

SELF-CARE FOR PARENTS OF CHILDREN WITH SPECIAL NEEDS

SPECIAL EDUCATION
RESOURCE SERIES



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Flourish Here.



WHY DO WE NEED SELF-CARE?

As parents, there are always a lot of demands placed on us and we get pulled in every direction. This is especially true when our children have special needs.

If we are not taking care of ourselves, then there is no way we can take proper care of our kids.

Remember it is OKAY to take time for yourself and we hope these next slides give you a few ideas to utilize during this holiday season.



TIPS FOR SELF-CARE DURING THE HOLIDAYS

- **Lower your expectations for whatever you may be celebrating this season.**
 - Social media is great for keeping in touch with friends and family around the world. Not so great when we only see people's highlight reel. This also includes letting go of the pursuit of the "must-have" toy or clothing item. It might mean fewer decorations; unless decorating "fills your bucket".
- **Be okay with saying no to activities that might dysregulate your child**
 - Many special needs children depend on routine and structure to make sense of their world. Keep your family's holiday routine as close as possible to your typical routine; including bedtimes, meal times, nap times, etc.
- **Set boundaries; know your personal and family limits**
- **Rely on your support system (family, friends, neighbors)**



PRACTICE SELF-AWARENESS

- Take some time for just you
- Become aware of your feelings and how they are affecting you
- Spend time with friends
- Listen to music, have a dance party
- Practice deep breathing or meditation
- Watch movies



TAKE CARE OF YOUR PHYSICAL AND MENTAL HEALTH

- Exercise: run, walk, yoga
- Get enough sleep
- Stay hydrated
- Journal
- Read a book or magazine
- Remember to eat healthy foods even though we are in the season of excess
- Get some fresh air

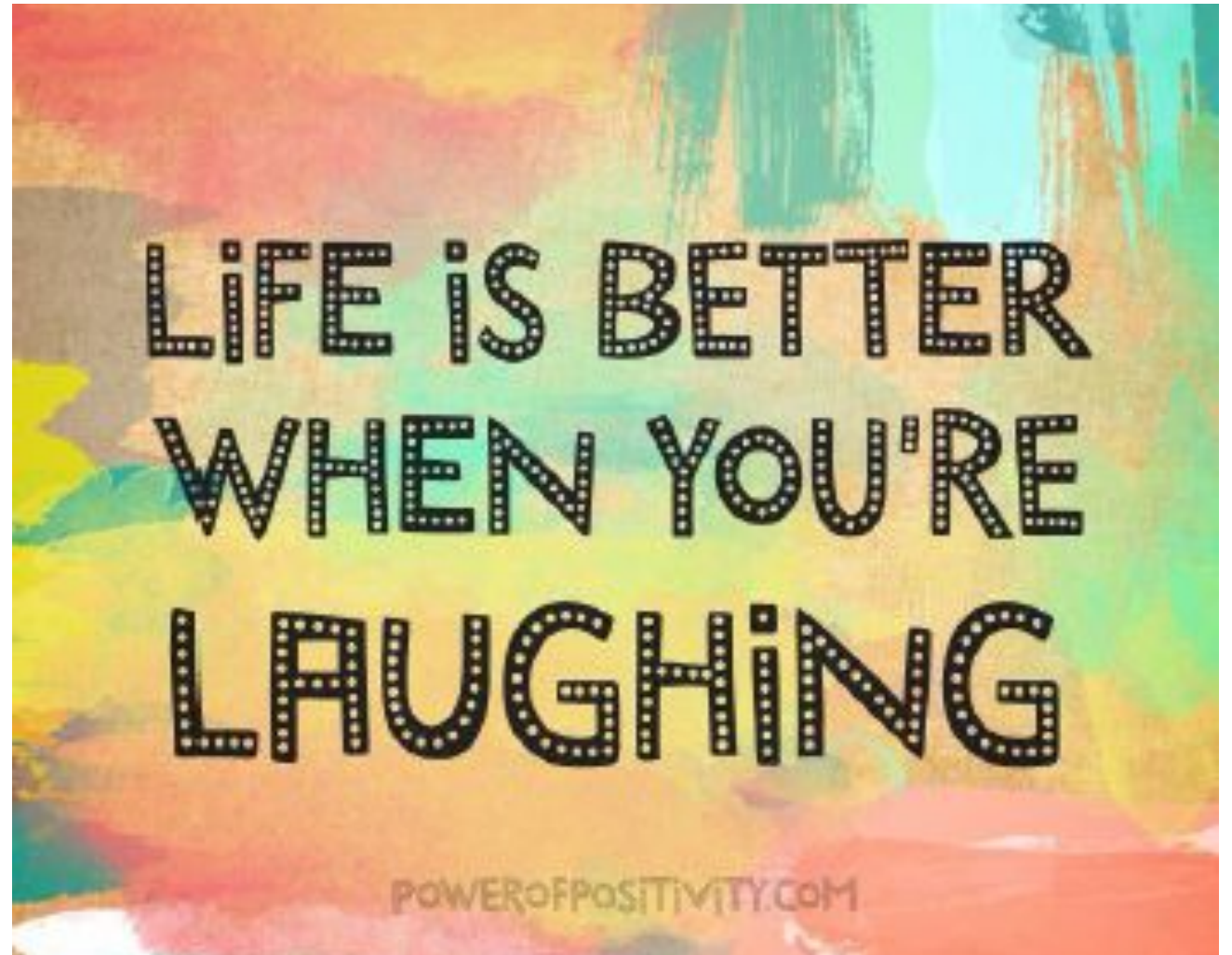
“Self-care means giving yourself permission to pause.”

— Cecilia Tran



REMEMBER TO LAUGH

- [FUNNY Stress Management Techniques](#)
 - (Karyn Buxman / TEDx, 2009)




Start by doing 1 push up.
Start by drinking 1 cup of water.
Start by paying toward 1 debt. Start
by reading 1 page. Start by making
1 sale. Start by deleting 1 old
contact. Start by walking 1 lap. Start
by attending 1 event. Start by writing
1 paragraph. Start today.
Repeat tomorrow.



RESOURCES

- <https://www.goodtherapy.org/blog/holiday-stress-special-needs-parents-1207124>
- <https://dailycaring.com/10-stress-relief-tips-to-get-you-through-the-holidays-self-care-for-caregivers/>
- <https://childmind.org/article/fighting-caregiver-burnout-special-needs-kids/>
- https://childmind.org/article/enjoy-the-holidays-more-with-mindfulness/?utm_medium=email&utm_source=newsletter&utm_campaign=pub_ed_nl_2022-11-22&utm_content=enjoy-the-holidays-more-with-mindfulness
- <https://www.mindful.org/free-mindfulness-apps-worthy-of-your-attention/>





You just do it one
step at a time.

Marian Wright Edelman





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THANK YOU