



Part 4 | Chapter 5

How Are Mom and Dad Doing?

REVIEW CHECKLIST

For making sure mom and dad are doing well

- Are we kind and gentle to ourselves?
- Do we realize there are other parents with similar feelings?
- Do we set appropriate boundaries around guilt and other negative feelings?
- Do we surround ourselves with supporters?
- Do we focus on the effort we are putting into our parenting rather than on the outcome?
- Have I/we taken a mental health day, with or without our child?

Source: AUTISM PARENTING: Practical Strategies for a Positive School Experience

www.conniehammer.com

