

# 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

- 1 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.
- 2 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.
- 6 Plan for the future**  
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.
- 7 Communicate with your employer**  
Open conversations with your employer about your caregiving responsibilities can help create a more flexible and supportive work environment.
- 8 Seek professional guidance**  
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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