



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 www.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 and Families

www.acf.hhs.gov

Adoptive Family Magazine

www.adoptivefamilies.com

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Kansas Children's Service League
www.kcsl.org • (877) 530-5275

National Adoption Clearinghouse
http://naic.acf.hhs.gov

National Resource Center for Special Needs Adoption
www.spaulding.org

North American Council on Adoptable Children
Adoption and Schools
(2002) • www.nacac.org

Oregon Post Adoption Resource Center
www.orparc.org

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



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Kansas Children's Service League

**Parenting questions? Call the Parent Helpline:
1-800-CHILDREN or email/text 1800children@kcsl.org**

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**Prevent Child Abuse
Kansas**



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