



Glasgow Educational Psychology Service

Kinship Carer Training – Self-care

Transcript

Introductory Slide

No voiceover.

Slide 1

While being a kinship carer is very rewarding, it can also be challenging and difficult at times. Looking after yourself is vitally important to ensure that you can look after your child or young person as much as possible. It is vital that, as adults, we are aware of our own feelings and emotions to be able to recognise if we are finding things difficult.

The 'capacity cup' visual shows us how important it is to ensure we don't become overwhelmed with day-to-day challenges.

Slide 2

We will now look at some of the things we can do to try to prevent our capacity cup from overflowing. Having realistic expectations of yourself in your role as a kinship carer is important as you can only do your best and many things will be out with your control.

For your own wellbeing it is key that you focus on things that are within your control. Having a willingness to accept help from others can also be very helpful to ensure you continue to feel confident and equipped to support your young person.

It is okay to ask for help, for example, this could be from your support network at home, your child or young person's school or other professionals. As discussed within a previous module, focusing on quality, attuned interactions with your young person or other adults is another key way you can prevent your capacity cup from overflowing.

Slide 3

As shown here in the visual [*NHS 'Five ways to wellbeing' image*], the NHS have created 'five ways to wellbeing' which suggests five steps you can take to look after your wellbeing and help you get the most out of your life.

Give

Giving to others can give you a sense of purpose and reward. Small acts of kindness towards others, such as spending time with those who need support, offering to help

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someone with a DIY project or saying “thank you” to someone for something they have done for you.

Take notice

Being aware of your thoughts, feelings, body and world around you is sometimes known as ‘mindfulness’. Engaging in activities such as mindfulness can be a positive step to help you understand yourself better and challenge the way you think about yourself.

Connect

Connecting and building relationships with others means you can have people to share your positive experiences with and people to talk to when you need support. This can also help you build a sense of belonging which has been shown to be very important for wellbeing. Some ways you could do this would be trying to take time out of each day to spend with family or arranging to meet friends you might not have seen for a while.

Be active

Being active can help your self-esteem and can help you set goals which is good for your wellbeing. It is important that you choose an activity you enjoy such as walking or swimming and where possible, to make time to participate in these.

Keep learning

Learning new skills is a way of giving you a sense of purpose, allowing you to connect with new people and build your confidence and self-esteem. It can be difficult to make time for learning new things but there are lots of ways you can do this. This could be reading a new book, learning to cook something new or taking on more responsibility at work.

Slide 4

The key message to remember here is that looking after yourself is crucial in ensuring that your own health and wellbeing is positive and continues to flourish in your role as a kinship carer.

Slide 5

No voiceover.

End of transcript.

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