

Seth & Tristen

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## Dear Birth Mom

As we think about you and your growing baby, we can't imagine what you must be feeling in this process. We'll never fully understand all the emotions you're facing, but we want to be part of your journey if you choose adoption. Please know that whatever you choose, we're thankful for the love you have for your baby that has led you here.

Tristen and I have always thought of adoption as part of our family's future. I am the oldest of 5 siblings, and my youngest sister, Emily, was adopted when she was 2 years old. This made adoption part of my family's "normal" for as long as I can remember. We're a big family and are excited to add a new member to the group! Tristen spent 8 summers working with foster care children and loves children. Her work in the foster care system led her to have a heart for adoption.

While this was always part of our plan, we didn't quite know what form that timeline would take. We began trying to grow our family about 3 years into marriage and soon learned that we had limited fertility. While medical intervention would/ could be a successful option for us, we decided to adopt instead. It has always been on our hearts, and God knew exactly what timeline we should follow.

We have been married for 7 years and live in Oklahoma. We love adventures and trying new things – whether that's a new city to travel to, a new board game to play, or cooking a new recipe for dinner. Our evenings consist of going on walks with our two dogs, trips to the lake for paddle boarding, reading books, and spending time with our friends and family. During the week, I am a web developer and Tristen works as a college admissions director helping high school students make plans for their futures after graduation.

Community is a huge part of our lives. I am currently in training to become a deacon at our church and Tristen helps with the youth group there. We both help out in the infant nursery and are part of a wonderful small group that keeps us grounded and supported. We have families that are incredibly excited about our plans to adopt and supportive of that decision. We see our families on both sides frequently, as most of them live here in Oklahoma. It will be great to have them close by and involved in this journey!

In the adoption process, we are open to having as much or as little contact with you as you are comfortable with. As you navigate this process, you're in our prayers daily and we wish you the best in your decision.

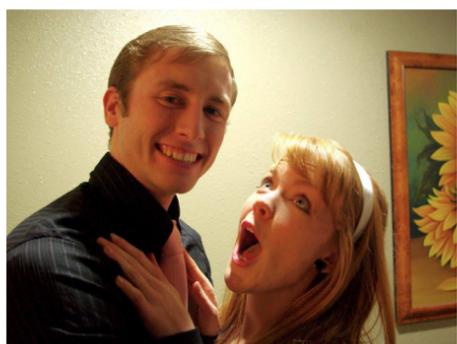
Seth & Tristen

## about him BY HER



I've never met a more caring, genuine person than Seth. He's thoughtful and intentional and I love getting to share life with him. As an introvert, Seth loves to spend time reading and learning new things. He majored in History in college, but did a career change a few years into our marriage to be a web developer. While he's easily one of the best web developers at the company he works for, he's also incredibly modest and won't brag on himself (*good thing I love to do that!*). He remembers every significant date in our relationship and goes out of his

way to make me feel valued. Seeing how much Seth loves kids makes my heart overflow faster than a sappy Hallmark Channel movie. He spent many summers working at a camp for inner city kids and we regularly help in our church's nursery taking care of babies. He's going to be the best dad and I can't wait to watch him begin that new role.



## about her BY HIM



Tristen is the most passionate and loving person I have ever met. She can walk into a room full of strangers and have everyone become her friend in a very short amount of time. Everything Tristen does, she does with her whole heart and she can find a way to get just about anything done, even if it seems impossible. She is also great about making sure to let people know she will always be there for them and will always stand up for them. For eight summers, Tristen took time off from work to help with DHS foster kids through an organization called Royal Family Kids that aims

to bring hope and joy to the lives of children who have been removed from their homes because of abuse or neglect. Now she works with high school students as they transition to college and helps with the youth group at our church. If there was anyone you could choose to have in your corner, it would be Tristen.



# This is us.

We've been married for 7 years and still going strong. Doing life together has been full of adventures! We've remodeled houses, lived in three homes, adopted two dogs, started new jobs, and learned something new together at every turn.

We got married right after finishing college. We were "bright-eyed and bushy-tailed" about starting life together. Seth's job took us to a new city where we learned how to navigate marriage. Our communication styles and personalities are very different, which brought challenges in our early years together. But we've grown as a couple and now see our differences as strengths that make us better. Seth's levelheadedness and calm spirit help steady Tristen's enthusiasm and sense of adventure. It's a perfect balance!



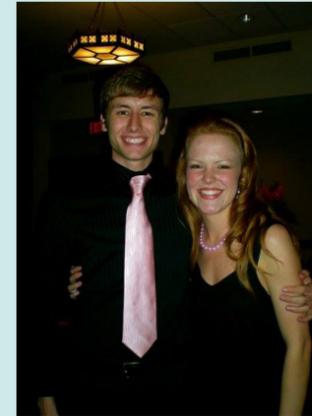
This is one of my favorite pictures from our wedding. It captures us perfectly!



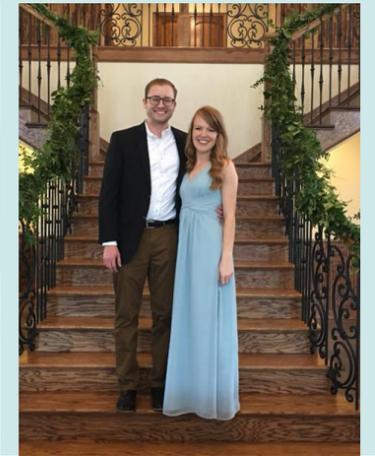
Laughing is a constant for us. We're both goofy and love to have fun, whatever we're doing.



We love going to football games. In college, we attended more than 70 games!



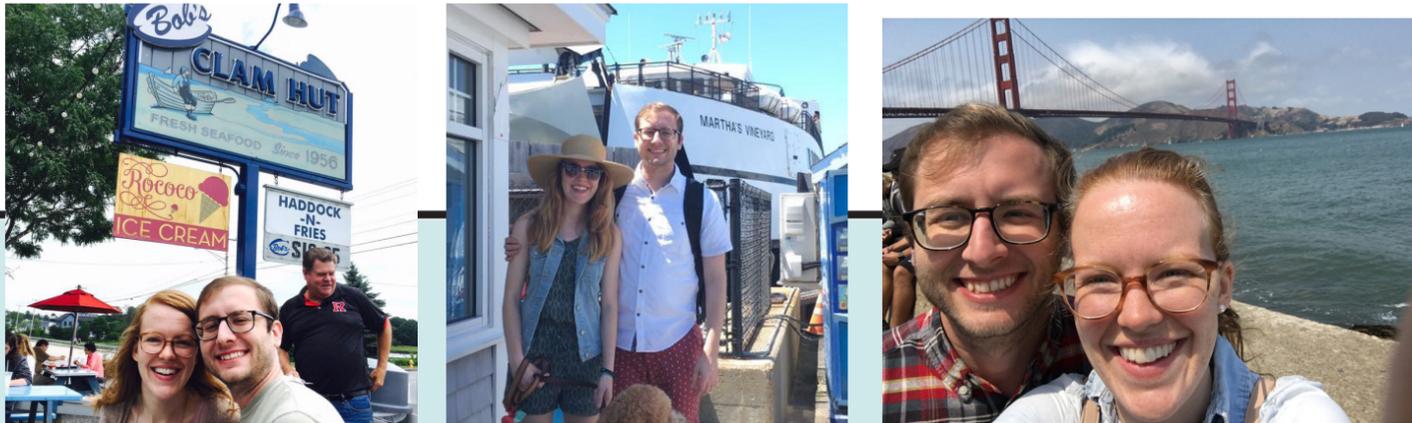
We met in college during spring of our freshman year at a dance called the Pink & Black Ball. We went together the following year (left photo). Any excuse to dress up and be goofy was good enough for us. Our group of friends in college regularly had Halloween parties. One of our best costume duos was Fred and Wilma Flinstone! (right photo)



We got engaged on April Fools Day in 2012 and married in September that same year. Seth's brother Jacob (pictured with us) was attending the same college as us at the time and was glad to be part of the proposal planning! Our wedding was outside on a historic farm in Oklahoma - it was such a sweet day shared with friends and family.



# Travel.



One of the many adventures we have together is traveling. While Tristen's immediate family is close-by, her extended family are scattered across the US. This means that we get lots of opportunities to see new places! Traveling has helped us grow stronger in our relationship as we navigate each new destination.

2016 Visiting <b>Santa Monica, CA</b>	2017 Ski Trip to <b>New Mexico</b>	2018 Found a Rainbow in <b>Ogunquit, Maine</b>	2019 Hiking Through <b>Scotland</b>
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Every summer, we try to take at least one trip - sometimes here in the US to visit family and sometimes across the world. We recently traveled around Scotland and Ireland! Traveling has pushed us out of our comfort zones and given us some great memories trying new things and experiencing new places.

# family.

Our immediate families are mostly here in Oklahoma, but some are sprinkled around in other states. Holidays together are always big, fun, loud affairs that sometimes involve mud football and late-night games of Catchphrase.

Seth has four siblings: three brothers and one sister, who was adopted internationally from Russia when she was two. He is the oldest of his siblings. His parents live near us and all of his siblings are here in Oklahoma, along with his paternal grandparents. We see them all, including some of his cousins and aunt/uncle from Texas every year for Thanksgiving and Christmas.

Tristen also has four siblings, but her family is a bit more complicated. She has a younger half-sister and half-brother and an older step-sister and step-brother. Her half-siblings are in Boston and are 14 and 18 years old. Her step-siblings are both significantly older and have brought along a total of five nieces and nephews for us! We see our nieces and nephews every year for an annual trip to an Oklahoma pumpkin patch and at either Christmas or Thanksgiving. Tristen's maternal grandparents also live in Oklahoma and we see them every few months on trips to their house in the country.



Seth (middle with glasses) and his siblings.



Tristen and her younger half-siblings and paternal grandma.

# family.



We've taken some really fun trips with Seth's parents. This was our trip to San Francisco to learn about the city's history on the 50th anniversary of the famous "Summer of Love"!



Every year, we take a fall trip to the pumpkin patch with our nieces and nephews from Texas. There are four of them: Connor (above, with glasses), Caitlin (in the two pics on the right), Collin (above with the hoodie), and Carly. Connor and Caitlin were also in our wedding!



Seth's parents got all of the "kids" tacky Christmas sweaters for the 2017 family photo.



Tristen's family loves to go to craft shows and fun outings. To the left is her mom, aunt, grandma, and great aunt at one of the fairs! On the far left is Tristen's mom and step-dad at a hay ride costume party.



Seth's family has also been known for some outdoor mud/rain football games!



We love going to visit Tristen's younger siblings in the summertime when they're out of school. They used to live in California and now are located in Boston. To the left is Cameron, Abby, us, and Tristen's dad.

# fur children.

While not everyone thinks of pets as part of the family, we certainly do! Tristen grew up in the country and always had dogs. Seth also had family dogs growing up. Now, we have two dogs - Daisy and Chloe. They love to go with us on road trips, to the lake for afternoon swims, to the dog park, and on regular walks around our neighborhood parks. They've never met another dog (or human) they didn't like!



Daisy is our oldest dog and first addition to the family. She's a 6-year-old rescue who is part Great Pyrenees and part Golden Retriever. Her favorite pastimes are snuggling, "patrolling" the yard, and giving slobbery kisses.



Chloe is the baby of the family. She's a 4-year-old Golden Retriever and humans are the thing she loves most. Although her rope toy is a close second! Chasing squirrels is her favorite activity and she loves going on walks with us.



Last year, we found a taxidermy ram and hung it in our multipurpose room. The dogs were so curious about it and it was funny to watch them try to figure out what it was!

# our community & our faith.

Being part of a church family is incredibly important to us. We're firm believers that faith in Christ is not meant to be lived out in isolation - we're created for community. Our church has led us to a wonderful group of humans that we call our "unofficial family." Every Monday night, you can find us relaxing on our oversized couch with this crew talking about life, eating chips and salsa, and playing games. We talk about the defeats and victories we're facing that week and share our day-to-day life stories. We'd truly be lost without this crew pushing us to grow in love for each other and for Christ. Plus, they make holiday dinner parties extra fun!



Monday nights are spent playing games, eating snacks, and sharing life. This is a picture of one of our early weekly friend gatherings!



Ring in the New Year in 2018! We have lots of get-togethers to watch award shows, celebrate the new year - basically any excuse to get dressed up and wear party hats!



Last year, we hosted our first Christmas + Thanksgiving dinner at our new house. It was full of tacky Christmas sweaters, hilarious costumes and a marathon game of Charades.



Jordan and Katie were our first friends we made when we moved to a new city after college. They are still our best friends today! They have two young kids now, and we love getting to play "aunt Tissten and uncle Seff" to their adorable toddler!



We got to see the musical Hamilton this year, thanks to a gift of tickets from Seth's mom. It was incredible! Our city has a great performing arts center where we've seen lots of plays and musicals.



Seth still keeps in touch with his four best friends from high school. From right to left: Greg, Taylor, Zach, and Seth.



Tristen also stays close with her two best friends from high school. From right to left: Tristen, Hye-jin, and Jill.

# everyday life.



While we do love to travel, in our daily lives we're both homebodies who tend to have the same bedtime as our grandparents - we're old souls! In the evenings, we take walks with the dogs, play board games together, and watching

Netflix documentaries. We learned early in our marriage that we both really love board games - since we've been married, we have grown our board game collection to over 35 games! It makes a great opportunity to have game nights with our community. While we love documentaries as a category, our favorite thing to watch regularly are funny TV shows - Parks & Recreation and The Office are the best! When we have free weekends, we enjoy exploring our city and trying out new places to eat, seeing all the parks, and attending festivals/fairs.

Seth is usually the chef and cooks dinner, while Tristen loves to clean and organize. It makes us a great team! We grew up in families where dinnertime was spent together, and we've made it a priority to have a meal together at least once a day if possible.

We've lived in 3 houses since we got married. For our first year of marriage, we rented a small house and then bought our first home. Last year, we moved into our forever home. It's a 1939 restored cottage that sits on 1.5 acres on the edge of town. It's still close enough to everything for convenience (including an elementary school that is one property over!), but far enough out that we have plenty of space. We have a fenced in yard on the property that provides a great safe space for the dogs to run and play, and lots of room for cookouts, fire pits, and outdoor activities.



We both LOVE ice cream. We keep our local Braums in business and everywhere we travel, we try to find the local ice cream spot.



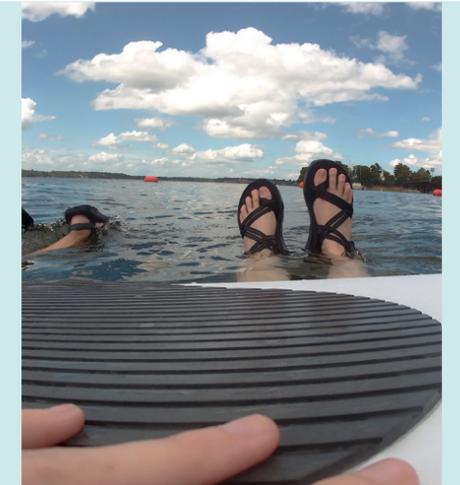
We did a complete remodel on our first house that we purchased. It was SO much work, but we learned a lot. Including patience! We're definitely glad to be done with house projects for a while. Eventually we'll build the "dream house" on our current property. We're big DIY people!



Checking out Medieval Times on a quick trip to Dallas last year!



Exploring our city's new, record-breaking park that was completed in 2017. Such a cool place to spend the day!



Tristen got a paddleboard last year and afternoon trips to the lake have become a regular outing. A cooler of food + sunscreen + friends = a great way to spend hot Oklahoma summer afternoons!

# family information page.

**Father's Name:** Seth

**Occupation:** web developer

**Education:** Bachelor's degree

**Religion:** Christian/Presbyterian

**Date of Birth:** 6/23/1989

**Hair Color:** light brown

**Eye Color:** hazel

**Height:** 6'1"

**Mother's Name:** Tristen

**Occupation:** college admission director

**Education:** Bachelor's and Master's degree

**Religion:** Christian/Presbyterian

**Date of Birth:** 3/9/1990

**Hair Color:** red

**Eye Color:** blue

**Height:** 5'7"

**Date of Marriage:** 9/23/2012

**Children:** none

**Interests & Hobbies:** Seth enjoys reading, running, cooking and watching documentaries. Tristen enjoys painting, photography, graphic design, and anything outdoors. Together, we love to travel, play board games, go on walks with our dogs, and spend time with family and friends.

**Home:** We live on the edge of the city on 1.5 acres. Our house is a remodeled 1939 cottage with 4 bedrooms and 2 bathrooms – plenty of space to grow our family! We have a fenced yard on part of the property and a large, multipurpose room to host game nights and gatherings.

**Pets:** We have two sweet dogs – Daisy and Chloe. Daisy is a 7-year-old rescue who is part Great Pyrenees. She loves to keep watch over the yard and protect us from any intruding squirrels. Chloe is 5 and she's a Golden Retriever. She loves to play fetch and be right by your side, whatever you're doing.

## **Why are you interested in building your family through**

**adoption?** Tristen and I have always thought of adoption as part of our family's future. While this was part of the plan, we didn't quite know what form that timeline would take. We began trying to grow our family about three years into marriage and soon learned that we had limited fertility. While medical intervention would be a successful option for us, we decided to adopt instead.

**Openness to Birthparent(s):** We are open to remaining in contact with birthparents in the capacity that they feel comfortable with – whether that means no contact at all or regular updates, photos, or in-person visits.

**Childcare Plans:** We both plan to work after adopting, although one of us will likely stay home part-time. Seth's job allows him to work from home and set his own hours, which will be very helpful! Both of our parents have asked to be part of the childcare plans, and we'll also be taking advantage of part-time childcare options.

*The end.*