


<b>Tip Sheet</b>	<b>Link</b>	<b>Description</b>
Adoption Has No Age Limits: Adult Adoptions	<a href="https://wifamilyconnectionscenter.org/library-assets/adoption-no-age-limits-adult-adoptions/">https://wifamilyconnectionscenter.org/library-assets/adoption-no-age-limits-adult-adoptions/</a>	This tip sheet explores the concept of adult adoptions, emphasizing that the need for family doesn't disappear with age. It shares personal stories, outlines the main reasons for adult adoptions, and provides a simple guide to the process. The document also includes resources for further reading.
Adoption in the Media & Entertainment	<a href="https://wifamilyconnectionscenter.org/library-assets/adoption-media-entertainment/">https://wifamilyconnectionscenter.org/library-assets/adoption-media-entertainment/</a>	There is a lot of information about adoption out there for kids, but what is appropriate and factual? Here are some suggestions and questions to ask yourself before watching a movie or picking out a book for you and your child.
After the Storm: Tips to Help Restore Calm	<a href="https://wifamilyconnectionscenter.org/library-assets/after-the-storm-tips-to-help-restore-calm/">https://wifamilyconnectionscenter.org/library-assets/after-the-storm-tips-to-help-restore-calm/</a>	Trauma storms happen — even in the most prepared and loving families. For children who have experienced trauma, everyday moments can become unexpected triggers, leading to intense emotional or behavioral responses that can leave everyone in the household feeling shaken.
Away From Home: Caring for Your Child and Yourself During an Out-of-Home Care Placement	<a href="https://wifamilyconnectionscenter.org/library-assets/away-from-home/">https://wifamilyconnectionscenter.org/library-assets/away-from-home/</a>	When a child's needs exceed what can be met at home, the decision to consider an out-of-home placement can feel overwhelming — and deeply personal. Many caregivers carry feelings of guilt, grief, or self-doubt, wondering if they have somehow failed.
The Balance Beam of Life: Caring for Yourself While	<a href="https://wifamilyconnectionscenter.org/library-assets/balance-beam/">https://wifamilyconnectionscenter.org/library-assets/balance-beam/</a>	This tip sheet emphasizes the importance of self-care for foster parents, relative caregivers, and adoptive parents. It provides practical tips for maintaining mental, physical, and spiritual well-being



Caring for Your Kids		while managing the complexities and challenges of caregiving.
The Benefits of Stability: Creating Safety & Trust	<a href="https://wifamilyconnectionscenter.org/library-assets/the-benefits-of-stability-creating-safety-trust/">https://wifamilyconnectionscenter.org/library-assets/the-benefits-of-stability-creating-safety-trust/</a>	Resource Summary:
Big Feelings, Little Bodies: Helping Children Heal From Toxic Stress	<a href="https://wifamilyconnectionscenter.org/library-assets/big-feelings-little-bodies-helping-children-heal-from-toxic-stress/">https://wifamilyconnectionscenter.org/library-assets/big-feelings-little-bodies-helping-children-heal-from-toxic-stress/</a>	Resource Summary Description
Caregiver Trauma & Resilience: Tips to Keep Caring	<a href="https://wifamilyconnectionscenter.org/library-assets/caregiver-trauma-resilience-tips-to-keep-caring/">https://wifamilyconnectionscenter.org/library-assets/caregiver-trauma-resilience-tips-to-keep-caring/</a>	This tip sheet provides essential advice for caregivers on recognizing and managing the stress and trauma that can come from caring for children with trauma histories.
Caring for a Child or Youth with Special Healthcare Needs	<a href="https://wifamilyconnectionscenter.org/library-assets/special-healthcare-needs/">https://wifamilyconnectionscenter.org/library-assets/special-healthcare-needs/</a>	Caring for a child with special healthcare needs can be incredibly rewarding and challenging. This comprehensive tip sheet offers essential guidance to help you navigate healthcare systems, access valuable resources, and provide the best support for the child in your care.
Caring for a Child Whose Parent is in Jail or Prison	<a href="https://wifamilyconnectionscenter.org/library-assets/caring-child-whose-parent-jail-prison/">https://wifamilyconnectionscenter.org/library-assets/caring-child-whose-parent-jail-prison/</a>	Imagine having a resource that equips you to navigate the unique challenges faced by children with parents in jail or prison.  This tip sheet sheds light on this critical topic, providing practical advice, insights, and strategies.
Caring for Children and Youth with Fetal Alcohol Spectrum Disorder	<a href="https://wifamilyconnectionscenter.org/library-assets/fetal-alcohol-spectrum-disorder/">https://wifamilyconnectionscenter.org/library-assets/fetal-alcohol-spectrum-disorder/</a>	The tip sheet from the Wisconsin Family Connections Center provides essential information for caregivers of children and youth with Fetal Alcohol Spectrum Disorder (FASD).

Caring for a Baby with Neonatal Abstinence Syndrome	<a href="https://wifamilyconnectionscenter.org/library-assets/caring-baby-neonatal-abstinence-syndrome-nas/">https://wifamilyconnectionscenter.org/library-assets/caring-baby-neonatal-abstinence-syndrome-nas/</a>	Library Asset Description
Caring for a Child Whose Sibling(s) Live Elsewhere	<a href="https://wifamilyconnectionscenter.org/library-assets/caring-child-whose-siblings-live-elsewhere/">https://wifamilyconnectionscenter.org/library-assets/caring-child-whose-siblings-live-elsewhere/</a>	Navigating the complexities of fostering a child separated from their siblings? This essential guide offers practical tips and emotional support to help you maintain and strengthen sibling bonds.
Caring for Children Under Five	<a href="https://wifamilyconnectionscenter.org/library-assets/caring-children-under-five/">https://wifamilyconnectionscenter.org/library-assets/caring-children-under-five/</a>	The early years of a child's life are critical for brain development and emotional growth. This tip sheet offers essential insights and tips for caregivers supporting children under five, especially those who have experienced early trauma.
Caring for the Hair of Your African American Child	<a href="https://wifamilyconnectionscenter.org/library-assets/caring-hair-african-american-child/">https://wifamilyconnectionscenter.org/library-assets/caring-hair-african-american-child/</a>	When you are caring for a child transracially, there are many things you may worry about. For many caregivers, thinking about hair care can easily fall to the bottom of the priority list until it becomes clear that new skills are required.
Celebrating the Holidays with Children You Foster	<a href="https://wifamilyconnectionscenter.org/library-assets/celebrating-holidays-children-foster/">https://wifamilyconnectionscenter.org/library-assets/celebrating-holidays-children-foster/</a>	The holiday season can be a challenging time for children in foster care, but with thoughtful planning, it can also be a time of healing and joy. This tip sheet offers invaluable advice on:
The Changing Role of Caregivers: Grandparents	<a href="https://wifamilyconnectionscenter.org/library-assets/changing-role-caregivers-grandparents/">https://wifamilyconnectionscenter.org/library-assets/changing-role-caregivers-grandparents/</a>	Overview: This tip sheet offers valuable insights and practical advice for grandparents and other relatives who have taken on the role of primary caregivers for their grandchildren.

Child Sex Trafficking: Signs, Risk Factors, and Tips to Keep Kids Safe	<a href="https://wifamilyconnectionscenter.org/library-assets/child-sex-trafficking-signs-risk-factors-and-tips-to-keep-kids-safe/">https://wifamilyconnectionscenter.org/library-assets/child-sex-trafficking-signs-risk-factors-and-tips-to-keep-kids-safe/</a>	Library Asset Description
Choosing a Foster Care Agency	<a href="https://wifamilyconnectionscenter.org/library-assets/choosing-a-foster-care-agency/">https://wifamilyconnectionscenter.org/library-assets/choosing-a-foster-care-agency/</a>	Becoming a foster parent is a big decision; finding the right agency is essential for success. <i>_Choosing a Foster Care Agency_</i> offers tips for evaluating agencies, from key questions to ask to insights from current foster families.
Coming Out of the Dark: The Impact of Domestic Violence on Children & Youth and How to Help Promote Healing	<a href="https://wifamilyconnectionscenter.org/library-assets/coming-dark-impact-domestic-violence-children-youth-help-promote-healing/">https://wifamilyconnectionscenter.org/library-assets/coming-dark-impact-domestic-violence-children-youth-help-promote-healing/</a>	Discover the profound impact of domestic violence on children and youth, and learn how to support their healing journey. This tip sheet offers valuable insights and practical advice for caregivers and professionals.
Communicating about Kids in Care: Stigmas & Stereotypes	<a href="https://wifamilyconnectionscenter.org/library-assets/communicating-about-kids-in-care-understanding-stigmas-stereotypes/">https://wifamilyconnectionscenter.org/library-assets/communicating-about-kids-in-care-understanding-stigmas-stereotypes/</a>	Have you ever wondered about the real stories behind the stereotypes of children in foster care and adoption? Our newly revised tip sheet dives into challenging misconceptions and supporting incredible kids.
Creating a Legal Family Through Stepparent Adoption <i>(Also available in Spanish)</i>	<a href="https://wifamilyconnectionscenter.org/library-assets/creating-legal-family-stepparent-adoption/">https://wifamilyconnectionscenter.org/library-assets/creating-legal-family-stepparent-adoption/</a>	#### What is Stepparent Adoption?
Creating a Safe Space: Healthy Boundaries for	<a href="https://wifamilyconnectionscenter.org/library-assets/creating-a-safe-space-">https://wifamilyconnectionscenter.org/library-assets/creating-a-safe-space-</a>	Creating a safe and nurturing home environment is essential for children who have experienced sexual abuse. This tip

Children Impacted by Sexual Abuse	<a href="https://wifamilyconnectionscenter.org/library-assets/healthy-boundaries-for-children-impacted-by-sexual-abuse/">healthy-boundaries-for-children-impacted-by-sexual-abuse/</a>	sheet provides guidance for parents and caregivers on establishing healthy boundaries, fostering open communication, and ensuring safety within the household.
Creating Safe School Experiences: Strategies for LGBTQ+ Parents	<a href="https://wifamilyconnectionscenter.org/library-assets/creating-safe-school-experiences-strategies-for-lgbtq-parents/">https://wifamilyconnectionscenter.org/library-assets/creating-safe-school-experiences-strategies-for-lgbtq-parents/</a>	Discover practical strategies and emotional support tips to help children thrive in school, regardless of their family structure. This comprehensive guide offers insights from experts and real-life stories, addressing common challenges faced by children of LGBTQ+ parents.
Depression in Teens Who Were Adopted: What Families Need to Know	<a href="https://wifamilyconnectionscenter.org/library-assets/depression-teens-adopted-families-need-know/">https://wifamilyconnectionscenter.org/library-assets/depression-teens-adopted-families-need-know/</a>	Discover Essential Insights on Teen Depression in Adopted Children
Digital & Social Media Safety Tips for Caregivers	<a href="https://wifamilyconnectionscenter.org/library-assets/online-safety-tips-caregivers/">https://wifamilyconnectionscenter.org/library-assets/online-safety-tips-caregivers/</a>	The digital world offers endless opportunities—but it also comes with risks. Protecting kids from cyberbullying, predators, and privacy issues starts with awareness and action.
Education & Adoption: Working with Students and Families	<a href="https://wifamilyconnectionscenter.org/library-assets/education-adoption-working-students-families/">https://wifamilyconnectionscenter.org/library-assets/education-adoption-working-students-families/</a>	Website Text: Unlock the potential of every student! Explore our Education & Adoption tip sheet to discover strategies for creating an inclusive classroom. Learn how to address adoption-related questions, celebrate diversity, and foster a sense of belonging. 🌟
The Emotional Journey of Relative Caregiving	<a href="https://wifamilyconnectionscenter.org/library-assets/emotional-journey-relative-caregiving/">https://wifamilyconnectionscenter.org/library-assets/emotional-journey-relative-caregiving/</a>	Becoming a relative caregiver can happen in an instant. The shift from being a grandparent, aunt or uncle, cousin, brother, or sister to being a child's primary caregiver

		and parent is a decision no one takes lightly.
Empowering Your Child to Share Their Adoption Story	<a href="https://wifamilyconnectionscenter.org/library-assets/empowering-children-share-adoption-stories/">https://wifamilyconnectionscenter.org/library-assets/empowering-children-share-adoption-stories/</a>	This tip sheet provides valuable guidance for parents on supporting their adopted children in sharing their adoption stories. It emphasizes the importance of allowing children to control their narratives, helping them feel empowered and comfortable with their personal histories.
Fact or Fiction: Common Misconceptions about Adoption	<a href="https://wifamilyconnectionscenter.org/library-assets/fact-fiction-dispelling-common-misconceptions-adoption/">https://wifamilyconnectionscenter.org/library-assets/fact-fiction-dispelling-common-misconceptions-adoption/</a>	Tip Sheet Description for Library: This article addresses and debunks common misconceptions about adoption, providing evidence-based information for prospective adoptive parents.
Family Matters: Talking to Children in Care About Their Parents	<a href="https://wifamilyconnectionscenter.org/library-assets/talking-children-parents/">https://wifamilyconnectionscenter.org/library-assets/talking-children-parents/</a>	This tip sheet offers practical advice for foster parents, adoptive parents, and relative caregivers on how to navigate conversations with children about their birth parents.
Final Preparations: Getting Yourself and Your Child Ready for Adoption Finalization	<a href="https://wifamilyconnectionscenter.org/library-assets/final-preparations-getting-child-ready-adoption-finalization/">https://wifamilyconnectionscenter.org/library-assets/final-preparations-getting-child-ready-adoption-finalization/</a>	This tip sheet provides essential advice for parents preparing for their child's adoption finalization. It covers important topics such as explaining adoption to children, helping them express their feelings, and maintaining connections with significant people in their lives.
Fostering a Child with an IEP	<a href="https://wifamilyconnectionscenter.org/library-assets/fostering-child-iep/">https://wifamilyconnectionscenter.org/library-assets/fostering-child-iep/</a>	Did You Know? Many children in foster care face unique educational challenges due to trauma and frequent school changes. That's where IEPs (Individualized Education Programs) come in.

Foster Care Firsts: What Your Journey May Include	<a href="https://wifamilyconnectionscenter.org/library-assets/foster-care-firsts-what-your-journey-may-include/">https://wifamilyconnectionscenter.org/library-assets/foster-care-firsts-what-your-journey-may-include/</a>	This tip sheet provides insights into the unique challenges and joys you may encounter on your fostering journey. It offers practical advice on dealing with various situations, from welcoming a child into your home to navigating complex decisions about their care.
Foster Care, Grief & Loss	<a href="https://wifamilyconnectionscenter.org/library-assets/foster-care-grief-loss/">https://wifamilyconnectionscenter.org/library-assets/foster-care-grief-loss/</a>	This tip sheet provides an in-depth look at the complex emotions associated with foster care, including the grief and loss experienced by foster parents, birth parents, and children.
Foster Parents and Social Workers: Allies & Advocates for Youth in Care	<a href="https://wifamilyconnectionscenter.org/library-assets/foster-parents-social-workers-allies-advocates-youth-care/">https://wifamilyconnectionscenter.org/library-assets/foster-parents-social-workers-allies-advocates-youth-care/</a>	Discover how foster parents and social workers can work together to ensure the best outcomes for youth in care. This tip sheet includes practical tips and insights to help you create a supportive and effective partnership.
Fostering Older Youth	<a href="https://wifamilyconnectionscenter.org/library-assets/fostering-older-youth/">https://wifamilyconnectionscenter.org/library-assets/fostering-older-youth/</a>	Unlock the Potential of Fostering Older Youth: A Guide to Making a Difference
From One Generation to the Next: Understanding Generational Trauma	<a href="https://wifamilyconnectionscenter.org/library-assets/from-one-generation-to-the-next-understanding-generational-trauma/">https://wifamilyconnectionscenter.org/library-assets/from-one-generation-to-the-next-understanding-generational-trauma/</a>	This comprehensive tip sheet explores how trauma can echo across generations, affecting children and caregivers alike.
Getting Started as a Relative or Kinship Caregiver	<a href="https://wifamilyconnectionscenter.org/library-assets/getting-started-relative-kinship-caregiver-2/">https://wifamilyconnectionscenter.org/library-assets/getting-started-relative-kinship-caregiver-2/</a>	 Discover the Essential Guide for Relative and Kinship Caregivers! 
Grief & Loss: Making Space for Healing	<a href="https://wifamilyconnectionscenter.org/library-assets/grief-loss-making-space-for-healing/">https://wifamilyconnectionscenter.org/library-assets/grief-loss-making-space-for-healing/</a>	This tip sheet provides essential insights for caregivers on supporting children through the emotional healing process after

		experiencing loss, particularly in the context of foster care and adoption. Grief due to loss is a common and often unspoken experience for children in these situations.
Helping Children & Youth in Care Achieve School Success	<a href="https://wifamilyconnectionscenter.org/library-assets/helping-achieve-school-success/">https://wifamilyconnectionscenter.org/library-assets/helping-achieve-school-success/</a>	Unlock the Secret to School Success for Kids in Foster Care! 📚🔑
Helping Children Cope with Loss	<a href="https://wifamilyconnectionscenter.org/library-assets/helping-children-cope-with-loss/">https://wifamilyconnectionscenter.org/library-assets/helping-children-cope-with-loss/</a>	Discover Essential Strategies for Helping Children Heal from Loss
Helping Children in Care Build Trusting Relationships	<a href="https://wifamilyconnectionscenter.org/library-assets/helping-children-care-build-trusting-relationships/">https://wifamilyconnectionscenter.org/library-assets/helping-children-care-build-trusting-relationships/</a>	Trust is a fundamental aspect of healthy relationships. Building trust can be particularly challenging for children in foster care due to their traumatic experiences and multiple losses.
Helping Kids in Care Change Schools	<a href="https://wifamilyconnectionscenter.org/library-assets/helping-kids-care-change-schools/">https://wifamilyconnectionscenter.org/library-assets/helping-kids-care-change-schools/</a>	Navigating school changes for children in care can be challenging. This tip sheet will help you:
Helping Teens in Care Transition to Adulthood	<a href="https://wifamilyconnectionscenter.org/library-assets/helping-teens-care-transition-adulthood/">https://wifamilyconnectionscenter.org/library-assets/helping-teens-care-transition-adulthood/</a>	Preparing teens for adulthood is challenging, and it's even more complex for youth in foster care. This tip sheet offers foster parents and caregivers guidance to help teens build the life skills, confidence, and support networks they need to thrive.
Helping to Heal Invisible Hurts: The Impact of In-Utero Stress & Trauma	<a href="https://wifamilyconnectionscenter.org/library-assets/helping-heal-invisible-hurts-impact-utero-stress-trauma/">https://wifamilyconnectionscenter.org/library-assets/helping-heal-invisible-hurts-impact-utero-stress-trauma/</a>	Learn how stress during pregnancy can affect a child's development and behavior. This tip sheet offers practical information and resources to help you support and heal the children in your care.

Honoring Your Child’s Racial & Cultural Identity	<a href="https://wifamilyconnectionscenter.org/library-assets/honoring-childs-racial-cultural-identity/">https://wifamilyconnectionscenter.org/library-assets/honoring-childs-racial-cultural-identity/</a>	Welcoming a child into your family is a beautiful and life-changing experience. When that child comes from a different racial or cultural background, it adds unique layers of joy and challenges.
How Do I Choose an Adoption Agency to Help Me Make an Adoption Plan?	<a href="https://wifamilyconnectionscenter.org/library-assets/choose-adoption-agency-help-make-adoption-plan/">https://wifamilyconnectionscenter.org/library-assets/choose-adoption-agency-help-make-adoption-plan/</a>	Making an adoption plan is a deeply personal decision, and finding the right agency to guide you is essential.
I’m Ready to Adopt! How Do I Choose an Adoption Agency?	<a href="https://wifamilyconnectionscenter.org/library-assets/choose-adoption-agency/">https://wifamilyconnectionscenter.org/library-assets/choose-adoption-agency/</a>	Embarking on the journey to adopt a child is a life-changing decision. Our comprehensive tip sheet, “I’m Ready to Adopt! How Do I Choose an Adoption Agency?”, is designed to guide you through the crucial first step: selecting the perfect adoption agency.
The Importance and Significance of Indigenous Hair	<a href="https://wifamilyconnectionscenter.org/library-assets/the-importance-and-significance-of-indigenous-hair/">https://wifamilyconnectionscenter.org/library-assets/the-importance-and-significance-of-indigenous-hair/</a>	This tip sheet offers a meaningful look into the deep cultural, spiritual, and historical meaning of hair in Indigenous communities. More than just appearance, hair reflects identity, strength, and a sacred link to heritage and tradition.
The Importance of Documentation	<a href="https://wifamilyconnectionscenter.org/library-assets/importance-documentation/">https://wifamilyconnectionscenter.org/library-assets/importance-documentation/</a>	Unlock the Power of Documentation in Foster Care!
Is Adoption or Guardianship a Better Fit?	<a href="https://wifamilyconnectionscenter.org/library-assets/adoption-guardianship-better-fit/">https://wifamilyconnectionscenter.org/library-assets/adoption-guardianship-better-fit/</a>	This tip sheet helps families understand the key differences between adoption and guardianship. Adoption creates a lifelong parent-child relationship with full legal rights, while guardianship offers temporary legal rights without cutting off the child’s connection to their biological parents.

<p>Is Fostering a Good Fit? Things to Consider</p>	<p><a href="https://wifamilyconnectionscenter.org/library-assets/fostering-good-fit-us-things-consider/">https://wifamilyconnectionscenter.org/library-assets/fostering-good-fit-us-things-consider/</a></p>	<p>The tip sheet from the Wisconsin Family Connections Center provides a comprehensive guide for families considering becoming foster parents. It addresses common questions and concerns, offering practical advice on discussing the possibility of fostering with your children and family.</p>
<p>Is Guardianship the Right Choice for Your Adult Child with Disabilities?</p>	<p><a href="https://wifamilyconnectionscenter.org/library-assets/is-guardianship-the-right-choice/">https://wifamilyconnectionscenter.org/library-assets/is-guardianship-the-right-choice/</a></p>	<p>This tip sheet provides crucial insights for parents of adult children with intellectual or developmental disabilities, exploring whether guardianship is the best option.</p>
<p>The Journey of Forgiveness: Learning to Live a Life of Forgiveness</p>	<p><a href="https://wifamilyconnectionscenter.org/library-assets/journey-forgiveness-learning-live-life-forgiveness/">https://wifamilyconnectionscenter.org/library-assets/journey-forgiveness-learning-live-life-forgiveness/</a></p>	<p>Forgiveness can feel complicated — especially when you're caring for a child who has experienced trauma. This tip sheet explores what forgiveness really means, why it matters for your own health and well-being, and how to begin the journey.</p>
<p>Keepers of the Flame: How Stories Empower Tribal Identity</p>	<p><a href="https://wifamilyconnectionscenter.org/library-assets/keepers-of-the-flame-how-stories-empower-tribal-identity/">https://wifamilyconnectionscenter.org/library-assets/keepers-of-the-flame-how-stories-empower-tribal-identity/</a></p>	<p>Discover the profound significance of storytelling in tribal communities and its role in strengthening cultural identity among Native American children.</p>
<p>Learning to Let Go: Coping With Reunification Anxiety</p>	<p><a href="https://wifamilyconnectionscenter.org/library-assets/learning-let-go-coping-reunification-anxiety/">https://wifamilyconnectionscenter.org/library-assets/learning-let-go-coping-reunification-anxiety/</a></p>	<p>Reunification is the primary goal in foster care, but saying goodbye isn't easy. <u>_Learning to Let Go_</u> dives into the complex emotions foster parents may feel as a child prepares to reunite with their birth family.</p>
<p>Making the Most of Therapy for the Child in Your Care</p>	<p><a href="https://wifamilyconnectionscenter.org/library-assets/making-the-most-of-therapy-for-the-child-in-your-care/">https://wifamilyconnectionscenter.org/library-assets/making-the-most-of-therapy-for-the-child-in-your-care/</a></p>	<p>This resource provides essential tips for caregivers to maximize the benefits of therapy for children in their care.</p>

Missing Pieces: Talking to Your Child About Adoption When Information is Limited	<a href="https://wifamilyconnectionscenter.org/library-assets/missing-pieces-talking-child-adoption-information-limited/">https://wifamilyconnectionscenter.org/library-assets/missing-pieces-talking-child-adoption-information-limited/</a>	This tip sheet provides essential advice for adoptive parents on how to talk to their children about adoption, especially when there is limited information about the child's birth family.
Navigating Family Relationships as a Relative Caregiver	<a href="https://wifamilyconnectionscenter.org/library-assets/navigating-family-relationships-relative-caregiver/">https://wifamilyconnectionscenter.org/library-assets/navigating-family-relationships-relative-caregiver/</a>	Taking on the role of a primary caregiver for a relative's child can bring about significant changes in family dynamics.
Navigating Homework Challenges: Understanding Triggers for Children in Alternative Living Arrangements	<a href="https://wifamilyconnectionscenter.org/library-assets/navigating-homework-challenges/">https://wifamilyconnectionscenter.org/library-assets/navigating-homework-challenges/</a>	Are homework assignments causing stress for your child? School projects can sometimes trigger emotional responses linked to unique experiences, especially for children in foster care, kinship arrangements, or adoption.
Not for Forever: When Adoption Isn't an Option	<a href="https://wifamilyconnectionscenter.org/library-assets/not-forever-adoption-isnt-option/">https://wifamilyconnectionscenter.org/library-assets/not-forever-adoption-isnt-option/</a>	Discover the Path Forward When Adoption Isn't the Answer
Not Too Old for Forever: Adopting an Older Youth	<a href="https://wifamilyconnectionscenter.org/library-assets/not-old-forever-adopting-older-youth/">https://wifamilyconnectionscenter.org/library-assets/not-old-forever-adopting-older-youth/</a>	This tip sheet highlights the importance of adopting older youth and addresses common concerns and misconceptions. While older children may present different challenges than younger ones, they also offer unique opportunities for meaningful milestones and attachments.
Parenting Siblings Connected through Trauma	<a href="https://wifamilyconnectionscenter.org/library-assets/parenting-siblings-connected-through-trauma/">https://wifamilyconnectionscenter.org/library-assets/parenting-siblings-connected-through-trauma/</a>	Discover the Power of Sibling Bonds in Healing Trauma
Partners in Healing:	<a href="https://wifamilyconnectionscenter.org/library-assets/partners-in-healing/">https://wifamilyconnectionscenter.org/library-assets/partners-in-healing/</a>	Many caregivers come to therapy with questions, doubts, or quiet fears —

Separating Therapy Myths from Reality		wondering if seeking help is an admission of failure, or whether a therapist will simply tell them what they are doing wrong. This tip sheet addresses those concerns directly and honestly.
Planning Ahead: Working Together for Successful Interactions	<a href="https://wifamilyconnectionscenter.org/library-assets/planning-ahead-working-together-successful-interactions/">https://wifamilyconnectionscenter.org/library-assets/planning-ahead-working-together-successful-interactions/</a>	Navigating the complexities of out-of-home care can be challenging, but building a strong, supportive relationship between caregivers and birth parents can make all the difference.
Positive Parenting for Kids from Hard Places	<a href="https://wifamilyconnectionscenter.org/library-assets/positive-parenting/">https://wifamilyconnectionscenter.org/library-assets/positive-parenting/</a>	This tip sheet offers compassionate and practical strategies for parents and caregivers of children who have experienced trauma, toxic stress, or neglect.
Post-Adoption Depression Syndrome: I Thought I'd Be Happy	<a href="https://wifamilyconnectionscenter.org/library-assets/post-adoption-depression-syndrome/">https://wifamilyconnectionscenter.org/library-assets/post-adoption-depression-syndrome/</a>	Adoption is a journey filled with joy, but for some parents, it can also bring unexpected feelings of sadness and overwhelm. If you've been struggling with feelings of detachment, anxiety, or sadness after finalizing your adoption, you might be experiencing Post-Adoption Depression Syndrome (PADS).
Preparing Kids in Your Home for Fostering	<a href="https://wifamilyconnectionscenter.org/library-assets/preparing-kids-home-fostering/">https://wifamilyconnectionscenter.org/library-assets/preparing-kids-home-fostering/</a>	Are you considering fostering and wondering how to prepare your children for this new journey? The Wisconsin Family Connections Center is here to support you with our tip sheet, "Preparing the Kids in Your Home for Fostering."
Preparing to Go to Court	<a href="https://wifamilyconnectionscenter.org/library-assets/preparing-go-court/">https://wifamilyconnectionscenter.org/library-assets/preparing-go-court/</a>	Court. It's a word that, for many foster parents, conjures up feelings of fear, nervousness, and the unsettling butterflies of the unknown.

Promoting Healthy Cultural Identity for Children of Color Living in Transracial Families	<a href="https://wifamilyconnectionscenter.org/library-assets/promoting-healthy-cultural-identity-for-children-of-color-living-in-transracial-families/">https://wifamilyconnectionscenter.org/library-assets/promoting-healthy-cultural-identity-for-children-of-color-living-in-transracial-families/</a>	Are you a parent or caregiver raising a child of a different race? Navigating this journey can be challenging, but you're not alone. This tip sheet offers compassionate and practical advice to help you support a child's cultural identity and sense of belonging.
Protecting & Affirming LGBTQ+ Young People in Foster Care	<a href="https://wifamilyconnectionscenter.org/library-assets/protecting-affirming-lgbtq-young-people-in-foster-care/">https://wifamilyconnectionscenter.org/library-assets/protecting-affirming-lgbtq-young-people-in-foster-care/</a>	All children deserve to grow up in a safe, loving, permanent family. Too many youth, however, experience mistreatment, hostility, and rejection at home simply because of their sexual orientation or gender identity. Unfortunately, many face the same treatment or worse in foster care.
Recognizing Trauma Triggers	<a href="https://wifamilyconnectionscenter.org/library-assets/recognizing-trauma-triggers/">https://wifamilyconnectionscenter.org/library-assets/recognizing-trauma-triggers/</a>	This tip sheet provides essential insights for caregivers on understanding and managing trauma triggers in children. Trauma triggers are reminders of past traumatic events that can cause children to react disproportionately to seemingly minor stimuli.
Respecting the Confidentiality of Children in Care and Their Families	<a href="https://wifamilyconnectionscenter.org/library-assets/respecting-confidentiality-children-care-families/">https://wifamilyconnectionscenter.org/library-assets/respecting-confidentiality-children-care-families/</a>	To maintain confidentiality, Wisconsin has laws to protect the private information of children and families involved in the child welfare system. This tip sheet provides crucial guidance for foster parents on maintaining that confidentiality. Readers will
Self-Harming Behaviors: How You Can Help Your Child	<a href="https://wifamilyconnectionscenter.org/library-assets/self-harming-behaviors-how-you-can-help-your-child/">https://wifamilyconnectionscenter.org/library-assets/self-harming-behaviors-how-you-can-help-your-child/</a>	Finding out your child may be hurting themselves can feel overwhelming, scary, and deeply personal. You may not have all the answers — and that's okay. What matters most is that you show up.

<p>Sensory Signals: Understanding and Supporting Your Child’s Need for Movement</p>	<p><a href="https://wifamilyconnectionscenter.org/library-assets/sensory-signals-understanding-and-supporting-your-childs-need-for-movement/">https://wifamilyconnectionscenter.org/library-assets/sensory-signals-understanding-and-supporting-your-childs-need-for-movement/</a></p>	<p>Library Asset Description:</p>
<p>Setting Healthy Boundaries in a Co-Parenting Relationship</p>	<p><a href="https://wifamilyconnectionscenter.org/library-assets/setting-healthy-boundaries/">https://wifamilyconnectionscenter.org/library-assets/setting-healthy-boundaries/</a></p>	<p>Boundaries are essential in any relationship—between parents and children, friends, employers and employees, and certainly between foster and birth families. This tip sheet includes practical guidance for parents, foster parents, and caregivers navigating the complexities of co-parenting.</p>
<p>Setting Up for Success: Establishing Household Rules</p>	<p><a href="https://wifamilyconnectionscenter.org/library-assets/establishing-household-rules/">https://wifamilyconnectionscenter.org/library-assets/establishing-household-rules/</a></p>	<p>Unlock the Secret to Household Harmony: Your Guide to Establishing Rules That Work! 🏠 ✨</p>
<p>Shared Parenting: Putting the Needs of Children First</p>	<p><a href="https://wifamilyconnectionscenter.org/library-assets/shared-parenting-putting-needs-children-first/">https://wifamilyconnectionscenter.org/library-assets/shared-parenting-putting-needs-children-first/</a></p>	<p>Discover the importance of shared parenting in maintaining crucial family connections for children in foster care. This tip sheet highlights how collaboration between biological parents, foster parents, and other caregivers can reduce stress, speed up reunification, and help children adjust better.</p>
<p>Sibling Conflict in Adoptive Families</p>	<p><a href="https://wifamilyconnectionscenter.org/library-assets/sibling-conflict-adoptive-families/">https://wifamilyconnectionscenter.org/library-assets/sibling-conflict-adoptive-families/</a></p>	<p>Siblings often argue and fight; it is a part of life, right? However, sibling rivalries and arguments can be more complex in an adoptive family since family connections are made differently. This tip sheet addresses the unique dynamics of sibling conflict in adoptive families.</p>

Solo and Supported: Thriving as a Single Foster, Adoptive, or Kinship Parent	<a href="https://wifamilyconnectionscenter.org/library-assets/solo-and-supported/">https://wifamilyconnectionscenter.org/library-assets/solo-and-supported/</a>	Single parents are fostering, adopting, and stepping up as kinship caregivers every day — and doing it well. This tip sheet meets them where they are.
Somebody to Lean On: Connecting with a Parent Group	<a href="https://wifamilyconnectionscenter.org/library-assets/somebody-lean-connecting-creating-support-group/">https://wifamilyconnectionscenter.org/library-assets/somebody-lean-connecting-creating-support-group/</a>	Discover the power of connection in this comprehensive guide. Explore the benefits of joining a parent group for foster, adoptive, or relative caregiver parents.
Supporting Children Affected by Parental Substance Use	<a href="https://wifamilyconnectionscenter.org/library-assets/supporting-children-affected-by-parental-substance-use/">https://wifamilyconnectionscenter.org/library-assets/supporting-children-affected-by-parental-substance-use/</a>	A trauma-informed guide for foster parents and relative caregivers supporting children whose parents have struggled with addiction. Explains how Substance Use Disorder affects family dynamics and child development, covers common emotional and behavioral responses (including hypervigilance, fight/flight/freeze, and guilt and shame), and offers practical strategies for creating felt safety, building trust, and promoting healing.
Supporting Children Who Have Experienced Trauma	<a href="https://wifamilyconnectionscenter.org/library-assets/supporting-children-experienced-trauma/">https://wifamilyconnectionscenter.org/library-assets/supporting-children-experienced-trauma/</a>	Unlock the secrets to supporting children through trauma with our comprehensive tip sheet. Learn how to understand and respond to challenging behaviors, create safe and healing environments, and employ effective strategies for long-term recovery.
Supporting LGBTQIA+ Youth in Your Care	<a href="https://wifamilyconnectionscenter.org/library-assets/supporting-lgbtqia-youth-in-your-care/">https://wifamilyconnectionscenter.org/library-assets/supporting-lgbtqia-youth-in-your-care/</a>	Discover essential insights and practical tips to create a safe, supportive environment for LGBTQIA+ youth in out-of-home care. Learn from real experiences

		and expert advice on fostering inclusivity, understanding, and resilience.
Supporting Teens Leaving Care: Resources & Guidance for Foster Parents	<a href="https://wifamilyconnectionscenter.org/library-assets/supporting-teens-leaving-care/">https://wifamilyconnectionscenter.org/library-assets/supporting-teens-leaving-care/</a>	Transitioning from foster care to independent living is a significant milestone for teens, filled with both excitement and challenges. This tip sheet provides foster parents with essential resources and guidance to support teens through this critical phase.
Supporting the Social-Emotional Learning and Development of Children in Your Care	<a href="https://wifamilyconnectionscenter.org/library-assets/supporting-social-emotional-skills/">https://wifamilyconnectionscenter.org/library-assets/supporting-social-emotional-skills/</a>	Unlock the Secrets to Nurturing Social-Emotional Skills in Children!
Sustaining & Strengthening the Sibling Bond	<a href="https://wifamilyconnectionscenter.org/library-assets/sustaining-strengthening-sibling-bond/">https://wifamilyconnectionscenter.org/library-assets/sustaining-strengthening-sibling-bond/</a>	Sibling bonds often provide lifelong support, comfort, and resilience—especially when life is difficult. For children in foster care, staying connected to siblings, even when separated, is vital for their emotional well-being and stability.
Teaching Forgiveness for Big Hurts	<a href="https://wifamilyconnectionscenter.org/library-assets/teaching-forgiveness-for-big-hurts/">https://wifamilyconnectionscenter.org/library-assets/teaching-forgiveness-for-big-hurts/</a>	In “Teaching Forgiveness for Big Hurts,” learn how to guide children and youth through the complex journey of forgiveness after experiencing deep trauma. This insightful tip sheet offers practical strategies for caregivers to help young individuals heal and find peace.
Ten Tips to Survive an Allegation	<a href="https://wifamilyconnectionscenter.org/library-assets/ten-tips-survive-allegation/">https://wifamilyconnectionscenter.org/library-assets/ten-tips-survive-allegation/</a>	As a foster parent, your heart is in the right place. You've made a commitment to care for children and their families, and that is invaluable. But what happens when an

		unexpected allegation threatens to upend everything?
Through the Lens of Adoption: Understanding Child Development & Adoption's Impact	<a href="https://wifamilyconnectionscenter.org/library-assets/lens-adoption-understanding-child-development-adoptions-impact/">https://wifamilyconnectionscenter.org/library-assets/lens-adoption-understanding-child-development-adoptions-impact/</a>	This tip sheet is a comprehensive guide for adoptive parents to understand their children's developmental stages and the unique impacts of adoption.
Tips for International Adoption Travel	<a href="https://wifamilyconnectionscenter.org/library-assets/tips-for-international-adoption-travel/">https://wifamilyconnectionscenter.org/library-assets/tips-for-international-adoption-travel/</a>	This tip sheet contains essential advice for families preparing for international adoption travel. It covers practical tips for getting ready, such as ensuring all travelers are up to date on immunizations, bringing a helper, and connecting with adoption peers.
Tips to Help When Kids Wet the Bed	<a href="https://wifamilyconnectionscenter.org/library-assets/tips-to-help-when-kids-wet-the-bed/">https://wifamilyconnectionscenter.org/library-assets/tips-to-help-when-kids-wet-the-bed/</a>	Struggling with Bedwetting? You're Not Alone!
Tips to Manage Crisis Behavior	<a href="https://wifamilyconnectionscenter.org/library-assets/tips-to-manage-crisis-behavior/">https://wifamilyconnectionscenter.org/library-assets/tips-to-manage-crisis-behavior/</a>	Unlock the Secrets to Managing Crisis Behavior in Children
Under the Microscope: Maltreatment Allegations	<a href="https://wifamilyconnectionscenter.org/library-assets/microscope-dealing-maltreatment-allegations/">https://wifamilyconnectionscenter.org/library-assets/microscope-dealing-maltreatment-allegations/</a>	If you're a foster parent, adoptive parent, or relative caregiver, navigating the complexities of child welfare can be challenging.
Understanding Sensory Processing Disorder	<a href="https://wifamilyconnectionscenter.org/library-assets/understanding-sensory-processing-disorder/">https://wifamilyconnectionscenter.org/library-assets/understanding-sensory-processing-disorder/</a>	Do any of these scenarios sound familiar?
Unlocking Potential: Creating an	<a href="https://wifamilyconnectionscenter.org/library-assets/unlocking-potential-creating-an/">https://wifamilyconnectionscenter.org/library-assets/unlocking-potential-creating-an/</a>	A comprehensive 6-page guide for parents, caregivers, and professionals supporting autistic children. This resource covers

Environment Where Autistic Children Thrive	<a href="https://wifamilyconnectionscenter.org/library-assets/creating-an-environment-where-autistic-children-thrive/">creating-an-environment-where-autistic-children-thrive/</a>	essential topics, including understanding the autism spectrum, sensory processing challenges, effective communication strategies, and creating structured, predictable...
We Are Family! Tips for LGBTQIA+ Parents Caring for Children	<a href="https://wifamilyconnectionscenter.org/library-assets/tips-for-lgbtqia-parents-caring-for-children/">https://wifamilyconnectionscenter.org/library-assets/tips-for-lgbtqia-parents-caring-for-children/</a>	Learn how to navigate the unique challenges and joys of raising children in LGBTQIA±-headed households. This tip sheet offers practical advice on the following:
Welcome Books: Building Connections	<a href="https://wifamilyconnectionscenter.org/library-assets/welcome-home-books-building-connections/">https://wifamilyconnectionscenter.org/library-assets/welcome-home-books-building-connections/</a>	Discover the Power of Welcome Books: A Guide for Foster and Adoptive Families
What Do These Behaviors Mean?	<a href="https://wifamilyconnectionscenter.org/library-assets/what-do-these-behaviors-mean/">https://wifamilyconnectionscenter.org/library-assets/what-do-these-behaviors-mean/</a>	Unlock the Secrets Behind Challenging Behaviors!
What Do These Behaviors Mean? How Children Process & Respond to Trauma	<a href="https://wifamilyconnectionscenter.org/library-assets/what-do-these-behaviors-mean-how-children-process-respond-to-trauma/">https://wifamilyconnectionscenter.org/library-assets/what-do-these-behaviors-mean-how-children-process-respond-to-trauma/</a>	In our original tip sheet, What Do These Behaviors Mean?, we wrote about what underlies so many challenging behaviors—behaviors like lying, stealing, aggression, defiance, hoarding, and meltdowns. And, we shared how trauma and fear are the foundation for these behaviors.
What Grief Looks Like for Children & Youth in Foster Care	<a href="https://wifamilyconnectionscenter.org/library-assets/grief-looks-like-children-youth-foster-care/">https://wifamilyconnectionscenter.org/library-assets/grief-looks-like-children-youth-foster-care/</a>	This comprehensive guide provides insights into the complex emotions children in foster care experience and offers practical advice for caregivers on how to support them.
What to Consider When Considering Adoption	<a href="https://wifamilyconnectionscenter.org/library-assets/considering-adoption/">https://wifamilyconnectionscenter.org/library-assets/considering-adoption/</a>	Considering Adoption? Your Journey Starts Here!

<p>What to Do While You Wait to Adopt</p>	<p><a href="https://wifamilyconnectionscenter.org/library-assets/what-to-do-while-you-wait/">https://wifamilyconnectionscenter.org/library-assets/what-to-do-while-you-wait/</a></p>	<p>Families in the process of adopting can experience a host of emotions: excitement, nervousness, wonder, eagerness, and more. But the hardest part of the whole process can be waiting.</p>
<p>Why Challenging Behaviors Post-Adoption May be Signs of Grieving</p>	<p><a href="https://wifamilyconnectionscenter.org/library-assets/challenging-behaviors-may-signs-grieving/">https://wifamilyconnectionscenter.org/library-assets/challenging-behaviors-may-signs-grieving/</a></p>	<p>Adoption is a journey filled with love and hope, but it can also bring complex emotional challenges. This tip sheet explores why children who were adopted might exhibit challenging behaviors and how these can be signs of grieving.</p>
<p>The Wider Scope of Therapy</p>	<p><a href="https://wifamilyconnectionscenter.org/library-assets/wider-scope-therapy/">https://wifamilyconnectionscenter.org/library-assets/wider-scope-therapy/</a></p>	<p>Therapy isn't just about traditional talk sessions anymore. With a variety of innovative approaches available, it's important to understand the options and find what works best for the child in your care.</p>
<p>You Don't Have to Foster to Make a Difference: Ways to Support Children in Care</p>	<p><a href="https://wifamilyconnectionscenter.org/library-assets/ways-help-youth-children-care/">https://wifamilyconnectionscenter.org/library-assets/ways-help-youth-children-care/</a></p>	<p>A resource for community members who want to help children in the foster care system but aren't ready or able to foster or adopt. Covers a range of meaningful ways to get involved, including mentoring, recruiting other foster parents, becoming a respite provider, volunteering in the community, and making donations of goods or money.</p>