

# Managing Expectations



## 5 Helpful Tips



### For Adoptive and Guardianship Parents

1. “I Don’t Have Time for That.” — Parents always have a packed schedule, but if you don't intentionally make time for yourself, who will? Making time for yourself and what you love allows you to care for others with more energy and availability of attention.
2. “I Can’t Leave the Kids with Anyone; They Need Me Right Now.” —Yes, your children do need you, your consistency, and your support. However, a healthy and balanced parent is just as important as physically being there.
3. “I Need To Be at That Game, That Play, That Party with My Kids!” —It’s natural to want to provide wonderful family experiences for your kids. However, you still should leave time for regular life responsibilities and self-care even if it means missing an event here and there.
4. “I Don’t Have Enough Help for That.” — It’s hard to find people in your life that are willing to support your family or your adopted child’s unique needs above and beyond what they are used to. Starting with short introductions with childcare or reaching out to programs that can help find support services is a great start.
5. “I’m So Exhausted; I Don’t Even Know WHAT I Need!” — It can be a difficult process in finding yourself again. Starting with something small, or something new, just to see how you respond is a great start. Be willing to take small amounts of time for yourself even if you aren't sure what will create that spark.