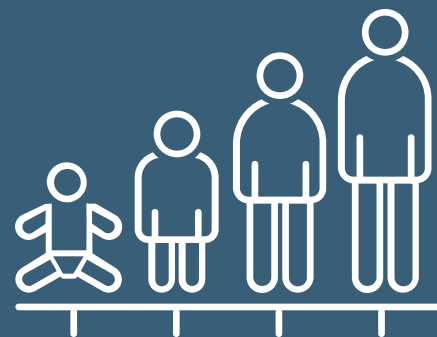


BATTLING THE "AM I DOING ENOUGH" PARENTING GUILT TRAP

You don't have to do EVERYTHING!

Jumping from one 'therapy' to another, often over 40 hours a week (even for a small child) can cause more damage than growth long-term. But feeling like we are not doing enough for our kids in order to help them grow into independent, competent, social adults is a trap easy to fall into. Here are some steps to avoid falling into the "Am I Doing Enough" parenting guilt trap that is common with parents of special needs children.



AVOID COMPARISON

Comparing your experience or your child's experience to that of someone else will only set you both up for disappointment and resentment. Instead, focus on the positives. What do you love about your child? What are they able to do? What do they love doing? What makes them unique? How would your life be impacted for the worse without them?



SET SMALL GOALS

The RDI® program is based on setting small, achievable goals - as your child is ready for them, to promote learning, growth, and development - at your child's pace.



CHOOSE THE RIGHT THERAPY MODEL

Don't just jump on the bandwagon with every single therapy or program offered, make sure it is right for your family first. When trying to figure out if a program is the right fit, just ask yourself: Is my child happy? Are they moving at a pace that they're comfortable with and that is working for them? Are we doing well as a family? Although one therapy might work for someone else, it might not be the best fit for you, your child, and your family.



ENCOURAGE FREE TIME

Your child learns and develops from planned activities, but with a balance of free time, space is given for them to naturally develop the motivation to learn - and they will grow to look at you as a guide, not as a teacher who constantly plans activities and presses for mistake-free responses.

