

Parenting a child with special needs can be a challenging, rewarding, frustrating, exhilarating and, exhausting job.

Because there is often so many things to plan, worry about and react to, it's easy to sometimes forget about making an effort to take care of yourself.

This handout is your official reminder that you need to slow down once in a while and *be good to yourself*. It will help you be a happier person and a better parent.

Name: The Parent(s) of _____

Date: _____ / _____ / _____

Diagnosis: **Parent(s) of a Child with Special Needs**

Rx: *Go Out on a Date or Spend some time on yourself at least once every other week*

Goals: For Couples:
* Talk to each other
* Share your thoughts with each other
* Enjoy each other's company
* Remember why you got together in the first place
For Singles:
* Rest and relax
* Talk with friends and relatives
* Do something just for the fun of it

NOTE: Try not to do any of the following activities during your date:
* Shopping
* Doing Laundry
* Running any other errands

Number of Refills: Unlimited !

RESPITE CARE RESOURCES

Respite Care: A Gift of Time

ARCH National Respite Resource Center

North Carolina Respite Program Listings

Family Support Network of North Carolina

Easter Seals North Carolina

<http://www.nichcy.org/pubs/newsdig/nd12.htm>

<http://www. chtop.com/archbroc.htm>

<http://www. chtop.com/n6states.htm>

<http://fsnnc.med.unc.edu/>

<http://www.esnc.org/>