## Preservice Training Module 10

## The Effects of Caregiving on the Caregiver Family

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## *If you would like to complete the Survey electronically,*

## *please scan the QR code:*

**County Where Training Occurred:** Click or tap here to enter text. **Date of Training:** Click or tap here to enter text.

#### Building and sustaining a relationship with the primary family is a common stressor for foster/adoptive families.

* Yes
* No

### Please share one expectation of foster/adoption parenting that you have changed due to

### attending *this* Preservice training.

#### Which of the statements regarding self-care strategies is true? (check all that apply)

* It is important to find time for spiritual connection (reflection, meditation, prayer, time in nature)
* The child’s needs should be placed above self-care activities
* Taking time for friends and favorite activities is not considered a self-care strategy

#### Given the information I have now, I believe the **best option** ***for me*** is:

#### (Please explain your response in the Comments section).

* Foster care
* Foster care/Adoption dual licensure
* Adoption
* Kinship care
* Undecided

### Please share any additional information you would like about this trainer or training below.

## *Thank you very much for sharing your insights!*