

# Seven Mother's Day Tips For Special Needs Moms

*Author Deanna Picon Offers Ways To Help Moms Throughout The Year*

NEW YORK, NEW YORK, USA, May 10, 2018 /EINPresswire.com/ -- Managing all facets of a special needs child daily living – medical, personal, school, therapy – while working and taking care of a home is no easy feat for even the most organized parent.

"As a mother of a non-verbal, 22-year-old, young man with autism, I know how hard it can be for mothers to manage all the pressures and responsibilities of raising a child with special needs," said Deanna Picon, founder of [Your Autism Coach,LLC](http://YourAutismCoach,LLC) and author of *The Autism Parents' Guide To Reclaiming Your Life*.

"We frequently put ourselves on the back burner more often than not, but it's important for women to take care of themselves both physically and emotionally."

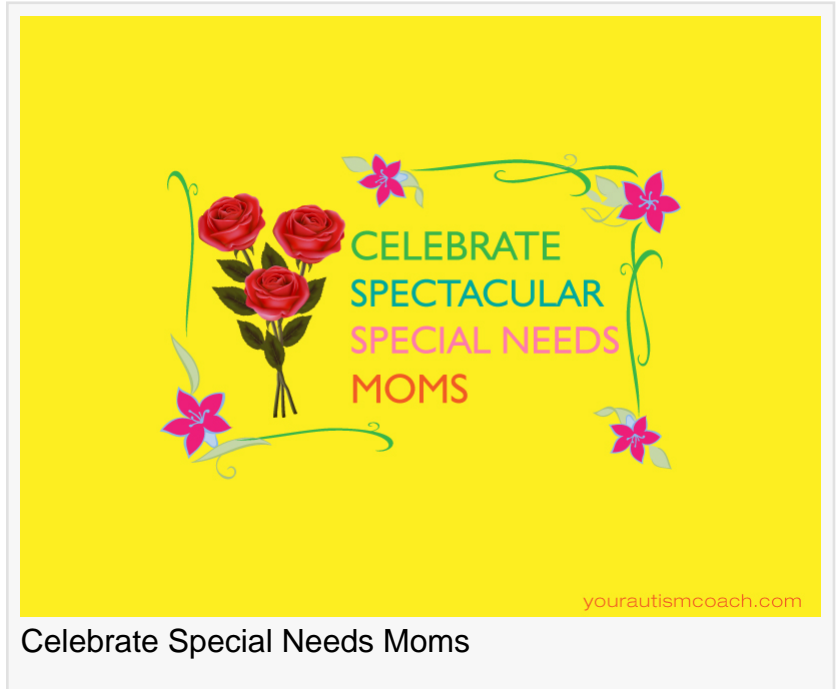
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On Mother's Day and throughout the year, let's celebrate these amazing, special needs moms. They deserve to be recognized for being the great parents they are.”

*Deanna Picon*

centered on your children, but that doesn't mean you should abandon the hobbies, events and activities you like doing, even if it's once a month. Ask a friend or family member to watch your child for a few hours, so you can do something you enjoy. Give yourself permission to have a good time and not feel guilty about it.

\_ Have some fun. Get together with your friends and family. Laugh, be playful and enjoy yourself. Go shopping or bowling. Visit a museum or attend a concert. Take advantage of the summer weather and go to the beach or have a picnic. It will do wonders for your emotional outlook to unload the weight of



Celebrate Special Needs Moms

Mothers can apply these simple tips to have a wonderful Mother's Day and throughout the year.

\_ Make yourself a priority. This may be one of the hardest things you'll ever have to do, because you feel like your child should be the priority. Do it not for yourself, but for your child. Putting time toward your well-being now is like making an "investment" in your child's future.

\_ Remember who you are. It's very easy to allow an all-encompassing challenge like raising a child with a disability to define you. Like any parent, much of your life is going to be

your responsibilities for a short time.

\_ Get healthy and fit. Try to get at least six hours of sleep a night, eat properly and get some exercise in; Spring is a perfect time to start an exercise program. You don't have to join an expensive diet plan or pay for a gym membership to do this. A 30-minute walk, three times a week, is not only excellent for your heart, but regular fresh air and exercise can also benefit your mental health. Bring along a friend for motivation and accountability. You may also want to explore meditation or other relaxation techniques.

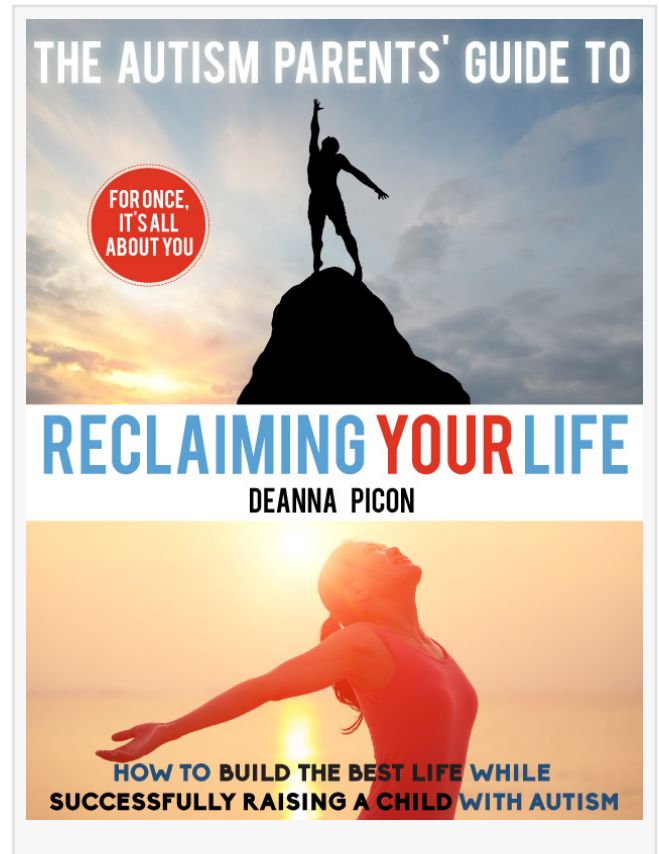
\_ Keep in mind you're human. No one's perfect. You're allowed to make mistakes, get angry, frustrated or even be a little sad at times. So cut yourself some slack every once in a while.

\_ Appreciate yourself. Do something nice for yourself, each week, no matter how small. It could be as simple as setting aside 30 minutes to watch your favorite TV show or calling a good friend to catch up. Buy something you've been wanting. Take yourself out to eat.

\_ Celebrate you! Know you're amazing. If anything, you're an even stronger and better person for having stepped up to the challenges of life with a special needs child.

Your Autism Coach, LLC (<http://www.yourautismcoach.com>) provides personalized guidance, comprehensive support programs and seminars that address the concerns of parents of special needs children. 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. The Autism Parents' Guide To Reclaiming Your Life is available from Amazon (<http://www.amazon.com>) and the author's website.

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