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 kcsl.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
  kcsl.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 kcsl.org under the “Resources” tab.*