

Kimberly G Jackson

Proud Aspy Mom Newsletter
December 2025

Time Heals!



Special Thanks

I want to take the time to thank each of you who have spent the past six years learning about the importance of inclusion. When I started on this journey in 2021, I did it honestly out of desperation. We were all unfortunately, in the shared experience of Covid. For those of us who are parents, we learned the importance of educators at that time and for persons who were taking care of our vulnerable loved ones it was an entirely different experience.

I felt compelled to share knowledge and to support my peers. However, I also wanted our community who did not understand this journey to have a window into my life. My hope as always was to encourage empathy and understanding.

Of course, our daughter who inspired this journey is no longer a little girl. Our daughter is thriving in part to the beautiful community that supported our family as we supported our daughter. I am **re-launching my website** to address a new generation of families who need to know that they are **SEEN** and **HEARD**. I am hopeful that you all will continue to share my journey and that it will help another young family along the way.

With my most sincerest gratitude for a community of care!

Kimberly G Jackson, Esq.

Let There Be Light - Spelman!



Our family had a tough quarter last year. While it is too much to share publicly let's just say everyone goes through changes in life. I am a firm believer that we are built to give. AND when you give of your free will that energy returns to you.

Last year we made the difficult decision to take a temporary break from our daughter's college. All college environments have pros

and cons but when you are supporting someone on the spectrum the accommodations on campus are crucial to a student's success.

Because of the tremendous extended village our daughter comes from AND because we personally witnessed her defy odds - it became necessary to re-evaluate the supports necessary to help her THRIVE. I share often with families that the goal of inclusion is not simply tolerance-it is acceptance.

- Acceptance that we are all unique
- Acceptance that we each have different gifts and
- Acceptance that how we engage with others ultimately is what we learn most from life.

College is one of the few places where we have this opportunity to meet people who are not like us. For many it is the only time in life where you learn the world has so much more to offer and that everyone is not the same.



Many young adults on the spectrum never have the opportunity (or have limited opportunity) to engage in the traditional college experience. Yet, having this experience is important for all young adults to thrive. A neuro-typical person should also have the opportunity to share space with a neurodiverse person. Studies confirm the benefit of inclusive spaces:

I am beyond honored that our family has had the opportunity to see the world. It humbles us and lets us know there is always room for each of us. Next year our daughter, like her sister and myself is taking the extraordinary next step to breathe and change her path.

Spelman - is truly a CHOICE to change the WORLD!

New Beginnings

This is the first holiday we have ever had where are family is not all together. Although we know this- it still does not make it easy. Believe me! For



months I have had to hear a mixture of complaints.

- Why do things have to change?
- What will we do with our old traditions?
- It just will not be the same?
- How do we make new traditions without everyone?

We all felt it- the dreaded space of well- CHANGE. For persons with Autism Spectrum Disorder change can be hard. People on the spectrum can become so accustomed to consistency that CHANGE literally throws them off. It can be as simple as not putting the laundry in the same place or making an unexpected stop on the way from school or inviting new persons into your space.

Consistency matters.

But this year we had to accept that change happened right under us.

- Our older daughter grew up and out. Our younger daughter is headed in the same direction.
- Our parents are fully retired and enjoying this phase of life and we are enjoying the fruits of our labor.

New beginnings! It was not the most traditional holiday but we managed to push through. Acceptance!

Resilience

Over the past year our family learned that we are extremely resilient!

Resilience is defined as the act of leaping or springing back, or the act of rebounding...

(Webster-dictionary.org)

As I meet persons with Invisible or Developmental Disabilities I am stunned by how much and how often they must adapt to the world around them. It is death by a million cuts in some cases. In particular - persons with developmental disabilities such as autism have the added challenge of explaining why they do not “look” disabled. This leads to apologizing for no reason at all in a multitude of environments. In fact studies show that if a Neuro diverse person engages in the same behavior as a neurotypical person the neurotypical person is often treated much differently.



Beyond Friendship: The Spectrum of Social Participation of Autistic Adults

[Read the Article](#)

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It is tremendously hard to explain what it feels like for families who have to witness this unequal and unjust behavior - with little recourse and what it does to these families who simply feel invisible. To these families I encourage you to wear your full amour and RESIST!

A dear friend shared that this year was the Chinese Year of the Snake. Some interpret this as shedding what is not meant for you and releasing. In 2026 I wish you the joy of letting go! When you let go of what is not meant for you- you allow what is.

HAPPY NEW YEAR!

In case you missed it! [November Newsletter](#)

 Kimberly G Jackson

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