



Janah & Valerie

Thank you for taking the time to get to know us!

DEAR EXPECTANT PARENT(S)

Thank you for taking time to read about us as you consider what is best for you and your child. We cannot begin to imagine the varying emotions that you may be experiencing, but we admire your strength and courage as you explore your options. We hope that as you read through our profile you will learn that we are prepared to provide a child with a nurturing and loving home. We are committed to an open adoption and assure you that our child will understand your role at the roots of their family tree.



A B O U T U S



We met in graduate school and began dating in 2006. Surrounded by those closest to us, we celebrated our marriage at a local park in 2017. We enjoy one another's company, chatting about current events, relaxing on our screened-in porch or getting our hands dirty in home projects. Our professional calling has lead both of us to careers in the medical field where each day, we aim to enrich the lives of others. Janah works at a local university providing healthcare to collegiate athletes while Valerie works in a physician's office providing patient care to the general population. We laugh often, love fully and cherish moments where we are in the company of our family and friends and we look forward to sharing all of this and more with our child.

O U R V A L U E S

We look forward to teaching our child many things, but hold the values of respect, integrity, and kindness in high regard.

RESPECT: We believe that respect is not only treating others the way you would want to be treated but also being considerate of others. We intend to raise our child to treat others with dignity and to recognize value in people that may be different from themselves.

INTEGRITY: Trust is built through honest communication and truthful actions and it is important to us for one to stay true to their word. We take pride in the work we do and feel it is important to know that one has put forth their best efforts to make a valuable difference.

KINDNESS: There are many kinds of people we may come across in life that may not have the same beliefs, abilities, skin colors or interests. It is how we treat these people that ultimately defines us. We feel that there is no better way to open the door to connect with another person than through the offering of kindness.

MEET JANAH by Valerie

Family means everything to Janah. She keeps them close to her heart and spending time with them breaths life into her soul. She is a giving person and her self-sacrificing nature means that she will always place our child's needs before her own just as she has with her niece and nephew who she has helped raise into young adults.

Janah has an unbelievable amount of patience and the ability to adapt to any situation which will create a comfortable space for a child to learn and grow through the ups and downs of life. Janah is a loyal, enriching, and grounded woman and I cannot imagine a more resilient person to have by my side to parent our children.

OCCUPATION

Athletics Administrator and Head Athletic Trainer

HOBBIES & INTERESTS

Photography, running, watching sports, and doing puzzles

FAVORITE PLACE

Her parents' house

FAVORITE TRADITION

Annual family reunion



MEET VALERIE by Janah

Valerie is one of the most kind-hearted, intelligent, and empathetic people I know. She may consider herself an introvert but has a radiant personality that draws others towards her leading to lasting relationships. She is passionate about health and fitness and loves playing games, crafting, and spending time outside.

Valerie enjoys preparing our meals each night and values eating dinner around the table as a time to reflect on our day and connect with one another. This is a family tradition that she grew up with that she is looking forward to continuing with our child. She is an amazing person that I am lucky to share life with and I know without a doubt that she will be an amazing parent.

OCCUPATION

Clinic Athletic Trainer

HOBBIES & INTERESTS

Mountain biking, reading, cooking and crafts

FAVORITE PLACE

The outdoors!

FAVORTIE TRADITION

Baking cookies from scratch at Christmas



Valerie cooking



Valerie with her brother and niece



Having fun while shopping!

OUR PERSPECTIVES



Participated in virtual 5k for social justice

DIVERSITY: We are committed to raising a child that is proud of their racial and cultural identity. Janah works at a historically black university that has a close connection to the local black community and a multitude of opportunities for engagement in cultural events. Our child will be exposed to books, movies, and toys that represent people of their same race so that they can see a reflection of themselves through different characters and role models.

We value education and understand that it comes in many forms. We will enroll our child in schools that are inclusive of adoptive children, children of color, and children with same-sex parents as we know that their influences do not stop at our doorstep.



Valerie with her niece, sister, and Disney princesses

OPEN ADOPTION: You have our word, that throughout our child's life, they will know who you are, where they came from, and understand your selflessness and sacrifice. We look forward to having discussions with you about where your heart lies, but we are committed to an open adoption that includes emails, texts, sharing photos and visits. We know these connections will be invaluable to the child and their well-being.



Janah with Valerie's niece

CHILDCARE: Both of our employers offer parental leave and we plan on taking the maximum amount of time available to develop an early bond with our child. When we do return to work, Janah's family will assist with caring for the child and we also plan to utilize the childcare center through Valerie's work. Janah's parents, sister, and nephew live 5 minutes away from our home and her niece lives just across the street. Thus, we feel fully supported in our options and know that our child will be in a positive, loving and safe environment.

FAMILY & FRIENDS



Celebrating Thanksgiving with Janah's family at our home



Valerie and her oldest niece



Valerie's dad and her youngest niece

Friends and family mean the world to us and we are surrounded by people near and far who are ready to love and support our child. Janah grew up in the city that we live in currently and her parents, sister, niece, and nephew live within minutes from our home. Her family is a big part of our lives as we see them often. We are also blessed to have her aunts, uncles, and cousins that live within 20 minutes of our home.

Valerie grew up in a small town in North Dakota where her parents still live. She has a sister and a brother who also live in the Midwest. Valerie loves doting over her nieces who live in Minnesota, pulling them in a wagon, doing chalk art, flying kites or playing on the swings. Even though her family is in other states, she maintains connections with them through in-person visits, phone calls, and virtual hangouts.

We also consider our friends, as our family for they have been there to support us throughout life's biggest moments. Our friends are such big-hearted, giving, and open-minded people who are looking forward to being a part of our growing family.

MORE FAMILY & FRIENDS!

We cherish the opportunities to spend time with loved ones. We love gathering with family and friends at cookouts, celebrating birthdays and graduations, hiking, or just relaxing and catching up with one another.



Janah's family's annual reunion in 2017



Janah and her parents



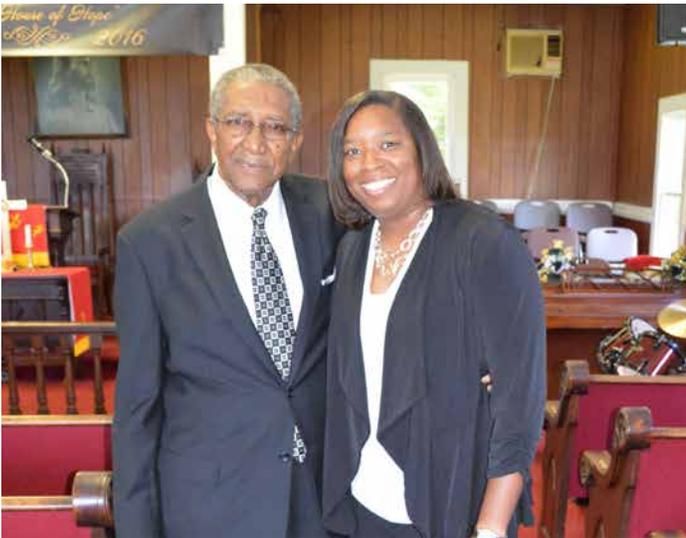
Valerie and her family



Valerie spending time with her nieces



Janah and her mom at annual family reunion



Janah with her granddad, a man of great wisdom!



Hanging with Valerie's best friend Gina and Gina's moms



Skiing in the NC mountains with friends Christie & AJ



Uncle Norman is our cookout grill master!

HOME SWEET HOME



Our bonus space where we watch movies and play games

We live in a mid-size city in North Carolina. Our city is racially diverse with strong ties to the Civil Rights Movement. The city offers a multitude of culturally inclusive activities through performing arts venues, museums, festivals, and outdoor recreational activities.

We bought our current home in 2019. It is a spacious and open, 3-story home that sits at the back of a quiet cul-de-sac with a large backyard where we like to play yard games with family and friends. Like the city, our neighborhood is also racially diverse and family-friendly with a lake, parks and walking trails.

OUR PROMISE



Should your path lead you to choose adoption, we promise the following:

- **Our child will have a stable home, with unconditional love.**
- **They will be provided with opportunities to explore their interests and invest in their dreams.**
- **Our child will laugh, play, and have fun.**
- **We will establish a trustworthy and comfortable space for our child to speak openly without judgement.**
- **We will honor you and recognize the sacrifices that were made for our child.**



THANK YOU

Thank you for taking the time to learn about us, our community, and the safe and loving home that we are ready to provide for a child. We are very excited about the opportunity to grow our family and look forward to building an open and trusting relationship with you if you choose to place with us. No matter the path that you choose, we wish you the very best and hope that you feel supported throughout this process.

Janah & Valerie