



Pause for a child

If you've stepped into the role of caregiver for a child to whom you didn't give birth, you're making an important difference.

You have an opportunity to provide a stable and loving home that nurtures the child's self-esteem and dreams.

It can be tough to help a child who may be angry, withdrawn or simply sad. Do your best to show that you care, but be sure to take care of yourself, too.

Whether you're related to the child or receive custody through the foster care system, as the parent:

- Respect the child's connection to his or her biological family.
- Find out how you can enroll the child in school or obtain medical treatment.
- Accept help from friends and family who want to nurture the child in your care.
- Consider joining a parenting group.

Regardless of whether it's formally acknowledged, be assured that every positive experience you provide is helping shape a great kid.

