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## 4 Self-Care Tips for Parents of Special Needs Children

Parental fatigue is a common issue that you may be facing, especially if you are balancing busy work life and taking care of a child with special needs. You may be extremely proud to provide for your family, but you may lose track of your own well-being in the process. It is important to take stock of your personal needs for the sake of your own physical and mental health as well as your child's. You can take steps towards creating an effective [self-care treatment plan](#) by following these simple tips.

### 1. Assess Your Fatigue Levels

Parents who spend most of their mental energy caring for their family may not notice their own level of fatigue. It may feel like you don't have enough time to worry about yourself. If you don't assess your own fatigue levels, though, the exhaustion is likely to catch up to you. Studies cited in American Family Physician show that [fatigue](#) brings a number of effects that can negatively impact your family, including forgetfulness and an inability to concentrate. To assess your level of fatigue so that you can combat the issue, try asking yourself a few questions about your condition:

- How is your sleep quality?

- How is your parenting effectiveness?
- How is your level of physical activity?
- Are you developing severe or worsening depressive and anxiety symptoms?

## **2. Improve Your Home Environment**

The best place to start practicing self-care is right in your own home. Creating an environment that promotes wellness helps lessen your own fatigue, and it can ease your parenting burden by enhancing the health and comfort of your children as well. Even small changes like adding houseplants and cleaning up clutter can do wonders for your mental state. For more large-scale improvements, consider [installing additional windows](#) or investing in landscape services to clear space for a beautiful outdoor garden.

## **3. Pursue Personal Goals**

It's easy to feel burnt out when all your time is devoted to your job and your parenting responsibilities. Committing to the pursuit of personal goals is a great way to ignite a new passion in your life. If you've ever dreamed of starting your own business, it's never too late. Choose a business structure based on the tax advantages and benefits they offer, though keep in mind that New York has [different regulations](#) around forming business entities.

The University of Cincinnati notes that another great self-improvement option for busy parents is to achieve a [degree online](#). Work towards a bachelor's degree from an accredited institution through flexible coursework at your own pace.

## **4. Be Aware of Unwanted Outcomes**

There are a few pitfalls that you may fall into when taking your well-being into your own hands. For those who are not used to dealing with anxiety or depression, it is easy to under-treat the issue and not see any improvements. On the flip side, Fitbit explains you might overdo it on self-care and suffer [consequences](#) such as dependence. While you should incorporate a [social support network](#) into your self-care strategy, care should be taken to not overburden them.

It may take time to acclimate yourself to practicing self-care on a regular basis. The most important thing is to understand your own parental fatigue and how it relates to your role as a parent of a special needs child. For more information on the topic of parental fatigue, consider studying additional [research material](#) on the matter.

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