

Coping Skills for Parents of Children with Special Needs



Raising children with special needs is challenging. You may find yourself reacting to the experience in unexpected ways.

It is not uncommon to sometimes feel angry, guilty or depressed as you deal with difficulties. Know that these emotions are normal and there are ways to manage negative feelings so you have more energy for your child. Some coping strategies to deal with everyday stress include:

Writing in a gratitude journal each morning to help set the tone for the entire day.

Ignoring inappropriate stares or comments directed at your child as they stem from a lack of understanding.

Seeking supporters who understand the feelings of your child.

Becoming an advocate for your child by staying current on research and news about his or her condition.

Engaging in “me time” and activities that feed your spirit.

**Accept the challenges of parenting a child with special needs
and embrace the opportunities to be the best parent you can be.**

