



Self Care for Adoptive Parents

The most important thing adoptive parents can do is practice self care. Parents who demonstrate strong coping techniques and abilities adapt to situations easier, thus helping their family adjust and grow.

SELF CARE COPING STRATEGIES

Respite is important!

Find a family member or friends who can commit to at least one weekend a month. All parents need a break! Do not wait until there is a breaking point to schedule respite care.

Find a support group for adoptive parents in your area.

This allows you to connect to other families who may be undergoing similar family challenges and changes. For a listing of adoptive parent support groups in your area call (877) 530-5275 or visit kcsf.org.

Contact your adoption agency following adoption finalization.

The agency is there to help you through the adoption/post-finalization adjustment. Most agencies provide services and support for families after adoption has occurred.

Have fun!

Utilize humor and games to relieve tension, reduce stress and promote wellness.

Over



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REFERENCES FOR ADOPTIVE PARENTS

Administration for Children and Families

acf.hhs.gov

Adoptive Family Magazine

adoptivefamilies.com

Kansas Children's Service League

kcsf.org • (877) 530-5275

National Adoption Clearinghouse

http://naic.acf.hhs.gov

National Resource Center for Special Needs Adoption

spaulding.org

North American Council on Adoptable Children

Adoption and Schools

(2002) • nacac.org

Oregon Post Adoption Resource Center

orparc.org

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For more online tip cards, visit kcsf.org
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Kansas Children's Service League



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Parenting questions? Call the Parent Helpline.

1-800-CHILDREN or email/text 1800children@kcsf.org

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