

C A R E

*for yourself and your
child with special needs*

C COMMUNITY

A AWAY

R REFRESH

E ENJOY



face it



KOSAIR
CHARITIES

faceitmovement.org

Caring for Yourself

Being a parent or caregiver is arguably the most rewarding and fun job we will ever have—but also a very challenging, selfless, and exhausting one. This is even more true when your child has special needs. **In order to be our best self for our kids, we must take CARE of ourselves first:**

C COMMUNITY. You are not alone! Get involved with others walking a similar path.

- ▶ Plan activities with other parents of kids with special needs. Get involved with support groups, or start your own.
- ▶ Don't be afraid to ask for help.

A AWAY. Take breaks often. Physical and mental breaks allow you to rest and recharge.

- ▶ Schedule a date night with your partner or a "parents' night out."
- ▶ Run errands by yourself, or take a few minutes for a walk outside.

R REFRESH. Take a moment to regroup when you are frustrated, or to prevent frustration.

- ▶ Play your favorite music.
- ▶ Try light stretching, deep breathing, or another technique that helps you feel centered.

E ENJOY. Find joy in the present.

- ▶ Find moments to be thankful for.
- ▶ Celebrate the small victories.

If you start to feel overwhelmed, identify:

5

things you
can see

4

things you
can hear

3

things you
can feel

2

things you
can smell

1

thing you
can taste

Your Child in the Care of Others

It can be tough to trust other caregivers with the health and safety of your child. **Because your child interacts with many different adults—and because your child may have trouble communicating their needs and experiences—it is important to be able to identify the signs of abuse.** This will help you and other professionals to intervene and stop the abuse from continuing.

Watch for these signs of physical and sexual abuse:

- ▶ Bruising in babies who are not yet pulling up or taking steps
- ▶ For a child of any age, bruising to the ears, neck, torso, buttocks, or genitals
- ▶ Pain when toileting; trouble walking or sitting; or pain, itching, bleeding, or bruises in or around the genitals
- ▶ Sudden changes in behaviors, such as aggression toward peers, pets, other animals, or becoming more withdrawn
- ▶ Strong efforts to avoid, or to be with, a specific person without an obvious reason

Child abuse and neglect may be as much as **3 times higher** in children with developmental delays.¹



You know what “normal” is for your child, including what they are capable of and their developmental stages.

If you are concerned or notice any of the signs of abuse, report it to the Child Protection Hotline at:

1-877-KYSAFE1

If you are a caregiver who is struggling and needs help coping with the difficulties of caring for a child, call the National Parent Support line:

**1-855-4A-PARENT
(1-877-597-2331)**

Special thanks to the following **Face It partners** for their expertise in the development of this resource. **For more information, please contact:**



carriagehouseps.org



FEAT_{of LOUISVILLE}
featoflouisville.org



Seven Counties Services
sevencounties.org


The Kidz Club
Prescribed Pediatric Extended Care
thekidzclub.com

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criticallyloved.org

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