

Eight Tips To Help Special Needs Parents During Autism Awareness Month

Author And Autism Coach Deanna Picon Offers Eight Ways To Help Parents Of Autistic And Special Needs Children

NEW YORK, NEW YORK, UNITED STATES, April 13, 2023

/EINPresswire.com/ -- April marks Autism Awareness Month, and it is a great time to recognize the parents of children with autism and special needs. Raising a child with a disability, while managing work and family responsibilities is no easy task for even the most dedicated parent. Taking care of all facets of a special needs child daily living – including school activities, therapy sessions, medical appointments and personal needs – can be extremely demanding and time-consuming.



“

Autism Awareness Month is a perfect time to express your admiration and support for special needs parents. Remember, no gesture is too small and parents will be grateful”

Deanna Picon

“Autism Awareness Month presents an opportunity for family, friends and the public to express their support for special needs parents,” said Deanna Picon, founder of [Your Autism Coach, LLC](https://www.YourAutismCoach.com) and author of *The Autism Parents' Guide to Reclaiming Your Life*.

According to the Centers for Disease Control and Prevention, <https://www.cdc.gov/ncbddd/autism/data.html>, one in 36 U.S. children has been identified with an autism spectrum disorder. Behind these startling statistics are overwhelmed

and unprepared parents, whose lives have been forever changed by an autism diagnosis.

"Special needs parents are unseen heroes who bravely face autism and all the enormous challenges and responsibilities that go with it on a daily basis. They may be your sister, uncle,

friend, neighbor or colleague," says Picon. "These mothers and fathers deserve respect and acknowledgment for many reasons, including the perseverance it takes to stay dedicated to this challenge."

While there are many ways to show support, here are eight tips that can make a huge difference in the lives of special needs parents during this month and beyond:

1• Give a well-deserved break. Parenting is a 24/7, 365-day job for these parents, so any time they can get a few hours for themselves is wonderful. Volunteer to watch their son or daughter at home or take him/her to a park or movie for a few hours. This will give parents the opportunity to participate in activities, events and hobbies they enjoy and rarely get a chance to do. A surprise gift card for a movie or local restaurant can be a delightful treat for parents.

And if you're a family member or close friend, perhaps you can keep their child overnight or for a weekend. They'll have "peace of mind" knowing their child is safe and well-cared for. Best of all, there are no child care costs.

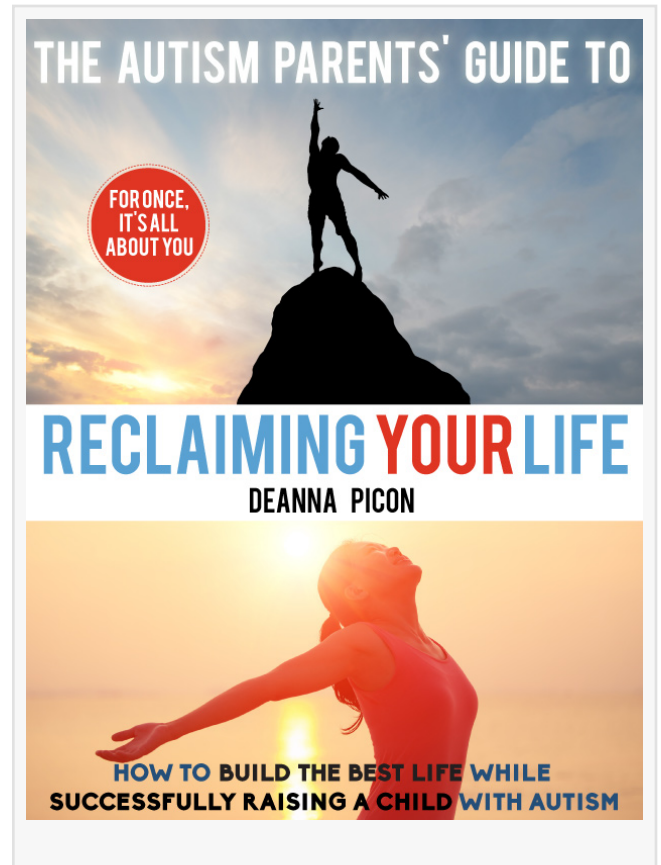
2• Offer To Help. Pick up some food and beverages at the supermarket when you shop or drop off some mail at the post office. Assisting with simple errands will save parents much needed time and energy.

3• Bring a dish. A pizza pie, box of chicken or any take-out meal from a neighborhood restaurant can make everyone feel good and valued. Little cupcakes are fun treats for desserts.

4• Assist with household chores. Vacuum a room, sort the laundry, wash a few dishes or cut up some lettuce and tomatoes for a salad. Keep in mind, no gesture is too small and it will be appreciated.

5• Keep in touch and be supportive. Special needs parents often feel alone and isolated, so it's really beneficial to let them know you're there, if they need you. With Mother's and Father's Day approaching soon, this is a perfect time to send a greeting card letting them know they're great parents. Text, email or call to just say "Hello" and see how they're doing.

6• Listen without judgement. Bring over some snacks, sit down and just listen. Allow parents to



laugh, cry, vent and blow off some steam. No one expects you to solve their problems or provide solutions. A friendly face or shoulder to lean on works perfectly.

The public can help special needs families in several ways:

7• Donate. Donating to local and national organizations that support autism and special needs can help make a big difference in the lives of those affected. They work tirelessly to help special needs individuals and families with various programs and resources. Purchase goods and services from companies that contribute to autism-related causes.

8• Educate Yourself. Take time to learn more about autism and special needs. Read some articles, watch a few TV news reports or go online to achieve a better understanding. This will help you better comprehend the challenges faced by parents and their children.

Your Autism Coach, LLC provides personalized guidance, comprehensive support programs and seminars that address the issues and concerns of parents of special needs children and adults. The Autism Parents' Guide To Reclaiming Your Life helps parents overcome the challenges of raising a child with special needs, while building a rewarding life for themselves. Deanna Picon is the recipient of the 2022 "Top Family Guidance Writer" Award from Exceptional Needs Today Magazine. She's also the recipient of both the 2020 and 2018 "Top Parental Advice Writer" Awards from Autism Parenting Magazine. Her personal mission is to empower parents as they advocate for their children while balancing productive work and family lives.

<https://www.autismparentingmagazine.com/>

###

Deanna Picon

Your Autism Coach, LLC

+1 347-869-4705

[email us here](#)

Visit us on social media:

[Twitter](#)

This press release can be viewed online at: <https://www.einpresswire.com/article/627395145>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2023 Newsmatics Inc. All Right Reserved.