

TEN SPECIAL NEEDS OF SPECIAL NEEDS PARENTS

1. We need you to bring it up. Ask questions about our kids directly, rather than avoiding the topic. A smile or friendly “Hello!” is an easy icebreaker.
2. We need our kids to have friends. If your child wants to have a play date, call us and say, “How can we make this work?”
3. We need you to share your concerns. We may not have answers. But you can talk to us about a new therapy or diet. Just know that we may have already heard of it/tried it.
4. We need you to make an effort. Educate yourself about my child’s special need. Example: learn some signs for a child who is deaf.
5. We need you to prepare your kids to hang out with our kids. Talk about behaviors and ways your child can play with our kids. Need ideas? Ask!
6. We need you to be considerate. If a mom is new to special needs, she may not be ready to talk about it. Follow her lead. She’ll let you know.
7. We need your tangible help. Bring a meal or help at a doctor’s visit. Hang out with our kid with special needs so we can take our other kids to a movie.
8. We need you to treat us like other friends too. Let's talk about stuff besides special needs.
9. We need validation. Don't say “oh,my typical child does that”, or “well, then my kid must have a disability too, because he does XYZ too.”
10. We need invitations. Ask us out to eat or to a movie. We might not be able to go, but we appreciate the invitation. And ask again!

