



CWTS Connection

Inspiring Excellence and Innovation through Learning



A monthly newsletter for Colorado's child welfare learning community

June 2022

IMPORTANT!

The CWTS Newsletter is getting an upgrade and is moving to Constant Contact. You must subscribe in order to continue receiving this monthly newsletter. All we ask is your name and email address. It will take less than 30 seconds. Thanks!

LEARNER COVE

Looking for Hours?

Check out our on-demand [Web-based trainings list](#).

Non-CWTS Training Logs are due by June 30!

The new Non-CWTS Training Tracking Log ([found in the LMS](#)) is a fillable form that can be downloaded at any time, signed, and submitted when sufficient hours have been fulfilled for recertification. Rather than upload each individual non-CWTS training, now you'll only submit your completed log one time!



FOSTERING AND KINSHIP CONNECTION

Quick Tips for Caregivers

With the increased need for kinship providers, it's important to become aware of the many emotional and familial challenges of kinship caregiving. Here are just a few experiences that kinship caregivers struggle with.

Shame

When caring for your kin child, it's common to feel as if you have failed as a parent because your adult child cannot care for their own child right now. You may also perceive others to be judging you. After all, the actions of your child have resulted in their own child coming to your care.

Fear

Fear of what will happen to the child if you should fall ill or pass away
Fear of your ability to handle the child as you age
Fear that your kinship child will turn out like their parent
Fear of “messing up” and having child protective services step in (again)
Fear of being judged by the agency as too old
Fear of the impact this will have on your relationships with your extended family
Fear of financial struggle

Guilt

You might feel guilty about the lack of time caregiving now leaves for your other grandkids or your other kids, even if they are adults. You may even struggle with guilt over how kinship care impacts your time with your spouse. This dismay might feel magnified if you are in a second marriage or partnership. After all, your new partner did not sign up to help you raise children (again).

Resentment

You may feel angry at your child or family member who “put you in this position.” It's okay to resent that their decisions and life struggles have impacted you and this child. Just be careful not to linger there or parent from that place of anger. Kids who have experienced trauma can be susceptible to that emotion.

Divided Loyalties

Many kinship providers experience the pain of divided loyalties. The feeling of having to choose a side, whether between your child and their partner or between other family members, is painful for everyone—especially the child. Divided loyalties force you to reconcile your love for your child and the desire to protect them with the need to protect the best interest of their child.

For help with these challenges and others you may not have considered, register for the [Connect the Dots and Strengthen the Knots](#) learning experience and walk away with tools to prevent further fraying of your family.

[Find Caregiver Courses](#)

BREATHING SPACE

Who's Got Time for Self-Care?

In any conversation about self-care or resilience, you will hear something like “I wish I had time for self-care, but I have too much to do. I am just trying to get through my day.” The intensity of the work we do is real. The number of tasks we have to juggle is real.

AND it is also real that we create a vicious cycle of increasing our stress by not making time for regular self-care practices. One way this plays out is that the more stressed we are, the less productive we can be, the longer it takes to accomplish our tasks, and so we have more and more on our plates—whew!

Luckily, there are many simple, brief, easy practices that have been proven to reduce stress and increase our resilience. The easiest (and by many accounts, the most impactful) of these practices is simply to note three things you are grateful for each day. How easy is that!



So don't give up! Just consider small practices that recharge your battery. Take a walk, call a friend, dance to your favorite song, watch that hilarious YouTube video again, or enjoy that coffee on the patio. Try [box breathing](#) or a [body scan meditation](#). Anyone has 2 minutes for self-care. You know what brings YOU moments of joy and relaxation—add regular moments of them into your daily schedule. Small is better than none!

MEANINGFUL MEDIA



Kempe's Continuing the Call to Action Series

June Series: The Journey to Prioritizing Family Groups

LISTEN

Listen to the [27-minute Radio Kempe podcast on kinship care](#) with Ali Caliendo.

WATCH

Watch the [2021 conference international exchange on kinship care](#).

REGISTER

Register to attend a 90-minute conversation circle on June 29 to discuss the myriad ideas raised by these knowledgeable panelists and podcast guest.

LISTEN

Listen to the [31-minute Radio Kempe podcast](#) with Paula Bryant, who shares her family's firsthand account of how the child welfare system has impacted her, her daughter Ma'Khia, who was killed, and her three surviving children, who remain in foster care.

For more information, visit <http://www.continuingthecalltoaction.org/>.

UPCOMING EVENTS/MEETINGS

Wednesday, June 29, 9:00 AM or 4:00 PM: Kempe's conversation circle on the journey to prioritizing family

Wednesday, June 29, 9:00–10:30 AM: Small-Size County Connection

Thursday, June 30: [Non-CWTS Training Log](#) due

July 24–30, Colorado Youth Awareness Week: Join the DCW Town Hall on July 27 and find out what your county is doing to celebrate Youth Awareness Week

October 3–6, Kempe's A Call to Action Conference: [Join a projected international community of 3,000 individuals striving to change child welfare as we know it](#)

Contact Newsletter Editor

