:

- It makes their story feel normal and celebrated.
- There's no "big reveal" — just a natural, loving narrative.
- It lets your child grow up feeling proud and secure.

Elitsa (Ellie) Dobreva

Clinical Counsellor, MPCC

821 Cambie street, Vancouver, V6B 0E3

604-771-0962

ellie@elliedobreva.com

Member of the Canadian Professional Counsellors Association No. 4174

If your child is older, that's okay too. It's never too late to start honest conversations.

How to Talk About It (By Age Group)

Babies and Toddlers (0–3 years)

Use simple, loving language:

- “A very kind woman carried you in her tummy to help us become your family.”
- “You were so wanted, and we had help to bring you into the world.”

Preschoolers (3–5 years)

Keep it gentle and matter-of-fact:

- “Some babies grow in the tummy of the parent who raises them. Some are carried by a surrogate — a special helper who carries the baby until they’re born.”

School Age (6–9 years)

Children begin to understand biology and relationships:

- “To have you, we needed help from someone with a uterus who could carry you safely until you were born. That person is called a surrogate. We are your parents, and we love you more than anything.”

Tweens and Teens

They may want more details and have deeper questions:

- Be honest about the medical, emotional, or logistical reasons behind your choice.
- “Surrogacy is one of many amazing ways people build families. It doesn’t change how much you are loved or how real our family is.”

Tips for Positive Conversations

- **Use age-appropriate language** and adjust over time.

Elitsa (Ellie) Dobreva

Clinical Counsellor, MPCC

821 Cambie street, Vancouver, V6B 0E3

604-771-0962

ellie@elliedobreva.com

Member of the Canadian Professional Counsellors Association No. 4174

- **Be consistent** and honest — your child should never feel like part of their story is hidden.
- **Talk about your surrogate with kindness and respect**, even if you're no longer in touch.
- **Celebrate your child's story** as something special and meaningful.
- **Let your child lead** with questions as they grow.
- **Reassure them** they are deeply loved and were always wanted.

Inclusive Language to Use

Instead of:

- “You didn’t grow in your mom’s tummy.”

Try:

- “You grew in a very kind woman’s tummy — a surrogate who helped bring you into the world.”

Instead of:

- “Your mom/dad isn’t your biological parent.”

Try:

- “We became your family with the help of others, and we are your forever parents.”

Instead of:

- “You don’t have a real mom/dad.”

Try:

- “You have a real family — made with love, courage, and care.”

Storybooks That Reflect Diverse Families

- “*The Kangaroo Pouch*” by Sarah Phillips Pellet — surrogacy explained for young kids.

Elitsa (Ellie) Dobreva

Clinical Counsellor, MPCC

821 Cambie street, Vancouver, V6B 0E3

604-771-0962

ellie@elliedobreva.com

Member of the Canadian Professional Counsellors Association No. 4174

- “*Why I’m So Special*” (Surrogacy Edition) by Carla Lewis-Long — customizable to family structure.
- “*Sophia’s Broken Crayons*” by Crystal Falk — tells a surrogacy story from a child’s point of view.
- “*The Very Kind Koala*” by Kimberly Kluger-Bell — a story for younger children in surrogacy families.

Final Thoughts

Whether you’re two moms, two dads, a single parent, or in a blended family — your child’s story is one of love, care, and intention. Sharing it with openness helps them grow up proud of who they are and how they came to be.

Remember: this isn’t a one-time conversation — it’s a lifelong dialogue of trust, pride, and connection.

With care,

Ellie