

7 Secret Keys to Self-Care for Parents of Children with ADHD/Autism



Gratitude

Forcing yourself to name or write down one thing that you are grateful for about your child when you wake up or when you go to bed each night will help you frame your mental and emotional state healthily in regards to your child.



5 Find the Funny

You need it to get through that day with your sanity... So.. each day... Find the Funny thing and maximize it... Laugh at it.. not at a person... but a situation.. or a joke.. or a meme.. but whatever it takes... Find the Funny!



Give yourself a compliment

Find something to compliment yourself out loud about each and every day. In fact, you can even do it, in front of your child, which will help teach them about respecting you as well as themselves...



6 Rest

Rest is something that you have to prioritize! Find moments when you might be able to, take a Powernap, catch up.



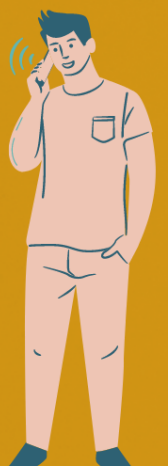
Put the right FUEL in your body

We must treat our bodies with more care. Remember to stay hydrated, Make it your goal to drink a gigantic jug of water with either freshly squeezed orange or lemon juice each day before noon..Make that your goal.



7 Connect to Others

Support is imperative when you are parenting a special needs child. So, Reach out, ask for a break here there if you can. Or Connect with others, who are walking similar parenting journeys, connecting with others who are going through the same struggle can become empowering and a phenomenal key to self-care both mentally and emotionally.



Seek Out Respite Services

You are not a bad parent for taking some time away from your kids. In fact, You'll be an even better parent for doing it. Vet them properly, and then go give yourself a couple of hours to get away.. It will do wonders for you..

