

10 Tips To Help Parents of Special Needs Children Celebrate The Holidays

Author Deanna Picon Offers Complimentary Holiday Tips Guide For Special Needs Parents

NEW YORK, NEW YORK, UNITED STATES, December 13, 2017 /EINPresswire.com/ -- During the holiday season, parents of special needs children are often depressed and isolated. Many feel as though a spotlight is being shined on their lives, and that their families fail to measure up to the so-called "normal" families depicted in movies, TV shows and ads. This can create feelings of guilt, loneliness and stress that can take all the joy out of the holidays.



"This complimentary guide offers ten proven tips to help special needs parents during the holidays. With planning, realistic expectations and a positive attitude, parents can reduce holiday stress and create a better experience for the entire family," said Deanna Picon, founder of Your Autism Coach, LLC and author of *The Autism Parents' Guide To Reclaiming Your Life*. The guide is available at no cost by downloading it at www.yourautismcoach.com.

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This holiday tips guide will help special needs parents, not only survive and manage the holidays, but actually have a good and memorable season with their family and friends”

Deanna Picon

Parents can apply these and other tips from the [Enjoying The Holidays With Your Special Needs Child](#) guide:

- Don't isolate yourself. Your family and friends don't like or love you less because you have a child with special needs. In fact, they probably respect and admire you more than ever after seeing how difficult it can be to raise a child with a disability. Don't shut these people out of your life, and don't shut yourself in. Call for a quick chat or send a friendly text.

Spending time with those who care for you will make you feel good and recharge your batteries.

- Ask for help when you need it. This season is the best time for seeking extra aid. Many people have time off from work and are full of the giving spirit, making this the perfect time to ask for a little help. Allowing others to assist you will also make them feel good about the holidays.

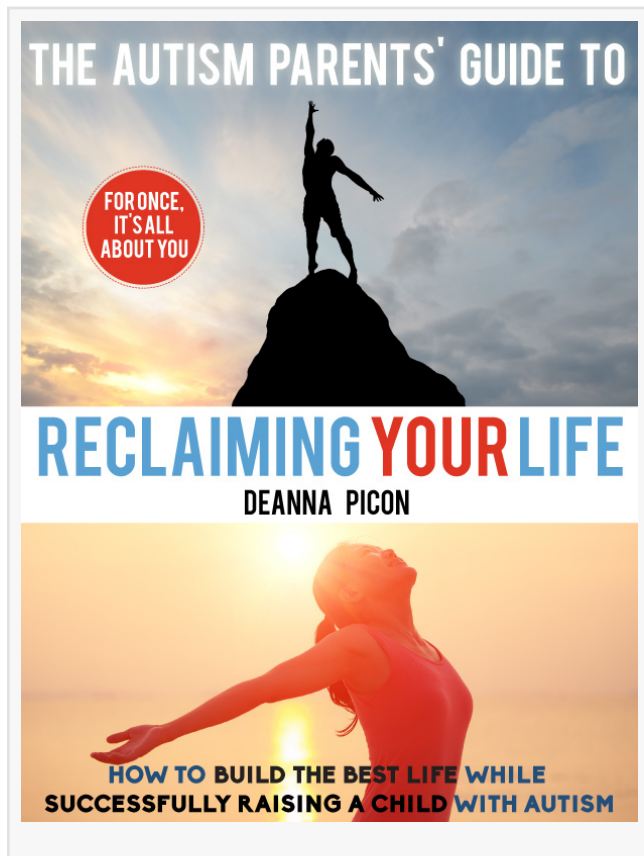
- Go where you're comfortable. Attend holiday events and functions where you and your family feel at ease. The same principle applies to entertaining at home. Invite those who understand your child's condition and support your family.

- Enjoy the gift of "personal time". When family and friends ask what you want for a gift, do yourself a big favor by requesting a few hours of "me time" or "couple time." Do something that you truly enjoy, or simply never get the chance to do in your busy life. Let them come over to take care of your son or daughter in your home. You'll know your child is safe and well-cared for, and there's no child care costs. Does life get any better than this?

- Give yourself permission to have some fun. Special needs parents may feel guilty for having a good time over the holidays, even if it's only for a couple of hours. But there is no reason to feel guilty. A bit of enjoyment is good for you, and believe it or not, beneficial for your child. So make sure you've got child care arrangements you have confidence in, then go to that dinner with friends, that office function or that holiday party. It will do wonders for your emotional outlook to unload the weight of your responsibilities for a short time.

Your Autism Coach, LLC provides personalized guidance, comprehensive support programs and seminars that address the concerns of special needs parents. Now on Twitter (@yourautismcoach), look for the latest parenting tips and advice from Deanna Picon. She shows parents how to overcome the challenges of raising a child with special needs, while building a rewarding life for themselves. Deanna is the recipient of the 2015 "Top Life Coach Writer" Award from Autism Parenting Magazine.

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