



Virtual Resource Kit:

Self-Care



Self-care is an essential priority for all parents. We can't take care of others if we don't care for ourselves. It may seem as if you don't have enough time in your day to focus on your needs. Still, once you begin scheduling time for self-care-focused activities, you'll realize the enormous benefits of taking time for yourself.

Tip Sheets

The Balance Beam: Caring For Yourself While Caring For Your Kids

Parenting is not an easy job. Discovering effective self-care strategies and implementing your plan on a consistent and continual basis will prove beneficial for everyone in your family.

Stressed Out!

No one is immune to stress. This tip sheet will help you learn stress reduction strategies and teach you how to create a self-care action plan.

Champion Classrooms Courses and Webinars

The Brain and Body Connection: Grounding Ourselves in Unsettling Times

Parenting during unsettling or unpredictable times can cause significant stress and feelings of utter exhaustion. The presenter introduces simple techniques for self-care and ways to cope when there is increased stress and uncertainty.

Relative Caregiver Series: Mental Health and Wellness

Children who are being cared for by relative caregivers may experience mental and emotional health challenges. Strategies about how relative caregivers can provide for supportive and positive social-emotional development of the children in their care are discussed, as are additional resources for relative caregivers.

A Parent's Guide to Managing Behavior

This webinar focuses on the significance of personal awareness and healing and how parents can use these methods to help themselves and teach children to do the same.

No Matter What Families Videos

Take Time to Recharge

The caregivers in this video normalize the feelings and experiences of being a parent. They talk about the importance of and need for prioritizing time to recharge to feel refreshed and be fully present for the children and youth in their care.

Who are "No Matter What" Families?

Loving children unconditionally and being there for them no matter what makes a positive difference in the lives of children and youth. Families share their "whatever it takes for as long as it takes" mantras throughout this video.



Coalition Publications and Other Lending Library Resources

E-Series on Self-Care

Fostering Across Wisconsin Newsletter: Resilience & Self-Care

Fostering Across Wisconsin Newsletter: Circles of Support: Caregivers Need Care, Too

Online Inspiration & Resources for Self-Care

Self-Care For Foster And Adoptive Families, by Sharla Kostelyk

The two authors have worked with thousands of transracial and transcultural adoptive families and offer detailed guidance for families about tough issues they will have to face related to race and adoption.

Additional Weblinks and Recommended Online Resources

Taking Care of Yourself

A Guide to Practicing Self-Care with Mindfulness

Ananda Citta Spiritual Care Meditations

**Questions? Contact the Coalition at 414-475-1246
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