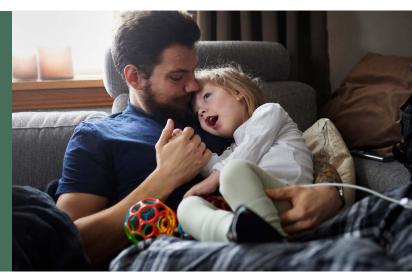
Caring for a child with special needs? These 10 tips can help.



Caring for a child with special needs comes with unique challenges, but you're not alone. These tips may help you navigate your journey while maintaining balance and well-being.



### REMEMBER

Support is available—lean on your community, workplace resources, and qualified professionals



### Prioritize self-care

Taking care of yourself isn't selfish—it's essential. Make time for rest, exercise, and moments of relaxation to maintain your physical and emotional well-being.

# Build a support network

Connect with other caregivers, support groups, or online communities to share experiences, advice, and encouragement. Be intentional in building your support system.

# 3 Stay organized

Keep important medical records, therapy schedules, and school plans in one place. Digital apps or planners can help you manage appointments and documentation more efficiently.

4

# Advocate for your child

You are your child's biggest champion. Learn about their rights, available resources, and how to effectively communicate with schools, healthcare providers, and support organizations.

# 5 Take advantage of workplace benefits

Your employer may offer flexible work arrangements, caregiver support programs, and employee assistance plans that include financial wellbeing. Explore what's available to help you balance work and caregiving.



Consider the financial needs of your child in the future. Consult an attorney about a special needs trust and whether it is appropriate for your situation. Taking steps today can help provide stability and protection in the event of unexpected life changes.

#### Communicate with your employer 7

Open conversations with your employer about your caregiving responsibilities can help create a more flexible and supportive work environment.

#### Seek professional guidance 8

Don't hesitate to consult with professionals, from occupational therapists to financial advisors, who can provide expert support tailored to your and your child's needs.

# 9 Practice stress management

Find what helps you decompress—whether it's mindfulness, deep breathing, or a favorite hobby-to manage stress and maintain resilience.

# 10 Celebrate small wins

Every milestone, no matter how small, is a victory. Recognizing progress can help you stay positive and motivated throughout your caregiving journey.

# You're doing an incredible job

The right support and resources can make all the difference—reach out to available programs and services to help you along the way.

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