



Terms & Acronyms

Amended Birth Certificate – ABC

Adoption: legally taking another’s child and bringing them up as one’s own.

AP – Adoptive Parents: the legal parents of a child who are not biologically related to the child. (AM – Adoptive Mother, AF – Adoptive Father)

AI – Artificial Insemination: when sperm is directly inserted into a woman’s cervix.

AID – Artificial Insemination by Donor: when sperm from a donor is inserted into the cervix of a woman in the hopes of creating a pregnancy.

AC – Assisted Conception: Those conceived through the use of someone other than their genetic parent’s sperm, egg, or embryo; includes surrogacy as well.

ART – Assisted Reproductive Technologies: fertility treatments where eggs or embryos are handled for the purpose of establishing a pregnancy.

Assisted Reproduction: a method of causing pregnancy other than sexual intercourse.

BC – Birth Certificate

BCF – Birth Certificate Father: The man listed on a person’s birth certificate as their father.

BCM – Birth Certificate Mother: The woman listed on a person’s birth certificate as their mother.

BF – Birth Father: A person’s genetic father.

Biosplaining - When a person explains to an MPE how they should feel about their circumstances.

Black Market Baby: children who are adopted illegally.

BMom – Birth Mom: A person’s genetic mother.

Bruncle - Brother/Uncle

BRW – Brother Raised With: a brother you grow up with who you discover is actually a genetic half-brother.

Birth Mother (First or Natural): A person’s genetic mother.

cM – Centimorgans: A unit of measure in DNA. The higher the CMs the closer the familial relation. This helps you estimate how you are related to a match. HERE is a great chart listing the range of CMs shared between relations.

Cross Sibling: Your genetic sibling’s other genetic sibling you are not genetically related to. (Ex: Mary’s genetic dad is Paul and her genetic mom is Lisa. Paul is married to Anne. Paul and Anne have Angie. Angie and Mary are half-siblings. Anne has Doug from a previous marriage. Angie and Doug are half-siblings. Mary and Doug are “cross siblings”).

DCP – Donor Conceived Person/People: a person conceived through gamete provision (or DC – Donor-Conceived, DCI – Donor-Conceived Individual).

DIA – Domestic infant adoption

Diblings: Half-siblings by donor conception (the term is not accepted by a majority of DCP).

Double Donation: When both an egg and sperm donor is used to create an embryo who is transplanted into another woman’s uterus.

Embryo: An egg fertilized by sperm in the very beginning phase of becoming a fetus.

FOG (fear, obligation, and guilt): adoptees (and all MPEs as well as genetic and raising parents) coming to terms with feelings and realizations regarding their adoption (conception, connection to a child) and deciding to search for genetic family.

FOMO - Fear Of Missing Out

FRM – Father that Raised Me: the man who raised a child and who the child thinks of as “father” and is not genetically related (similar to BCF).

Gametes: Refers to eggs and sperm, and sometimes people lump embryos in too.

Gamete Provider (Donor): Refers to someone who sells or gives their sperm or eggs to someone or a clinic. People often use “sperm donor” or “egg donor,” but they are paid for their contribution.

Genetic Bewilderment (GIB – Genetic Identity Bewilderment): growing up genetically unrelated to one or both of your parents and feeling out of place but not knowing why; which can interfere with identity formation.

Genetic Mirroring: Seeing traits, whether physical or otherwise, in yourself and your family so when you look into your genetic mirror you know those traits have been passed down from your family which helps form your sense of identity.

Genetic (Biological/Birth) Parent: The person whose DNA (genetic material) created you.

Genetic Recombination: The exchange of DNA (genetic material) that leads to children with combinations of different traits that can differ from those found in either parent. This is why two siblings do not share the exact same DNA and why there's a range in the CMs they can share.

Ghost Kingdom: the hypothetical world adoptees (and all MPEs) enter when imagining their birth family as part of their life.

Hiraeth - A homesickness for a place one may never have been; longing for something that was never had.

Intended Parent(s): the parents who use egg and/or sperm provision to become parents. Also Recipient Parent(s).

IUI – Intrauterine Insemination: sperm is placed directly into the uterus.

IVF – In Vitro Fertilization: When an embryo is created outside the body and then placed in a woman's uterus.

Kinship Adoption: adoption of a child by a family member (someone related to one of the child's birth parents).

LDA – Late Discovery Adoptee: A person who discovers they are adopted as an adult.

LDDCP – Late Discovery Donor Conceived Person: A person who discovers they were conceived through assisted reproduction as an adult.

Monachopsis - The subtle but persistent feeling of being out of place.

MRM – Mother that Raised Me: the woman who raised a child and who the child thinks of as “mother” and is not genetically related.

MWIMM - Man Who Impregnated My Mother

NDB / NDS – Newly Discovered

Brother/Sister: a genetically related sibling you discover later in life.

NPE – Non-Paternal Event: A term used by genealogists since 2000, placed in a family tree next to a person's name when it was believed their father wasn't their biological parent. Sometimes also Not Parent Expected.

MPE – Misattributed Parentage Experience: The discovery of a change in a person's perceived parental genealogy.

Open Adoption: An adoption with ongoing contact between the birth parents/family and adoptive parents/child.

OBC - Original Birth Certificate. The birth certificate issued at time of birth.

POC - Products Of Conception

Raising (Social/Supporting/Adoptive) Parent: The person who raised you; who in your heart is your mom or dad. This person may or may not be your genetic parent, but they are the person financially responsible for you.

RP – Recipient Parent: A person receiving gametes from a third party that results in live birth.

SMBC – Solo/Singling Mother by Choice: A single woman who chooses to become a mother who does not have a partner.

SRW – Sister Raised With: a sister you grow up with who you discover is genetically a half-sister.

Surrogacy: A woman who carries and gives birth to a baby for another couple. Traditional Surrogate means the woman carrying the child uses her egg. Gestational Surrogacy where IVF is used (not the surrogate's own eggs) and therefore the surrogate is not genetically related to the baby.

Tandem Cycle: Fertility procedure for creating embryos from donor as well as from either of the intended parents. Results in recipient not knowing which gametes will provide viable embryos – banned in UK & Europe for ethical reasons.

TRA – Trans Racial Adoption: When a child is adopted into a family that has a different ethnicity than that of the child.