

Autism Coach And Author Deanna Picon Offers Six Valentine's Day Tips For Autism And Special Needs Parents

Autism Coach And Author Deanna Picon Provides Parents Of Children With Autism And Special Needs Six Tips To Revitalize Their Relationship

NEW YORK, NY, UNITED STATES, February 13, 2026 /EINPresswire.com/ -- As Valentine's Day approaches, many couples are planning romantic gestures and special dates to celebrate their love. However, for parents of children with autism, finding time for their relationship can be a challenge. Autism coach and author Deanna Picon understands the struggles that come with raising a special needs child and has compiled six valuable tips for autism parents to reconnect and prioritize their marriage this Valentine's Day.



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Special needs parents can use these practical and valuable tips to strengthen their relationship and find joy in their journey together”

Deanna Picon

“All relationships require effort and attention, but for special needs couples, it can be even more difficult to find time for each other. The constant demands and care required for raising a child with autism can take a toll on a relationship, leaving little time for romance and quality time,” said Deanna Picon, founder of [Your Autism Coach, LLC](http://YourAutismCoach.com) and author of *The Autism Parents' Guide To Reclaiming Your Life*.

However, it's crucial for special needs parents to

remember that taking care of their relationship is just as important as taking care of their child. In fact, a strong and supportive relationship can provide much-needed emotional support and respite for parents.

With that in mind, here are six tips to help special needs parents reconnect with their partners this Valentine's Day and throughout the year:

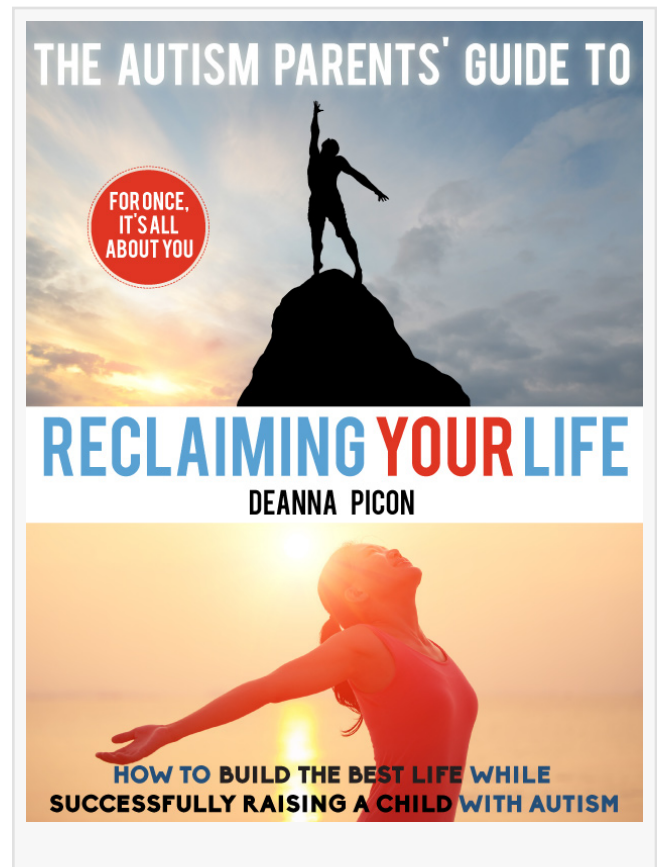
1. Make time for each other. It's easy for parents to get caught up in the daily routine of caring for their child and forget to nurture their relationship with their partner. But it's important to spend quality time together, even if it's just one hour a week. Plan a date night at home. Have a romantic dinner after the kids have gone to bed. Enjoy some wine and delicious dessert by candlelight. Snuggle on the sofa as you watch some movies or listen to relaxing music. Most importantly, focus on each other. Put away all your electronic devices. This allows parents to reconnect without the added stress of finding a babysitter or leaving their child with special needs.

2. Communicate openly. Communication is extremely important in any relationship, especially for special needs parents. Be candid and honest with your partner about your feelings, needs, and concerns. Try to discuss issues in a calm and respectful manner. Remember nobody's perfect. Give each other permission to vent and "blow off steam" when things get really difficult. Don't be critical or take anything to heart in the heat of the moment. Be understanding of your partner's feelings so you avoid fostering anger and resentment. Work together as a team to find solutions. By allowing each other to be truthful and open, you'll build goodwill, trust and respect within your relationship and strengthen your bond.

3. Seek support. It's perfectly okay to request help from family, friends, professional caregivers or respite care services. There's no shame in asking others (well in advance) to stay with your son or daughter for a few hours or a day or two. You'll be pleasantly surprised how much people want to help you. Taking breaks and having time for yourself and your partner is essential for maintaining a healthy relationship. It's not being selfish. It's necessary for both your mental and emotional well-being.

4. Focus on the positives. Take time to appreciate the good things in your relationship and celebrate the love and support you have for each other. Compliment your partner and express your gratitude. Tell each other "You're amazing! I couldn't get through this without you," every once in a while. Thank each other for simple acts of kindness, like taking over some household tasks so you have extra time to do something you like but rarely have the chance to.

5. Make self-care a priority. Special needs parents often put their child's needs above their own



and their marriage. But it's important to take care of yourself in order to be the best parent and partner you can be. Make time for activities that bring you joy, help you relax and de-stress, and recharge your batteries. Go to the movies or the gym. Take a nice, hot bubble bath.

6. Keep the romance alive. Find small ways to show appreciation and affection for your partner, such as giving each other a morning kiss and hug or leaving love notes. Send a sweet text or e-mail during the day. Buy a small bouquet of flowers, cologne or unexpected gift of something your partner would love. Plan a surprise date night. Schedule couple time, whether it's a weekend getaway or having a nice meal at a neighborhood restaurant. Do some of things you did when you were dating. And most of all, have some fun.

This Valentine's Day, Picon hopes to remind special needs parents that their relationship deserves to be celebrated and nurtured. By following these tips, parents can strengthen their marriage and create a loving and supportive environment for their family.

Your Autism Coach, LLC provides personalized guidance, comprehensive support programs and seminars that address the issues and concerns of special needs parents. Deanna Picon is the author of "The Autism Parents' Guide To Reclaiming Your Life." She shows parents how to overcome the challenges of raising a child with autism, while building a rewarding life for themselves.

Her new collection of e-books includes "Surviving The Thunderbolt: How To Cope When Your Child Is Diagnosed With Autism", "Special Needs Student Success: How To Have A Great School Year With Your Autistic Child," and "Special Needs Holiday Magic: How To Enjoy A Great Holiday Season With Your Autistic Child." For more information, please visit www.yourautismcoach.com and www.amazon.com.

Picon is the recipient of the 2023 "Top Family Guidance Writer" award from Exceptional Needs Today Magazine. She has also received the 2020 and 2018 "Top Parental Advice Writer" and 2015 "Top Life Coach Writer" awards from Autism Parenting Magazine.

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