

KING'S RANCH

respite care



Our Respite Care Mission:

At King's Ranch, our mission in offering respite is to provide parents the rest they need so they can reset and return with renewed capacity to nurture deeply and provide the intentional structure their child needs.

We are equally committed to training others with care and expertise, equipping them to provide kind, structured, and strategic respite for the families they serve.

For each child, our hope is that respite creates space to move from states of fight, flight, and freeze back into relational connection; helping them reach toward their parents for attachment and comfort.

Though we are not the child's primary attachment figure, we hold the responsibility to give steady, matter of fact direction within an atmosphere of love. ***Above all, we seek to mirror the character of God in the respite care we provide.***



TWO KINDS OF RESPITE CARE:

Therapeutic Respite

Therapeutic respite is intentional, structured childcare designed for times when the parents need a break to rest and reset but the child is regulated at home (not in “stuck” behavior). Therapeutic respite provides that opportunity while minimizing regression and triangulation in the parent’s absence. This is accomplished by having a respite provider that is educated and trained - keeping things consistent and structured in the meantime. The child will be in play-based stations with a respite provider who is offering kind, matter-of-fact care and keeping the nurture just for mom.

Motivational Respite

Motivational respite is intentional, strategic care designed for times a child’s behavior is out of control at home or when they’re simply “stuck.” It provides parents with the opportunity to send their child to a safe and structured environment where healing and motivation can begin, while minimizing regression and triangulation in the parent’s absence. During motivational respite, children are cared for by trained and educated providers who ensure structure and consistency are maintained. The daily routine includes chore-based stations including journaling and bouncing. Care during this time is kind but matter-of-fact, with intentional nurturing reserved for mom.

Due to the sensitive nature of motivational respite, this type of respite is **not available on our respite training portal. It’s reserved for our in-person certification.*



Respite Care FAQs

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Why is respite care important?

Respite care offers immeasurable benefits for both parent and child and is essential to the success of this program for two key reasons:

1. It gives parents the rest they need in the midst of challenging work, helping prevent exhaustion and burnout.
2. It provides a safe and supportive option for motivation during times of stuck or out-of-control behavior.

2

Does our family need respite?

Yes! Everyone family can benefit from respite!

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What is the difference between therapeutic and motivational respite?

Motivational respite is for a child who is consistently stuck in opposition/defiance, acting out, and displaying out of control behavior at home. During motivational respite care, the child will be in chore-based stations. **Therapeutic respite** is for the parent to have a break without compromising the child's progress. If your child is coming for therapeutic respite care they are not acting out at home or displaying out of control behavior. During therapeutic respite, the child will be doing play-based stations.

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What if I can't find a respite provider?

We recommend thinking outside of the box. Ideas for places that you might find someone:

- Social work programs at your local college
- Church
- You current babysitter (with training)
- College students

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What should I be looking for in a respite provider?

Three key attributes we would prioritize would be an individual who is:

1. **Teachable.** Someone who is willing and open to be trained in Unplowed Ground.
2. **Available.** Look for an individual who is a season of life that would provide the flexibility to serve your family in this way. This includes a schedule that would accommodate any sudden needs that may arise.
3. **United.** Someone who is a team player. Someone who understands the risk of triangulation and is willing to be a part of your team!

Respite Care FAQs

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Will respite heal my child?

Respite will not heal your child. At King's Ranch, we know that the healing process takes time. **Healing will only happen in relationship with Mom and Dad.** Consistent implementation of Unplowed Ground Therapeutic parenting at home is essential. Respite is just a supportive measure.

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How often is respite needed?

We recommend regular respite care for each family if at all possible. Even just a couple hours a week makes a huge difference. The consistent opportunity for you to take time for yourself or prioritize date night is HUGE and contributes to your overall success in this program.

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Do you offer respite care at King's Ranch?

Yes we do! We provide both therapeutic and motivational respite care for up to ten days. We exclusively provide respite care for our VIP families. Spots are first come, first serve with limited availability. Email haley@kingsranch.net for more information.

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What are the prerequisites for King's Ranch Respite Care?

Because respite care is only effective if the parents are implementing Unplowed Ground in the home, we only allow VIP members to participate in respite services. We also expect that you are actively and consistently implementing all aspects of Unplowed Ground, including regular nurturing activities

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Can my child come to respite at King's Ranch while I am looking for a long term placement?

Respite at King's Ranch is a supportive measure to encourage the child to reach toward the parents for attachment. Our mission is to help children stay in loving homes, therefore respite at King's Ranch is not to be used as a holding place while a new placement is found.