



Self Care for Kinship Caregivers

The most important thing kinship caregivers can do is practice self care. Caregivers who demonstrate strong coping techniques and stability adapt to situations easier thus helping their family adjust and grow.

- **Talk to someone.** Unburdening yourself can be a stress reliever. Talk to a friend, counselor, relative, church member or your family doctor.
- **Find a support group for kinship caregivers in your area.** This will allow you to connect with families who may be undergoing similar changes. Share your challenges and changes with other families who will understand. For a listing of kinship support groups in your area, call the Parent Helpline at 1-800-CHILDREN or visit kcsl.org.
- **Take a break.** A short time away from your family may give you a chance to relax and breathe. All caregivers need a break! Do not wait until there is a breaking point.
- **Respite is important!** Find a trusted family member or friend who can commit to one weekend a month to take over while you are out.
- **Take a parenting class.** A class may help you feel more comfortable with your status as a caregiver. It will also provide support from your teacher and other students in the class. To find a class in your area, call the Parent Helpline at 1-800-CHILDREN or visit kcsl.org.
- **Have fun!** Use humor and games to relieve tension, reduce stress, promote wellness and ease the adjustment of your family.

REFERENCES FOR KINSHIP CAREGIVERS

Children's Defense League
childrensdefense.org

Generations United
gu.org

Kansas Children's Service League
kcsl.org

AARP
aarp.org

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

Parenting questions? Call the Parent Helpline.

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



Kansas Children's Service League



Kansas
Children's Cabinet
and Trust Fund



Prevent Child Abuse
Kansas
A chapter of Prevent Child Abuse America



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