



Creating a Family

# Managing Secondary Trauma Stress

*Further Resources*

*To learn more about managing secondary trauma stress:*

- **How Secondary Trauma Affects Your Other Children** - <https://foster2forever.com/2016/07/secondary-trauma-in-children.html> - an article by Foster2Forever
- **Resource Parent Self-Care and Secondary Traumatic Stress** - <https://fosteringperspectives.org/fpv19n2/STS.htm> - an article from Fostering Perspectives
- **Self-Care for Adoptive, Foster, and Kinship Parents** - <https://creatingafamily.org/adoption-category/adoption-blog/self-care-for-adoptive-foster-and-kinship-parents/> - an article from CreatingaFamily.org

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