

# 10 Holiday Tips For Special Needs Parents

*Author Deanna Picon Provides Complimentary Parent Guide For Holiday Enjoyment*

NEW YORK, NEW YORK, US, December 6, 2018 /EINPresswire.com/ -- During the busy and event-filled holiday season, parents of special needs children are often depressed and isolated. Many mothers and fathers feel as though a spotlight is being shined on their lives, and that their families fail to measure up to the so-called "normal" families portrayed in ads, TV programs and movies. This can create feelings of guilt, loneliness and stress that can take all of the joyfulness out of the holidays.

"This complimentary guide offers ten proven tips designed to help special needs parents, not only survive and manage the holidays, but actually have a pleasant and memorable season with their family and friends," said Deanna Picon, founder of [Your Autism Coach, LLC](http://YourAutismCoach.com) and author of [The Autism Parents' Guide To Reclaiming Your Life](http://TheAutismParentsGuide.com). The guide is available at no cost by downloading it at [www.yourautismcoach.com](http://www.yourautismcoach.com).

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recharge your batteries.

•**Socialize Where You're Comfortable.** Attend holiday functions and events where you and your family feel at ease. The same principle applies to entertaining at home. Invite those who understand your child's condition and support your family.

•**Seek Help When You Need It.** This season is the best time for seeking extra aid. Many people have time off from work and are full of the giving spirit, making this the perfect time to ask for a little assistance. There's no shame in asking for and accepting that help. Allowing others to assist you will also make them feel good about the holidays.

•**Enjoy The Gift Of "Personal Time".** When family and friends ask what you want for a present, do



yourself a big favor by requesting a few hours of “me time” or “couple time” to refresh and recharge yourself. Do something that you truly enjoy, or that you simply never get the chance to do in your busy life. Let them come over to take care of your child in your home. You’ll know your child is safe and well-cared for, and there’s no child care costs. Does life get any better than this?

- Give Yourself Permission To Have Some Fun. Special needs parents may feel guilty for a having a good time over the holidays, even if it’s only for a few hours. But there’s no reason to feel guilty. A bit of enjoyment is good for you, and believe it or not, beneficial for your child. So, make sure you’ve got child care arrangements you have confidence in, then go to that dinner with friends, that office function or that holiday party. It will do wonders for your emotional outlook to unload the weight of your responsibilities for a short time.

- Make 2019 The Best Year Yet! Give yourself a pat on the back for surviving 2018! Recognize and reward yourself for being the great parent that you are. Day in and day out, you’re taking care of all your child’s needs. You deserve a medal for all the heroic things you do on an everyday basis. In 2019, make your New Year’s resolution to take better care of yourself. It’s important to make your own needs and happiness a priority, along with everyone else’s. You deserve it. And most importantly, it’s the best gift you can give yourself, child and family.

Your Autism Coach, LLC 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. Deanna is the recipient of the 2015 “Top Life Coach Writer” Award from Autism Parenting Magazine.

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