

SUPPORTING YOUTH IN KINSHIP CARE: A GUIDE FOR FAMILY CAREGIVERS

WEBINAR TIP SHEET

REPLAY LINK: [BIT.LY/3VN1K5P](https://bit.ly/3VN1K5P)

Set clear, consistent boundaries

Changes in caregivers, family roles, and routines can bring uncertainty for children. Decide on the boundary, use age-appropriate language to explain expectations, and follow through as consistently as you can.

Remember that “clear is kind.”



Create predictability and routine

Consistent routines, visual schedules, timers, advance notice of transitions, and familiar comfort items can help children feel more settled during times of change.

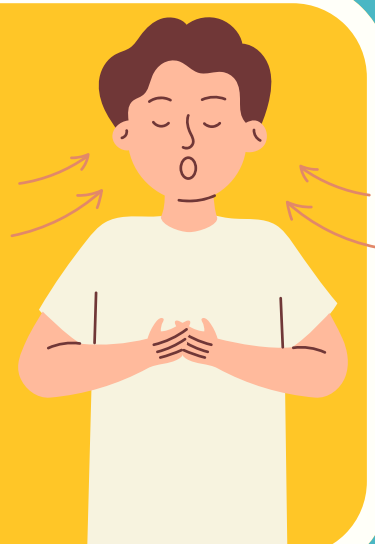
When possible, let children know what will happen next and involve them in routines and choices.



Practice co-regulation

Children often need a calm, supportive adult to help them manage big feelings. Model healthy coping by naming your emotions, taking a break when needed, and using strategies such as breathing, movement, or art.

Practicing these skills during calmer moments can make them easier to use when stress is high.



Watch for changes in your child's usual behavior

Stress can show up as changes in:

- Mood, sleep, eating, or energy
- Headaches or stomachaches
- Bed-wetting or chewing on hair or clothing
- Increased clinginess or other changes in usual behavior

If these changes persist, become more intense, or make everyday life harder, consider reaching out for help.



Care for yourself and find community

Kinship caregivers may experience grief, mixed emotions, or unexpected changes in the family role they expected while adapting to new responsibilities.

Notice your signs of stress or burnout, ask for help when you need it, make room for rest and joy, and connect with other caregivers who understand the experience.

