



## Caregiver Trauma & Resilience: Tips to Keep Caring

Compassionate and empathic people often lean toward caregiving roles. But these same traits that make for great caregivers of children who come from hard places also leave you vulnerable to experiencing secondary trauma and trauma of your own.

There have been several terms coined over the years to describe the stress of caring for someone who has experienced trauma.

"Compassion fatigue," "trauma burnout," and "secondary trauma" are just a few examples. Literature often conflicts or overlaps with the definitions of these terms. However, there is an undeniable shared experience that nearly every compassionate foster, adoptive, or relative caregiver of a child who has suffered trauma knows. It is the feeling of always being on high alert, always trying to keep everyone regulated, always trying to avoid triggers, always bracing for the unpredictable behaviors that come with trauma. It can become exhausting and, well, just plain traumatizing for the caregiver.

### Recognizing the Signs

The day in and day out stress of caring for a child who has suffered trauma can take a toll physically, mentally, and emotionally.

As one foster parent put it: "I went from happy and care-free to being constantly anxious. Every time my phone rings, I immediately break out in a sweat and feel sick to my stomach, knowing it's the school saying she's had 'another incident' and I

have to leave work to come to get her. I know that her healing depends on me holding it together, but sometimes I feel like I just want to run away."

Prolonged enough, the constant stress of working with a child who has trauma-driven behaviors can

be debilitating for the parent or caregiver. Some signs you're experiencing caregiver trauma may include:

- Anxiety
- Irritability
- Chronic exhaustion
- Headaches, stomach aches, or other physical ailments
- Difficulty sleeping
- Panic attacks
- Decreased empathy
- Negativity
- Impaired decision-making or lack of trust in own judgment
- Loss of pleasure in things you enjoy
- Feeling overwhelmed or defeated



Continued on page 2



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Some parents find they need to shut down just to make it through the day because they “just can’t anymore.” Without intervention, this constant stress can result in a compromised ability to care for much more than just the child’s basic daily needs. Parents then become ineffective in helping the child heal and develop healthy coping skills to replace the trauma behaviors.

### Strategies for Resilience

We know that a child’s healing doesn’t happen overnight. So, how can parents and caregivers minimize the possibility of being traumatized while caring for a child with a trauma history?

- ⇒ Seek out the help of a professional. Find a trauma-informed therapist or counselor.
- ⇒ Find a safe, non-judgmental place to talk about what you’re experiencing. Even confidential online groups can be enormously helpful.
- ⇒ Build a strong support system of peers with shared experience who understand, such as fellow foster, kinship, or adoptive parents.

*“I was finding that people in my usual support systems were not able to understand the emotional toll of parenting children who had experienced trauma and adversity. I was becoming more and more isolated and feeling less and less like myself. I knew I needed to find help for myself in order to continue to provide an environment for our children to heal from their pain.”*

—Wisconsin foster and adoptive mom

- ⇒ Focus daily on the child’s strengths and things you love about them. Challenge yourself to find something “going right” each day, even if it’s a baby step. It becomes too easy to identify the child by the challenging behaviors, and shifting the focus can help dramatically.
- ⇒ Make time for self-care! Carve out time to read a book, laugh with a friend, get your nails done, or watch a football game uninterrupted. Do something that recharges your battery.
- ⇒ Identify a trusted sitter or two who can give you short breaks on a regular basis.
- ⇒ Develop and practice “go-to” interventions you know will keep you regulated when your child isn’t.
- ⇒ Find humor in the hard situations. (One mom said that when her daughter was dysregulated, she would call her awful names. Rather than taking it personally, she would calmly challenge her daughter to come up with more creative ones, sometimes even offering ridiculous suggestions.)

### Asking for Help

Perhaps the most important strategy for coping with trauma is to be open and willing to reach out for help and support. Trauma is hard—really hard. No one can deal with or heal from trauma in a vacuum. The good news is that you’re not alone.

*Don’t know where to go for support and resources? Contact the Coalition, and our Resource Specialists will be happy to help.*



Resources on page 3



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## Resources

From the [Lending Library](#)

- Fostering Across Wisconsin Newsletter: [On Trauma](#)
- Fostering Across Wisconsin Newsletter: [Circles of Support—Caregivers Need Care, Too](#)

Inspiration & Hope From [No Matter What Families](#)

- [It's Okay to Reach Out for Help](#)
- [Take Time to Recharge](#)

Additional Resources

- [Compassion Fatigue Toolkit](#)
- [Compassion Fatigue Self-Assessment](#)



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