

Pass the Life Jackets:

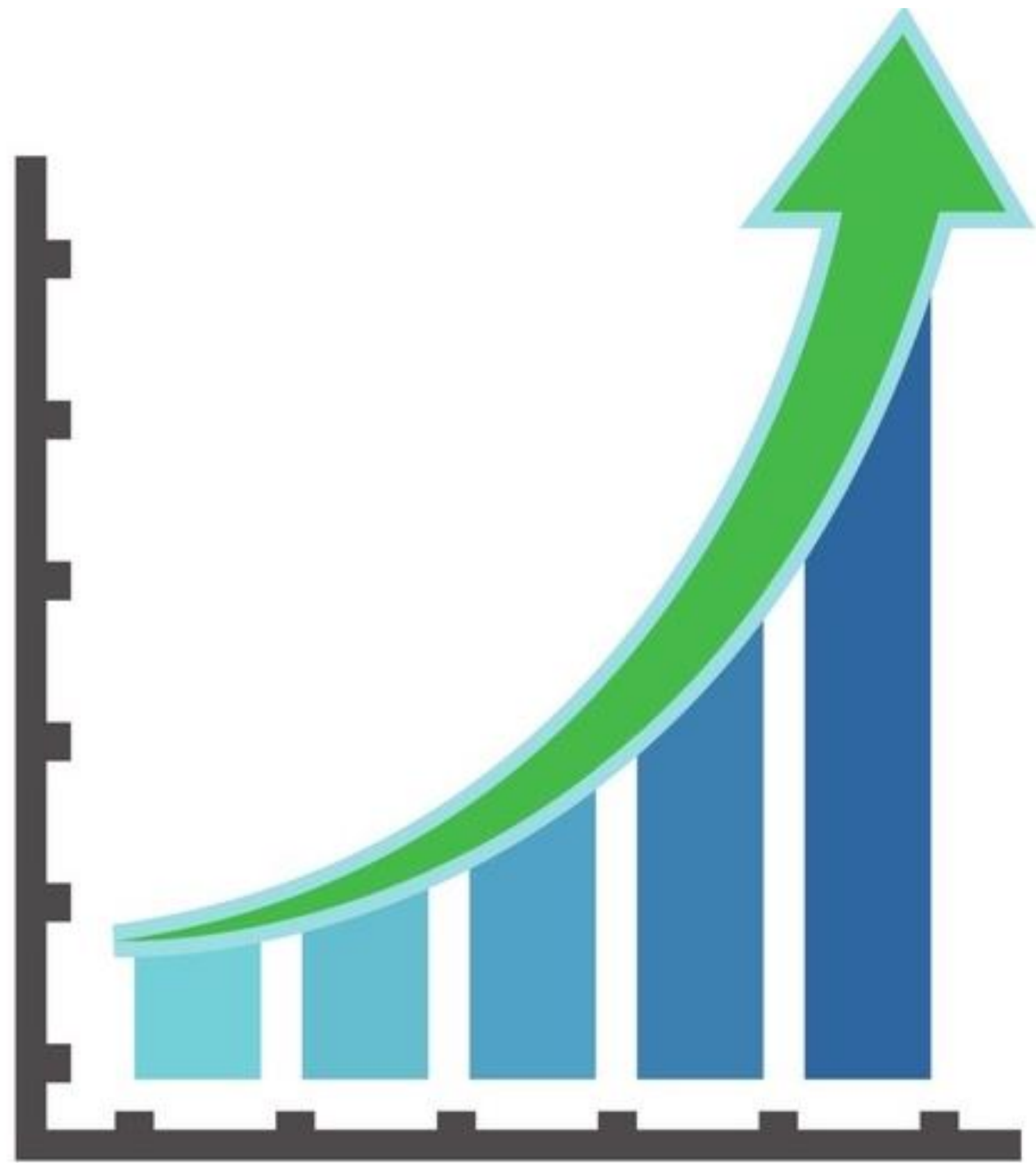
*How to decrease stress and increase
self-care in parents of children with Autism*

Holly Blanc Moses, MS BCBA LPC LPA

Extreme Parenting

Extreme Parenting





**Higher Levels
of Parenting
Stress**

Parenting and ASD

- More negative impact on social life but report having more social support
- Less positive feelings about parenting
- Higher child-related stress related to child problem behavior

Parenting and ASD

- Lower relationship satisfaction with partner but report no differences in perceived spousal support, respect or commitment
- Most resilient and resourceful parents

"PARENTING HAS
BROUGHT OUT THE
BEST IN ME AND THE
WORST IN ME"

– Christopher
McCurry, Ph.D.

SUPERhuman



Many Roles

- Advocate
- Case manager
- Educator
- Researcher

Above and Beyond

- Moment-to-moment management
- IEP and 504 plan meetings. Sheesh!
- Seeking out friends for your child
- Seeking out other parents who get it

Above and Beyond

- Figuring out treatments that actually work
- Finding providers who really know ASD
- Organizing OT, ST, PT, ABA & XYZ

DO YOU ALLOW
YOURSELF TO BE

JUST HUMAN?



**Are you
“Fine?”**

~~Fine
&
Superhuman~~



100% Real

- My house is a TOTAL mess!
- At times, I feel isolated.
- I drink A LOT of coffee.
- I eat a lot of chocolate.
- Sometimes, I wear clothes two days in a row.

100% Real

- I'm hurt and angry when other parents won't let their children play with my son.
- Sometimes, I forget yell.
- I use A LOT of dry shampoo.
- I'm a behavior expert but I'm not a perfect parent.

Try not to compare yourself
to other mothers.

We are ALL hot messes.
I choose to own it:)

–Holly Blanc Moses



OUR CHILDREN REACT
IMPULSIVELY

**Sometimes so
do we!**



**Self-
awareness
is key.**

What contributes to your stress?





**Feeling
Supported
versus
Feeling
Alone**



**Not Enough
Coffee?**



**Caught Up
versus
Behind**



**Tired
versus
Rested**



**Sick
versus
Well**



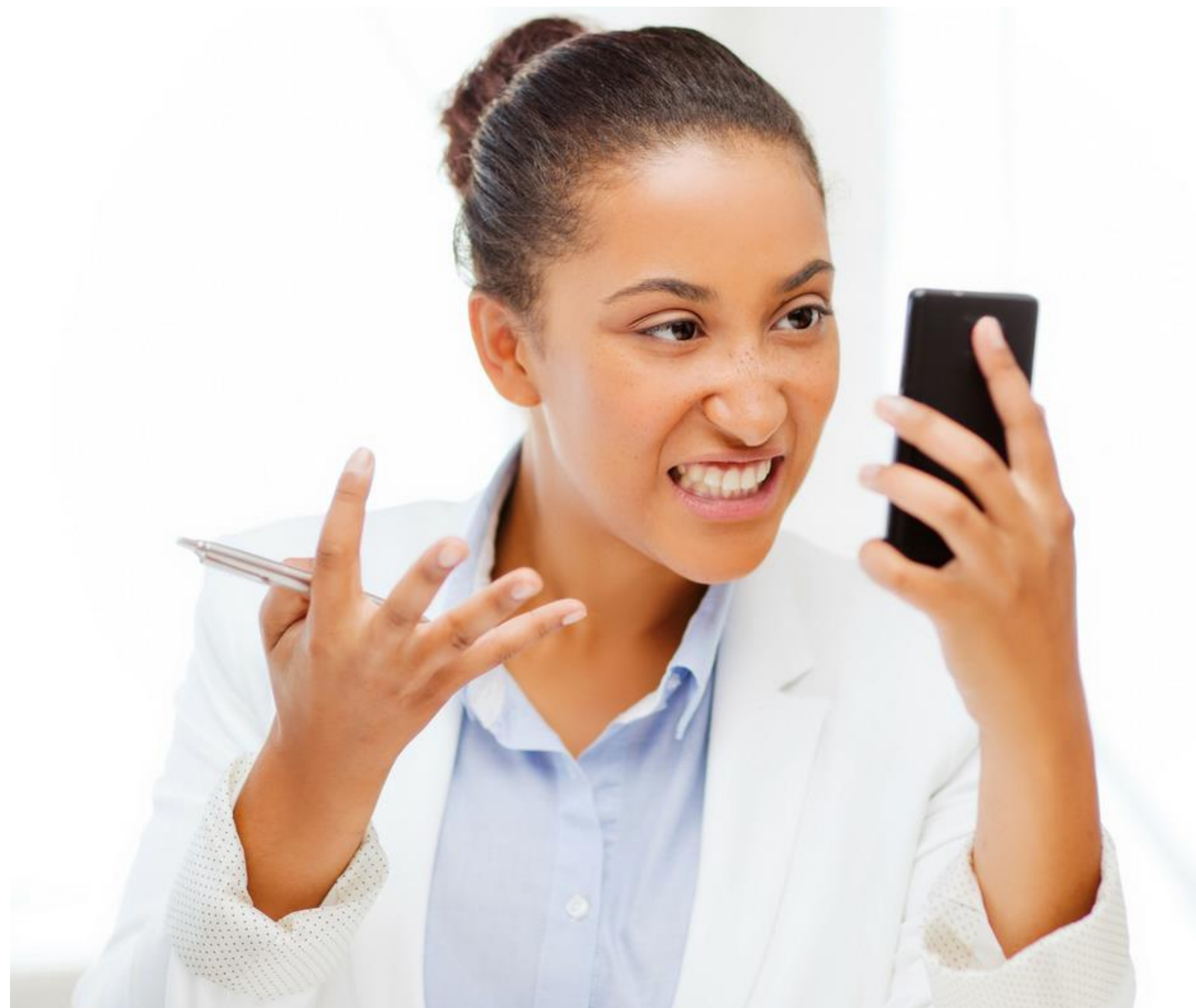
Relationship Problems



**Late
versus
On-time**



**Worried
about \$
versus
Financially
secure**



Fighting for services

Identify your hot buttons!



Hot Buttons



Reminders

- He has a neurodevelopment disorder.
- He is doing the best he can.
- I will choose to do the best I can in this moment.

Self-care

Taking care of yourself
isn't selfish.

It is necessary!

DO YOU ALLOW
YOURSELF TO

REST?

Self-Care Plan

Daily

Weekly

Monthly

Quarterly/
Yearly



**Have a
girls' or
guys'
night.**



**Join a
parent
support
group.**



**Join an
online
support
group.**



**Create
your own
group.**



**Listen to
music and
dance!**



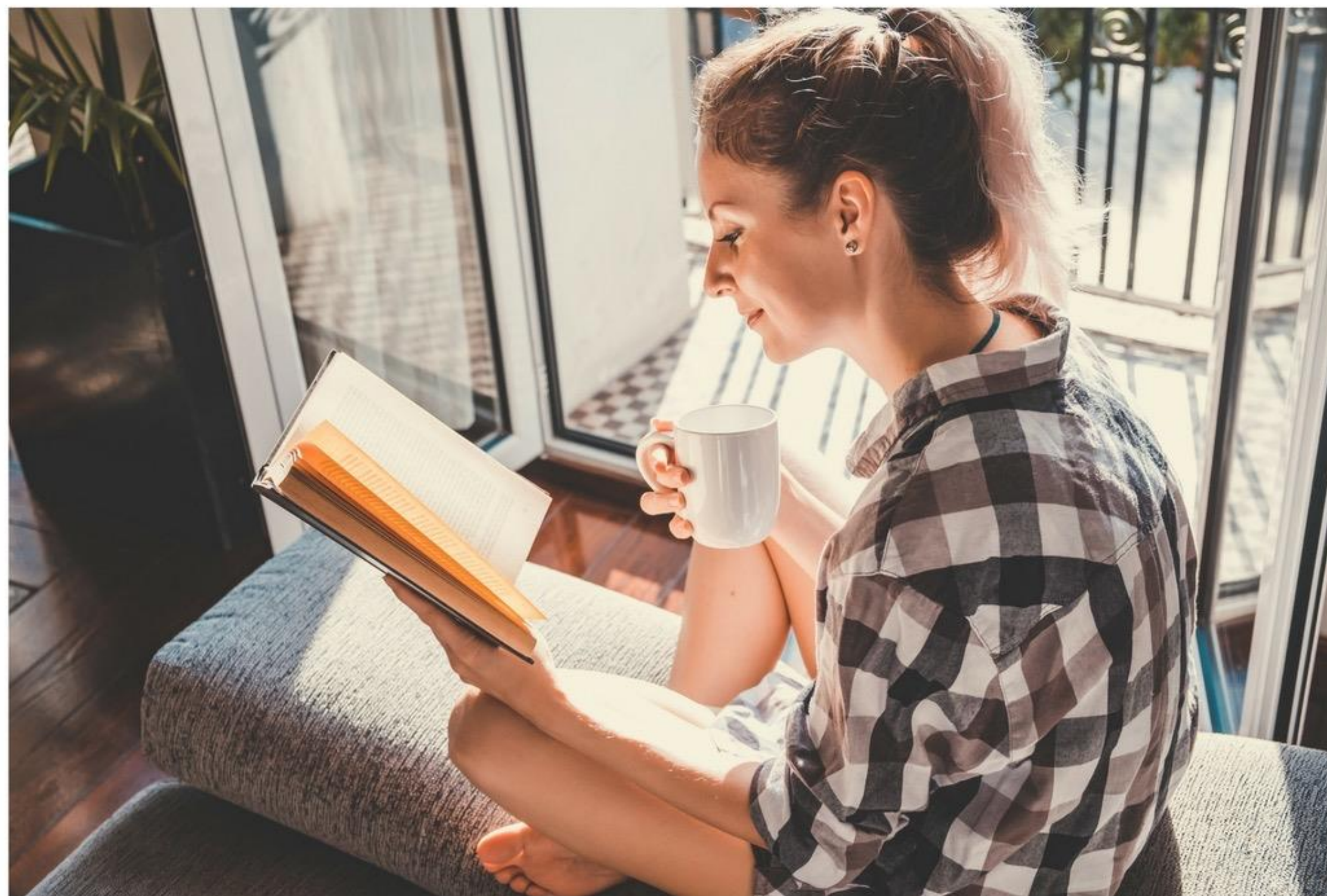
**Enjoy alone
time while
your child
plays video
games.**



**Make time
for a date.**



**Color or
draw**



**Wake up 30
minutes
early.**



**Take a
walk.**



Exercise



**Take a break
on the bench
while your
child plays.**



**Pamper
yourself**



**Rub a
smooth
rock.**



Individual Therapy

**Take
breathing
breaks**



***Review your self-care plan
and write in the date that
you will start.***

#1

Compassion for
yourself.

#2

Compassion for your
child.

#3


Work your self-care plan.

**The key to
parenting is to
do the best you
can and laugh
as much as
possible.**

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A large teal triangle is positioned on the left side of the image, pointing towards the right. It overlaps with a white rectangular box that has a black border.

THANK YOU!

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