

## **Donor Dad Questionnaire Template**

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Are you a '**Donor Dad**' - or want to enter into an arrangement whereby you are involved with the child after conception- or even to co-parent? Options for being in contact with the child are not available when you donate through a sperm bank. If however you donate through [Free Sperm Donations Worldwide \(FSDW\)](#) you can choose who to donate to- and make your own arrangement, that more effectively caters for the needs of the children born as a result ie for information and ideally some connection.

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### **A Message to Sperm 'Donor Dads from The Child Listener™:**

Most children in our experience will want to know you as a real person- rather than a number on a catalogue- as early as possible. They want to know that you chose their parent/s – and have an interest in what happens post conception- even just to know they are going to be loved and well cared for. They want to know 'real' things about you- and the following list has been created based on what the children I have worked with, would like to know about their donor dad. It doesn't mean they will want to meet you- but they will, more likely than not, want to know of you. This information is invaluable growing up- especially when other children start asking questions. Even taking the time to write it shows the child you cared enough- and will mean the world to them.

I am working with other professionals to create books, pamphlets and workshops to help parents of sperm donor conceived children transition from the early years through to adulthood with a positive self-image linked with knowledge of their biological origins. In part this means knowing of their biological identity. This questionnaire shows them parts of you- and you will be a part of them forever, regardless of whether you are involved post conception or not.

Use these questions as a starting point- answer as simply or fully as you wish- change the questions if you wish- and add more. You can do this without giving information that would lead to you being traced- if this is a concern to you.

Ask yourself- if I didn't know anything about my biological father- what would I have wanted to know. If possible, please **type the answers to the questions- and handwrite the personal message at the end, and end it with your name (in your handwriting).**

If you do have a photo – even if it is you as a child- and don't mind adding it- that would be wonderful. Children also love to see pics of your pets etc.

Thank you so much for the gift of life- and for taking the time to help these families and children even after conception. This information is invaluable to so many.

If you have any questions please don't hesitate to ask

Emma:-)

[Emma@The-Child-Listener.com](mailto:Emma@The-Child-Listener.com)

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# **A few things you might like to know about me- your ' Donor Dad' !**

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Ny first name

My nickname

My hair colour

My eye colour

My height

My skin colour

My ethnic origins

The country in which I spent my childhood

My age group – when you were conceived

My sibblings and family

Physical Features I'm proud of

Physical Features I would change if I could

I have had these operations and illnesses

When I was growing up my favourite hobby was

At school I was best at this subject

and not so good at this

When I was growing up my best friends were called

When I was growing up I wanted to be

The job I have enjoyed the most, as an adult is

My favourite colour is

My favourite foods are

My favourite movies are

My favourite books are

My favourite animals are

My favourite sports are

My favourite holiday destination

The things I would like to change about the world are

Things I hope you will have as you grow up

This is why I chose to donate to your parent/s

My personal message to you

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