



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.

REFERENCES FOR ADOPTIVE PARENTS

Administration for Children & 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

For more online tip cards, visit kcsf.org under the "Resources" tab.

Parenting questions? Call the Parent Helpline.

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



Kansas Children's Service League



Prevent Child Abuse
Kansas
A chapter of Prevent Child Abuse America



Kansas
Department for Children
and Families
Strong Families Make a Strong Kansas