

Encouragement for Special Needs Moms

- **Use assessment results and doctor's expectations as a guide, not as a definition of what your child will or won't be able to do. Their predictions are often just predictions. Take each day as it comes, and do your best! Leave the future in God's capable hands.**
- **Advocate fiercely for the rights, needs, education, care, and resources your child needs. There are many available resources and professionals available. Research and seek them out.**
- **Network with other parents of specially-abled kids. Learn from each other! Each family has different exper/iences with therapists, doctors, and available services. Don't hesitate to ask.**
- **Don't be afraid to share hard situations with those who "get it." You will find desperately needed support, encouragement, and prayer support, but transparency is required.**
- **Build a support team, and don't be afraid to call on them. You may need to be taken out for coffee, for your other kids to have a playdate, or to have trusted friend who understands how to care for your specific child so you can have a break or take a sibling for some 1 -on-1 time. Don't be afraid or feel guilty for needing help occasionally.**
- **Pray, pray, PRAY! Pray for every aspect of your child's care! Pray for resources, respite care, practical help, "the right doctors and medical team," therapists, emotional/physical strength, diagnoses. This life can feel isolating, but with Jesus at the center of the journey, we are never alone!**

One mama of a kiddo with special health needs

created this amazing motto:

"Every day, everything is a miracle."