Kinship Caregivers Guide: How to Support Older Youth with Foster Care Experience through Co-Regulation

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Summary: The need for kinship support is important. This article gives specific bullet points on supporting older youth through co-regulation. It describes co-regulation clearly, gives clear ideas where co-regulation would benefit, and describes what co-regulation looks like and why it is so important. “Co-Regulation not only supports youth; it also strengthens relationships between youth and their kinship caregivers.”

Application: The practical examples at the end of the article are critical to see how this works. Kinship caregivers would have to practice to learn these skills – but would be rewarded with their use.

Source: Office of Planning, Research, and Evaluation, Administration for Children and Families

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