

Eight Mother's Day Tips For Special Needs Moms

Author Deanna Picon Offers Ways To Help Mothers Of Special Needs Children Throughout The Year

NEW YORK, NEW YORK, US, May 9, 2019 /EINPresswire.com/ -- Managing all facets of a special needs child daily living – personal, school, therapy and medical – while trying to balance work and family responsibilities is no easy feat for even the most dedicated parent.

"As a mother of a non-verbal, 23-year-old, young man with autism, I know how hard it can be for mothers to manage all the challenges and responsibilities of raising a child with special needs," said Deanna Picon, founder of [Your Autism Coach, LLC](http://YourAutismCoach.com) and author of *The Autism Parents' Guide To Reclaiming Your Life*. "Most of the time, we 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 acknowledge the dedication of these wonderful, special needs moms. They deserve our admiration and respect for all the amazing things they do.”

Deanna Picon

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.

□ 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 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



Honoring Special Needs Moms On Mother's Day

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.

□ 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

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 your responsibilities for a few hours.

□ Learn a new hobby or skill. Learning and growing as an individual can make you feel better about yourself. It's also a great way to build self-confidence. Many schools and universities offer on-line courses and degrees which will allow you to advance at your own pace and schedule. Consider attending a fun workshop at a neighborhood arts and crafts store or taking a computer or language course at your local public library.

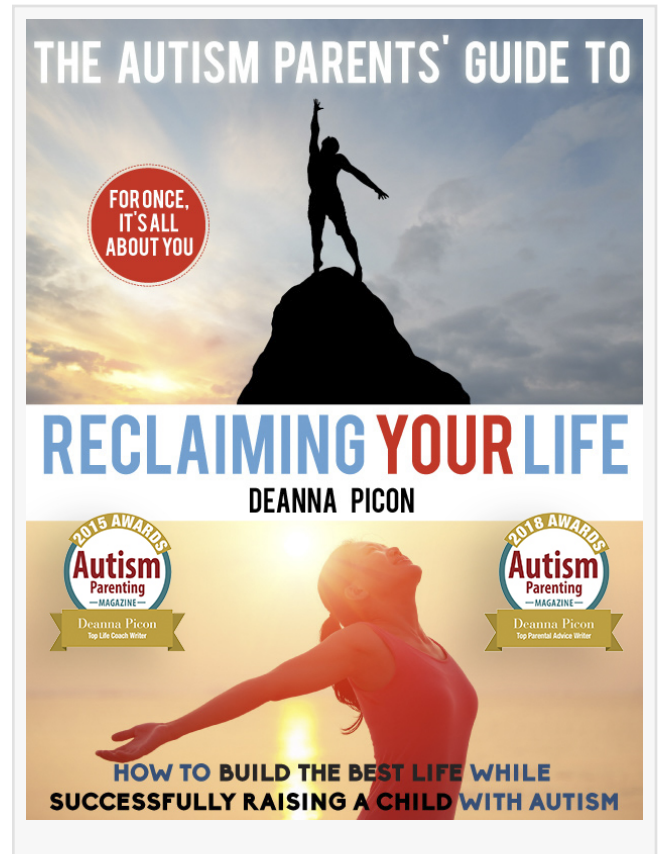
□ Keep in mind you're human. No one's perfect. You're allowed to make mistakes, get angry, frustrated, resentful or even be a little sad at times. So cut yourself some slack every once in a while.

□ 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 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. The Autism Parents' Guide To Reclaiming Your Life is available from Amazon (<http://www.amazon.com>) and the author's website. Deanna is the recipient of both the "2018 Top Parental Advice Writer" Award and "2015 Top Life Coach Writer" Award by Autism Parenting Magazine.

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