

Roller-coaster of emotions

The emotional ups and downs we experience are often difficult for others to understand

For many of us, our emotions are never far from the surface, especially when we find ourselves in a situation that accentuates our child's differences.

We all cope and respond differently to the challenges we face. There is no right or wrong way. Every child and every family situation is different.

Being able to discuss problems, experiences and feelings with other people who understand can be beneficial.

Some parents find it helpful to write down their thoughts, feelings and emotions. Others like to get involved in practical activities.

Seek support if you need to

The different ways in which people respond can sometimes cause tension between partners, other family members and friends. Seeking advice and support at this time can benefit all family members.

Sometimes it can be as simple as understanding the different ways that women and men tend to approach difficult issues.

Celebrate achievements

It is also important to celebrate and appreciate your child's achievements and successes, no matter how big or small.

With all the strong emotions that come with having a child with a disability, it can sometimes be hard to maintain a positive outlook.

Despite all the challenges, you and your family can still experience plenty of joy and happiness.



"From day one it has been a real roller-coaster of emotions. We try to enjoy the ups when they come and ride through the downs as best we can."