

Parenting Child with Special Needs

Every parent has dreams of the "perfect child." Most of us have an idealistic view of parenting as we gain and grow with our children. For some parents, these dreams are shattered at birth, or further down the road, by an unexpected illness or accident. A child with special needs is born, and the parent's dreams are shattered.



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Experiencing the Pain

Allow yourself to feel a wide range of emotions as anger, disappointment, guilt, blame, resentment, sadness, etc.

- Focus on the immediate needs of the child
- Begin letting go of the child you had dreamed of, freeing yourself to love this child

Task 3: Readjusting to the Loss

- Begin gathering yourself emotionally
- Start gaining a sense of control over your life
- Adapt to new parenting roles and responsibilities
- Be able to love the child with her or his special needs and not in spite of it
- Begin integrating the child into your life
- Search for professional resources

Task 4: Moving on with Life

- Come to accept that your child is different
- Begin establishing a new life for yourself in similar circumstances
- Begin planning for the future in a new direction

