

POSITIVE FAMILY BUILDING LANGUAGE

<u>SPERM DONOR</u>	<u>EGG DONOR</u>	<u>EMBRYO DONORS</u>	<u>BIRTHPARENTS</u>
genetic contributor	genetic contributor	genetic contributors	birthparents
sperm donor	egg donor	embryo donors	birth mother and birth father
helper	helper	helpers	birth lady (some people like this term)
the man who helped us	the lady who helped us	the people who helped us	the people who made you (for very young children)
his name	her name	their names	their names
		the people who made you before you became ours	
<u>FATHER</u>	<u>MOTHER</u>	<u>PARENTS</u>	<u>PARENTS</u>
daddy	mommy	mommy and daddy	mommy and daddy
dad	mom	mom and dad	mom and dad
father	mother	mother and father	mother and father
papa	mama	mama and papa	mama and papa
real father/dad	real mother/mom	real mom and dad	real parents

Children will choose different terms at different times and whatever terms they are using should always be respected and reflected back to them.

The terms will be chosen to try to understand the relationships. At times that may mean the CHILD might say "REAL MOTHER" to refer to an ovum donor. But just a week later, the child may refer to her by her name or simply as "the donor", which is the term most commonly used.

Terms for parents who are parenting ought not to have qualifiers. If parents are not "REAL", then the children are not "real," which is a terrifying thought to a child. Even though the child may sometimes think of a donor or birth parent as "real" for periods of time, it is helpful for adults to refer to parenting as a verb and not a function of the contribution of genetics. While genetics are an extremely important contribution, genes do not make a parent.

This document was created by Carole LieberWilkins, MFT and Marna Gatlin, Executive Director of Parents via Egg Donation on behalf of PVED.

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