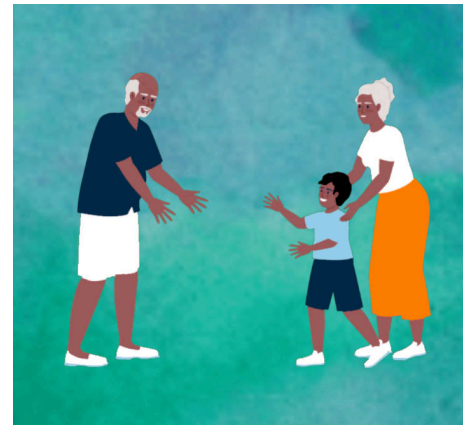


Kinship Caregiving

In the United States, more than 2.5 million, or 3% of children are in kinship care arrangements.



What is Kinship Care?

Kinship care refers to the care of children by **relatives** or close **family friends** when their parents are unable to care for them. Kinship care helps maintain **family bonds**, provides a sense of **stability**, and supports the child's **cultural** and **community ties**.

Accessing Resources

Explore resources and support services for kinship caregivers, such as **financial aid**, **healthcare**, and **educational assistance**. Since some resources are exclusive to legal guardians, it's important for caregivers to consider the pros and cons of obtaining **legal custody** or **guardianship**.

Emotional Support

Kinship caregivers and/or the children may **experience emotional challenges** such as stress, grief, and feelings of isolation. **Counseling services**, **support groups**, and **community programs** can offer support and connection with others in similar caregiving situations.

The Balancing Act

Maintaining **balance** is key to long-term caregiving. Find ways to **balance caregiving** with personal needs and other obligations. Try establishing a **routine**, **seeking help from family members**, and **using respite care** to help manage the demands you face.

Biological Family Relationships

Whenever possible, **support relationship building** or **reunification** with the child's biological parents. **Be mindful of how you speak** about them in front of the child, and if the child expresses a desire to connect with their parents, **encourage this interest** within any rules or court orders.