

Adopting baby son Louis Bardo may help Sandra Bullock heal while divorcing Jesse James: experts

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Kramer/NBC

The timing of Sandra Bullock's adoption could be a 'win-win situation' for her and her new son, experts say.

She'll have her hands full as a busy single mom, but [Sandra Bullock's](#) adopted baby son may actually help her heal more quickly from soon-to-be ex-hubby [Jesse James'](#) transgressions than she would have on her own, experts say.

Bullock announced she was adopting 3 1/2-month-old [Louis Bardo Bullock](#) from [New Orleans](#) in a [People magazine](#) interview - the same one in which she revealed her intention to divorce James.

"[The adoption] could be the biggest and most wonderful distraction that there is," said [Robert Epstein, Ph.D.](#) "It's a way of self-soothing, which is what we all try to do when we suffer a loss. Some forms of self-soothing are constructive and others are destructive."

In Bullock's case, being able to direct love and attention toward a baby is constructive, he said.

"It's probably a win-win situation," Epstein said. "Sandra has a lot of love to give; a lot of time and a lot of resources."

However, he added, the fact that she may be distraught and preoccupied by the breakup with her cheating hubby could also make it harder to give her full attention to the baby.

Mark Yarhouse, [Regent University](#) professor of psychology, said that it's always difficult for a single parent to raise an adopted child. "But Sandra's not a typical single mother," he said. "She has the kind of resources and support structure that bodes well for this to work out."

Still, the timing of this adoption isn't perfect. Having a new baby enter the picture while undergoing a painful and humiliating public breakup can be stressful.

"Clearly Sandra Bullock is in a lot of pain and feels betrayed and ripped off," said [Irina Firstein](#), licensed social worker. "Adopting now is an attempt to have something that is hers and that can't be taken away. It's a temporary Band-Aid. Kids grow up and we don't own them."

Another potential problem down the line could be Jesse James himself. If the couple started the adoption process together, could he have rights to the little boy?

"It depends on what stage the adoption is in," said [Barry Finkel](#), who runs a family law practice in [Fort Lauderdale](#). "It may be that he would have certain rights to that child, depending on where the adoption process is at this point."

Bullock, according to [People.com](#), is said to be finalizing the adoption as a single parent. "I really don't know how our paths will intersect in the future," she said of James in an interview with [People magazine](#).

"And there is nothing to stop her from arguing in court that Jesse may be unfit or that there may be other reasons why he is not equipped to meet the needs of the child," Finkel said.