



# 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](http://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](http://www.acf.hhs.gov)

**Adoptive Family Magazine**  
[www.adoptivefamilies.com](http://www.adoptivefamilies.com)

**Kansas Children's Service League**  
[www.kcsl.org](http://www.kcsl.org) • (877) 530-5275

**National Adoption Clearinghouse**  
<http://naic.acf.hhs.gov>

**National Resource Center for Special Needs Adoption**  
[www.spaulding.org](http://www.spaulding.org)

**North American Council on Adoptable Children**  
Adoption and Schools  
(2002) • [www.nacac.org](http://www.nacac.org)

**Oregon Post Adoption Resource Center**  
[www.orparc.org](http://www.orparc.org)

For more online tip cards, visit [www.KCSL.org](http://www.KCSL.org) under the "Resources" tab.



**Kansas Children's Service League**

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

