



“Hard things are put in our way, not to stop us, but to call out our courage and strength.”

— Unknown

Hire out help you need. Look into your medical insurance or social security benefits to see if there is coverage for home-based help with parenting needs or a service animal to assist you.

Lean on Early Intervention Services. Ask your pediatrician about offerings through EI and head start preschool programs.

Be a “good-enough” parent. This doesn’t mean you won’t strive to learn and grow as a parent, but that you also see the value you bring to any moment.

Be creative! Oftentimes, you may need to adapt something to make it more accessible for you.

Talk openly with your child about your disability. By fully embracing all parts of yourself, you will model important lessons for radical self-love that will bring more satisfaction to your life.

