



Tue Future Is NOW



Put On Your Oxygen Mask

Although I have tried to share my personal story as parent of a person on the spectrum I do not know if you can truly and fully explain the micro impact it has on your life. This week was a reminder of how resilient parents of those with ASD are.

You see in the beginning of any school year the sheer momentum of change and expectation reveals many obstacles for our children.



- New teachers- who you have to “RE-EXPLAIN” everything to-even if they are the experts.
- New environments-because often children on the spectrum do not have the opportunity to stay at the same school. This brings more fear and anxiety about expectations for both parents and children.

- Sensory issues. Our children are not stagnant. They change like all other children. When you finally get a handle on one issue, another one will likely rise. How do we as parents help the child navigate their issues independently and make it through our own day.
- The dreaded calls! Mrs..... your child did this today- please come to the school. In your mind you are like are you kidding me I just got to work!!

I received so many calls from parents who I have the privilege to mentor. The challenges are different but exactly the same. That is how do I get through this phase, take care of my child, work and maintain my career, be PRESENT for my other children and spouse and show up when I need to in all aspects of my life. My answer is always the same- I truly do not know but please PUT ON YOUR OXYGEN MASK before you do anything.

Studies show that parents with children on the spectrum have higher incidents of anxiety, depression and chronic illnesses because of the stresses on their mental and physical being during the totality of their time CARING for their loved one. However, studies also suggest that those who

1. Rely on the community in a meaningful way,
2. Ask for help, use resources,
3. Have a plan for their children transitioning into adulthood and beyond the parents years and
4. Take time for true respite, whatever that looks like to YOU!

Taking care of yourself is NOT selfish. In fact it is the most SELF-LESS act you can do to care for your loved one over the long haul!



"How Parents and Caregivers of Kids with Autism Cope with Stress"

Learn more about stress related issues affecting parents of autistic children.

[Read Article](#)

Furry Friends Bring a Lifetime of Love

Furry friends have always been a part of our family. When my husband and I first met, we had two dogs, a Rottweiler and a Chow-Akita mix. We were too young to know the impact of having animals in our lives, but we would have done anything for our dogs. (who we thought were our children at the time).

The Akita mix, lovingly called Hamlet lived a lot longer than we anticipated. Sort of like those sappy commercials you see. Hamlet witnessed us getting married, buying homes and having children. He passed away when a younger daughter turned two years old. Of course, we could not live without another furry friend-so Magic, our Great Dane becomes our third child and arguably a dynamic force in our lives.



We did not know what was going on with our daughter early on, but I would like to believe Magic did. He was fiercely protective, overly tolerant and was a consent companion!

Although Magic was neither a service nor emotional support animal he served as both. He was intuitive of her emotional compass. There are many types of dogs to help persons with special needs, guide dogs, dogs to assist those with hearing challenges, service and emotional support animals. These animals are highly trained to attend to the needs of the person with

the Physical or Intellectual disability.

When OUR Magic passed away our daughter insisted on having her own furry friend- Milo! Now Milo is not our family dog. Milo is our daughter's dog. He will transition to college with her and we hope- help her navigate new waters. So far he has done just fine-but he has a long way to go.



I would be remiss is I did not add that our older daughter also has her forever friend Schmidt! Dogs our not for everyone but they certainly add the right dose of love at exactly when you need it. Furry Friends Bring a Lifetime of Love.



ADI Terms and Definitions

Learn
More

Respect Their Transition



Like any teen transitioning into adulthood teens on the spectrum want RESPECT! For many parents letting go of the reigns and letting your young adult taking over the wheel is a daunting task. You are constantly double checking your- well work! Eventually, if you talk to parents who are honest, they eventually relinquish the throne out of pure exhaustion and the desire to adult and enjoy their space again. Well- the same journey goes for parents with teens on the spectrum but the challenge is respecting

their space while supporting their needs.

As we packed for school I learned something new. My daughter wanted an entire new wardrobe to match her new phase of life. Now this is literally the day before we leave. Bags are packed, boxes are shipped- really what do you want me to do in a day. So I did what most parents do- my best!

When I came back from a midnight run I realized how much it meant to her. Our daughter is channeling new spaces and she wants to look the part. So I will remind myself daily to respect the transition and do my best to hold myself accountable to her desires.

Oh and by the way.... She VOTED!

We are in a whole new world. Respect their transition!

MayInstitute
SHAPING FUTURES. CHANGING LIVES.

**"Treating Young Adults with
Autism Like Adults"**

Get More
Info

In case you missed it! **July Newsletter**

Visit Our Blog



Visit Our Podcast!



Visit Our Website

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!