

DONOR CHILD

Emma Grønbæk



ABOUT ME



Emma
Grønbaek

@DONORCHILD

1996

From Denmark

Donor Conceived

Anonymous sperm donor

Trained as a Nurse –

Working at Cryos



The advice

1996: There is no reason telling the child about donor conception

“For a long time, the wound continued
to burn. Many a traveller
Siddhartha had to ferry across the river
who was accompanied by a
son or a daughter, and he saw none of
them without envying him,
without thinking: “So many, so many
thousands possess this
sweetest of good fortunes – why don’t
I? Even bad people, even
thieves and robbers have children and
love them, and are being
loved by them, all except for me.”

Siddhartha, by Hermann Hesse

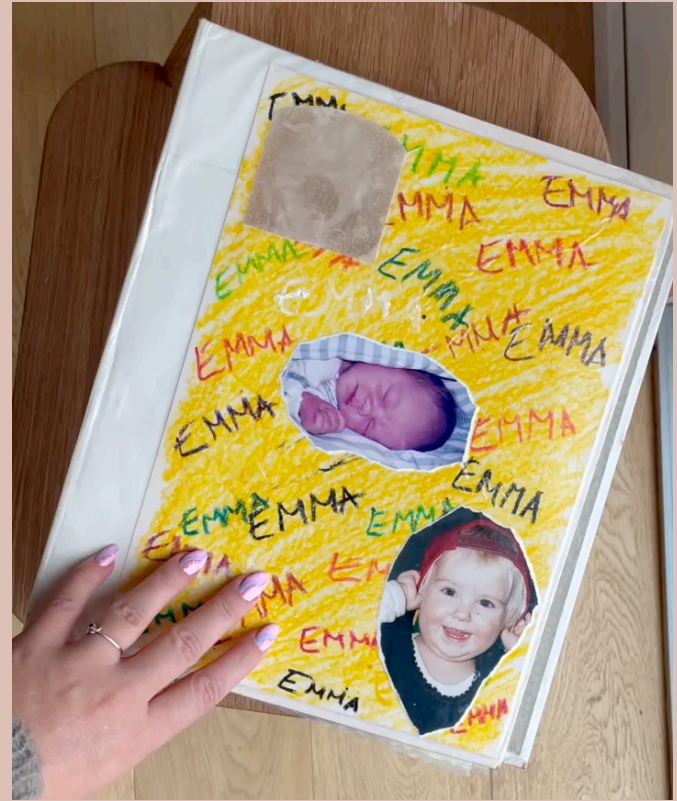
Beloved Emma

This book was created to tell you
the story of how you came to be,
of our many years of childlessness
and the sometimes very difficult
decisions this demanded. Our wish
is that this book should help to
navigate these problems while
you are still a small child and make
the questions that it will create
easier to ask. You may never
doubt that you were the most
wanted child in the world.

Emma's book

About the dream of creating a family

Read as nighttime story from I was 3 years old

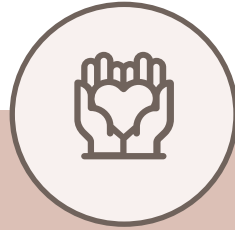


Why telling is beneficial



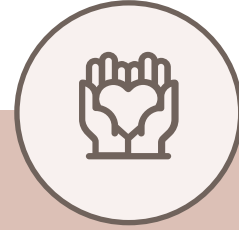
Parents

A way to start the conversation and practice telling their story



Children

The child gets to understand gradually and ask questions



Relationship

No feeling of secrecy or betrayal if discovered later in life

The Impact on my life

Child

Proud of being special as I felt wanted and loved.

Thoughts about the donor's physical appearance.

Teen

Felt left out with the twins - triggered negative feelings.

Thoughts about telling my dad that he was not my father while arguing

Adult

Discovered primary lactase deficiency

Started my blog, and sharing my experience publicly

Wrote a book

Future

Feelings might change with big life events

– We talk about it, and I have their support

Experiencing Donor Conception

Family tree

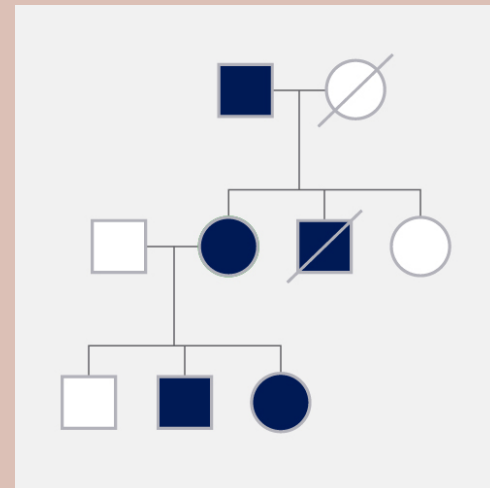
Who do I look like

Medical History

Advice



VS



Emma 6 years

Why I share

my donor conception story

“

DONOR CHILD - A CHILD OF LOVE

A story about my life as donor conceived and what it has meant to me and my family. Advice from fertility experts, psychologists, couples' therapist, and doctors.

—On Amazon





donorchild



105

Posts

6.165

Followers

800

Following

Donor Child - Emma Grønbæk

#donorconceived with a positive mindset 🌹

Nurse - Author - Speaker

Supporting #ttc #lgbtq #smbc #dcp through knowledge and experience... more

Thank you!

donorchildemmagroenbaek.com



@Donorchild

EMMA GRØNBÆK

DONOR CHILD

Welcome to my website

My name is Emma Grønbæk and I am conceived with donor sperm. I was born in Denmark in 1996 after my parents had gone through 6 years of fertility treatment. My two younger sisters are twins and were conceived with the use of ICSI without a donor. I have always known about the help my parents received to have me and want to communicate the importance of early disclosure.

I also wrote a book: Donor child – a child of love.



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