Most of us have heard that we need to take care of ourselves in order to take good care of our children. The airlines give a great example of this during their pre-flight safety talk in which we are told to put on our mask first before helping others with their masks. Self-care may be even more important for the parents of children with special needs or disabilities. We want to share some resources about self-care and support services that can help you be the best parent(s) possible.

**Self-Care:**
- Why Self-Care Is Essential to Parenting
  https://childmind.org/article/fighting-caregiver-burnout-special-needs-kids

- Self-Care Tips for Parents of Special Needs Children
  https://www.goodtherapy.org/blog/self-care-tips-for-parents-of-special-needs-children

- What About Your Special Needs? Self-Care for Parents of Children with Special Needs

- 5 minutes for Mom
  https://www.5minutesformom.com/category/special-needs

**Support Organizations:**
- Support for Families of Children with Disabilities
  https://www.supportforfamilies.org

- Warmline Family Resource Center
  http://www.warmlinefrc.org

- AbilityPath.org
  https://abilitypath.org

- Parents Helping Parents
  https://www.php.com

And you don’t need to do this alone!!

**How Parent Support Groups Can Help**
https://childmind.org/article/how-parent-support-groups-can-help

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