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10 NEW YEAR'S RESOLUTIONS FOR PARENTS OF SPECIAL NEEDS CHILDREN

- 1. I will take more time for myself because I recognize that if I am not at my best, I cannot be the best parent possible.**
- 2. I will celebrate as many small achievements throughout the year as I can observe.**
- 3. I will schedule some “normal” activities that get my entire family out into the community.**
- 4. I will contact at least one of my political representatives and share a personal story with them and let them know what services are critical for my family.**
- 5. I will help two other families by sharing stories, information, and recommendations with them.**
- 6. I will take three deep breaths before reacting when our family encounters ignorance in a store, at a restaurant, or elsewhere in the community.**
- 7. I will get more comfortable with asking others for help.**
- 8. I will try to make it easier for others who want to help us to do so in a manner that will be welcomed by our family.**
- 9. I will find two new sources of trusted information to assist me with my activities or my family with our special challenges.**
- 10. I will hug and kiss my children every day.**

Implement as many of these resolutions as you can. However, if you can only do one, make it #10.

These recommendations are provided solely as a reference and are not intended to replace counseling from qualified professionals. Please contact Mike Walther if you would like more information about Oak Wealth Advisors and our services for families with special needs members.