

AUTISM FAMILY COACHING

Tips to Prevent Caregiver Burnout



By: Jennifer - Autism Mom

7 Simple Tips

1

Recognize Early Warning Signs

- Emotional exhaustion or constant irritability
- Feeling detached from loved ones
- Frequent headaches, stomach issues, or trouble sleeping
- Loss of interest in activities you used to enjoy

2

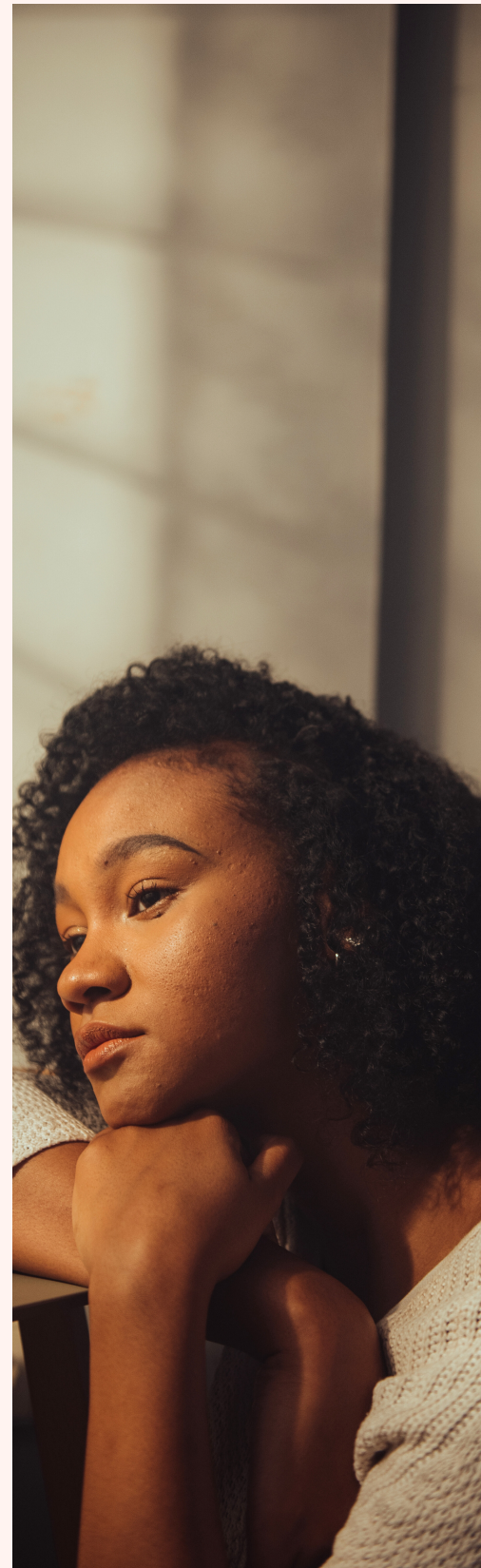
Build a Support Network

- Connect with other caregivers — online or in-person
- Share tasks with family, friends, or respite workers
- Join a local or virtual caregiver support group

3

Protect Your Energy

- Learn to say “no” without guilt
- Identify your top priorities and let go of what’s less important
- Schedule “non-negotiable” breaks





4

Create Daily Micro-Moments of Self-Care

- Sip a favorite drink slowly
- Take 3 deep breaths
- Step outside for fresh air
- Listen to a short song or podcast

5

Plan for Respite

- Research respite programs early — don't wait until you're overwhelmed
- Rotate caregiving shifts with trusted friends/family
- Use school hours, therapy sessions, or community programs as built-in breaks

6

Stay Connected to Your Own Life

- Maintain at least one personal hobby or activity
- Keep up with your own medical check-ups
- Celebrate small wins in your caregiving journey

7

Let Go of Guilt

- The dishes and laundry can wait.
- Your mental health is more important than a spotless house.
- Release the guilt and give yourself permission to rest.

Need More Support?

Sometimes we all need a little extra support, and that's ok. Asking for help is not a sign of weakness, but rather one of strength. If you need more support, my personalized coaching services can help. From parent to parent, I've been where you are and I'm here to tell you there is hope.

Click below to learn more, or schedule your free consultation.

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About Me

As an autism mom of 20+ years, Special Education graduate, and Registered Behavior Technician, I combine professional knowledge with lived experience to guide and empower parents in raising their autistic children with confidence and compassion.

www.autismfamilyconnections

