

To learn more about self-care for foster, adoptive, & kinship parents:

- CreatingaFamilyEd.org online Parent Training course - [How a Parent's History with Attachment and Trauma Impacts Adoption and Fostering](#)
- CreatingaFamilyEd.org online Parent Training course - [Maintaining Your Relationships When Adopting or Fostering](#)
- CreatingaFamily.org podcast, May 13, 2021 - [Taking Care of Yourself When Parenting Harder to Parent Kids](#)
- VeryWellFamily.com article, By Amy Morin, LCSW, Updated on January 31, 2020 - [15 Self-Care Strategies for Parents: Simple but Effective Ways to Take Care of Yourself](#)
- Center for Effective Parenting downloadable PDF, Written by Kristin Zolten, M.A. & Nicholas Long, Ph.D., Department of Pediatrics, University of Arkansas for Medical Sciences, Artwork by Scott Snider, ©1997, 2006 - [Parenting Information Handouts/ Early Childhood: Stress Management For Parents](#)
- PBS for Parents, Raising Kids Who Thrive, by Claire Lerner, LCSW-C, March 9, 2021, [On Parenting: It's OK to Need a Break](#)
- ABCs of Respite: A Consumer Guide for Family Caregivers - https://archrespite.org/images/docs/ABCs_of_Respite/ABCsofRespite.pdf
- A Practical Guide to Respite for your family - https://archrespite.org/images/docs/Practical_Guide_to_Respite_VA.pdf
- Adoption and Guardianship Assistance by State (includes information on respite care by state) - <https://www.childwelfare.gov/topics/adoption/adopt-assistance/?CWIGFunctionsaction=adoptionByState:main.getAnswersByQuestion&questionID=Z>
- Child Welfare Information Gateway Respite Care Resources - <https://www.childwelfare.gov/topics/adoption/adopt-parenting/services/respite/>

Provided by Creating a Family, the national adoption and foster care education and support nonprofit.