

5 Signs It Is Time to Request Respite Care

Recognizing the signs before burnout reaches a breaking point

01

You are consistently running on empty

Sleep deprivation and constant exhaustion indicate that your capacity is stretched, impacting your ability to respond patiently and calmly to a child's needs.

Small things are triggering big reactions.

When minor disruptions or typical child behaviors lead to excessive frustration or hopelessness, it's a sign your nervous system needs relief. Reacting from a place of depletion often results in unfavorable outcomes for both you and the child.

02

03

You have stopped asking for help.

Isolation is a key indicator of caregiver burnout. If you're distancing yourself from your support network or declining help, taking a structured break can help rejuvenate your perspective and energy.

The child is reflecting your stress.

Children in foster care are sensitive to the emotional states of adults. Signs like increased behavioral challenges, clinginess, or regression may indicate the need for a planned reset to improve the caregiver-child dynamic.

04

05

You are questioning whether you can continue.

Life includes failures; it's essential to move on and forgive yourself. Worrying is unproductive. To build self-control and reach ambitious goals, learn to embrace hard work positively.



Questions about respite care?

Reach out to your Pathway case manager or visit pathwaycfc.org/foster-care/support-services/