

From: Scott Corcoran [scott@afamilyforeverychild.org]
Sent: Thursday, July 18, 2013 4:10 PM
To: scott@afamilyforeverychild.org
Subject: How to be a therapeutic parent

A Family For Every Child
Matching Assistance



*"We should not be asking who this child belongs to,
but who belongs to this child."*



Dear ,

Being a parent can be challenging. Being a parent to a child you adopted from foster care brings its own unique set of challenges. Trying to figure out what parenting styles work best is difficult. Trying to love and understand your child, only to feel like no progress has been made is exhausting. Receiving a list of your child's diagnoses may feel daunting. When your child is first placed in your home, you may feel up to the challenge. You're excited that the submitting and waiting process is over, and you have finally adopted! Then you start to become a parent to your child, and you realize it's hard. Really hard sometimes. You may still have some level of enthusiasm, but overtime doubt starts to creep in, and you begin to wonder if you are a failure. Well, guess what-you're not! Every parent has their moments of doubting their parenting abilities. You feel like you try so hard to take 2 steps forward, and by the end of the day you feel like you just took 10 steps back. You may start to compare yourself to other parents you know, who make it look so easy and make it seem like they have everything under control. Truth is, there is no such thing as a perfect parent. And chances are, they've had their days when they feel like they have failed, too. You have to remember that deep down inside, your child wants stability. They want comfort. They want you to teach them about life. They want you to love them. Their behaviors may suggest otherwise, but they may not have learned how to express themselves appropriately. You don't have to be a "perfect parent" to your child. Just be yourself.

Check out [How to be a Rock Star Therapeutic Parent](#) on Rainbow Kids, and remember- you are awesome!

Resources

You may find the following resources helpful:

[My Life as a Trauma Mama](#) blog by Trauma Mama T

Rainbow Kids: [Therapeutic Parenting, Part 1](#)

Rainbow Kids: [Therapeutic Parenting, Part 2](#)

Attachment and Trauma Network, Inc.: [What is Therapeutic Parenting?](#)

Nora Sharp
Matching Assistance Coordinator
A Family for Every Child
nora.sharp@afamilyforeverychild.org

