

What Effects Have You Experienced as a Foster or Parent BY Adoption or Guardianship?

This tool is to help you explore your experiences, both challenging and supportive, as a parent by adoption or guardianship. When you review your answers to these questions, you have more information to assess your needs for additional resources and supports.

On a scale of 1-5, what effect do the following have on you?

(1 = little to 5 = extreme)

EFFECTS - CHALLENGING

Rating Your Effect

Lack of understanding by family	
Lack of understanding by friends	
Lack of validation as a parent	
Lack of support by family and/or friends	
Lack of support by agency/social workers	
Living with uncertainty every day (child's behavior)	
Feel like living with a time bomb/walking on egg shells	
Negative changes within myself	
Negative changes in my family/ splitting of family members	
Negative changes in relationships with extended family	
Negative changes in relationships with friends	
Feeling isolated	
Choosing to withdraw from friends and family	
Extreme physical exhaustion	
Drained social and emotional energy	
Extreme mood swings	
Loss of feelings of competency as a parent	
No time to take of own personal needs	
Physical symptoms: gain weight, lost weight, sleep problems	
Profound sadness	
Regret for what might have been with this child	

This was, in part, adapted from "Loving and Living with Traumatized Children," by Megan Hirst. Used with permission.

EFFECTS - SUPPORTIVE
Rating Your Effect

I am feeling more competent as a parent	
I feel like I am gaining insight and understanding into this child.	
I feel like I am gaining insight into myself.	
I feel I am adapting to these unusual circumstances.	
I feel good about the direction we are going.	
I feel I have an ability to celebrate small successes.	
I have a growing determination to make it against all odds.	

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