

Seven Father's Day Tips For Special Needs Dads

Author Deanna Picon Offers Ways To Help Dads Throughout The Year

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/EINPresswire.com/ -- Raising a special needs child, while managing work and family responsibilities is no easy task for even the most dedicated parent.

"Fathering a child with a disability requires perseverance, inner strength and extraordinary love for one's son or daughter. Frequently, these devoted dads are overlooked for their hard work and valuable contributions to their families," said Deanna Picon, founder of Your Autism Coach, LLC (<http://www.yourautismcoach.com>) and author of *The Autism Parents' Guide To Reclaiming Your Life* (<http://www.amazon.com>). "So, on this special occasion, let's recognize those who give so much of themselves."



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Fathering a child with a disability requires perseverance, inner strength and extraordinary love for one's son or daughter. So, it's important to recognize these dads who give so much of themselves.”

Deanna Picon

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

□ Get fit and healthy. It's important to take care of yourself, especially with everything on your plate. Make time to eat properly, get at least six hours of sleep and exercise. Hitting the gym is an effective way to work off stress and stay in shape. A simple walk around the neighborhood can clear your mind. Bring along a friend for motivation and accountability.

□ Be yourself. Don't allow your child's disability to define you. Like any parent, much of your life is going to be centered on your children, but that doesn't mean you

should completely abandon the hobbies, events and activities you enjoy doing. Keep in touch with friends and family. Call for a quick chat or send a friendly text. Invite the guys over to watch the game or for a cookout.

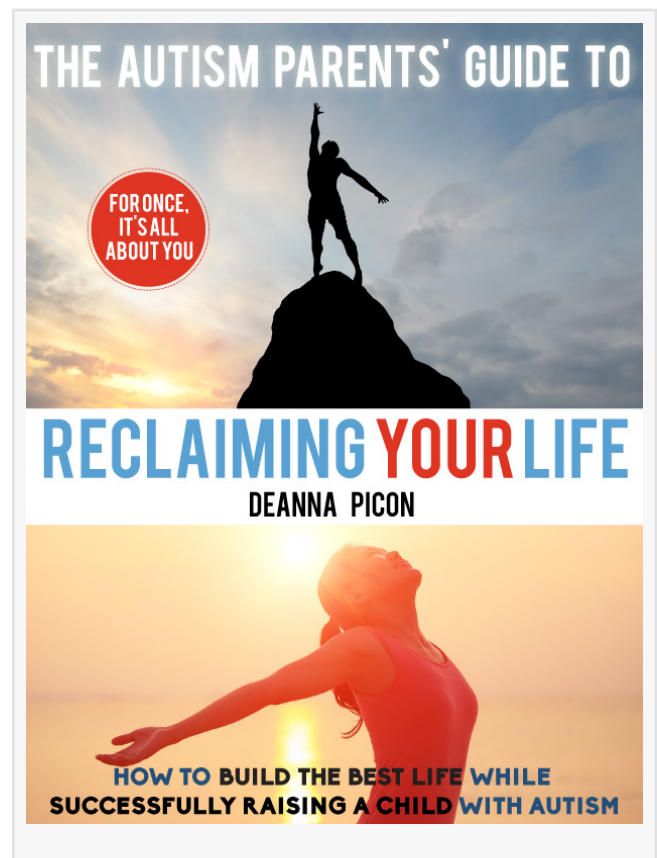
□ Give yourself permission to have some fun. It's important not to feel guilty for having a good time, even if it's only once in a while. Ask a close friend or relative to watch your child for a few hours, so you can go to the billiards hall to shoot some pool with your buddies. Go on a fishing trip. It will be beneficial to unload the weight of your responsibilities for a short time.

□ 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. So cut yourself some slack every once in a while.

□ Reward yourself. Because of all you do, make sure to do something nice for yourself each week, no matter how small. Buy some tools for your workshop or attend an auto show.

□ Accept unspoken praise and appreciation. Your spouse or partner may be too overwhelmed in the midst of all the challenges the two of you face to tell you how much they care. Your special needs child may be unable to properly communicate how grateful they are that you accept and love them. Nevertheless, know that your child and family appreciate you and the difference you make in their lives.

□ Take a bow! You stepped up and accepted the challenges of raising a child with special needs. Because of your determination and advocacy, your son or daughter will have a better life. That's something worth patting yourself on the back about.



Your Autism Coach, LLC provides personalized guidance, comprehensive support programs and seminars that address the issues and 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. Deanna is the recipient of the 2015 "Top Life Coach Writer" Award from Autism Parenting Magazine.

Deanna Picon
Your Autism Coach, LLC
347-869-4705
email us here

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