



Caregiving isn't always a walk in the park.

Explore resources to help you handle the bedtime battles, big emotions, and tough behaviors so you and your kids thrive.

Practices and Resources for Kinship Caregivers and Parents (**PARK**) is a **free guide** with simple tools and resources for parents, kinship caregivers, and childcare providers. Resource formats include webinars, videos, printables, blog posts, and books so you can learn in whatever way works best for you.

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What's Covered:



Understanding Challenging Behaviors:
Learn to identify what's driving tough behaviors.



Building Coping Skills:
Practical ways to teach kids how to handle their big feelings.



Reinforcing Good Behavior:
Short and long-term tools to build emotional connection and guide behavior.



Sleep and Daily Routines:
How to establish consistent habits for calmer evenings and well-rested kids and caregivers.



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