

## Building Resilience for Kinship Caregivers

Please fill in the box next to the best answer. (Fill in only one box per question)

1. What is parental resiliency? (Choose one)
  - The ability to avoid bad experiences.
  - The ability to bounce back from setbacks and see each day as a “new day”.
  - The ability to focus only on positive things.
  - The ability to regulate your own emotions.
2. What are protective factors that help build resilience? (Choose one)
  - Asking for and accepting help from others when you need it.
  - Ignoring your stress so that you can keep going.
  - Telling the child to give you space when they are misbehaving.
  - Ignoring the child’s challenging behaviors.
3. All of the following can be helpful towards building parental resilience, **EXCEPT**: (Choose one)
  - Getting and giving support.
  - Always putting the child’s needs before your own.
  - Understanding your own triggers to challenging behaviors.
  - Learning more about parenting and child development.
4. Concrete supports that can help a kinship caregiver avoid burnout include all of the following, **EXCEPT**: (Choose one)
  - Knowing where to go for financial help if you need it.
  - Taking a break from work or home responsibilities.
  - Seeking counseling services for yourself.
  - Telling yourself that you have everything under control and it will all be okay.
5. Understanding your own triggers is important because: (Choose one)
  - You can better manage your emotions so that you can better support a child in managing theirs.
  - You can avoid the child when their behaviors are challenging.
  - You can know when the child should be put in “time out.”

- You can know the best time to discipline the child for their difficult behaviors.