

Self Care for Foster Families During the Holidays

Just as the holidays can cause emotional turmoil for children in care, the same is often true for foster parents. It's helpful if you can recognize the emotional upheaval that the holidays can have on your lives. After all, in order to be a resource for children in care, you need to make sure you are taking care of yourself. What can you do to reduce the amount of stress in your life? Here are some suggestions:

- ☐ Take breaks, including respite resources.
- ☐ Spend quality time with your partner, other close family members, or friends.
- ☐ Honor your family traditions by replicating them with your family.
- ☐ Make time to enjoy the things in your life that are important to you.
- ☐ Take time to relax.
- ☐ Try not to let yourself get caught up in the hoopla of holiday buying frenzy.
- ☐ Have fun! The holidays can be a lot of work but don't lose sight of the happy times.
- ☐ Exercise both mentality and physically. This is an important time to take care of yourself, both your mind and your body.
- ☐ Be playful. The holidays are a great time to learn through the eyes of your children.
- ☐ Give back by volunteering at an agency in your community .
- ☐ Attend a foster or adoptive parent support group or training.
- ☐ Contact another foster or adoptive parent for support.