



# Parental Emotional Health

Taking care of you, too.

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  
<https://www.parentmap.com/article/what-about-your-special-needs-self-care-for-parents-of-special-needs-children>
- 5 minutes for Mom  
<https://www.5minutesformom.com/category/special-needs>

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>

## Support Organizations:

There are many amazing organizations out there for families with disabilities, including condition-specific groups. Here are some that support families with all types of conditions to get you started:

- 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>

Reviewed: January 2019