



Parents PODCAST



MAIN IDEAS

- March is Developmental Disabilities Awareness Month. It's critical to bring attention to the victories and struggles that families with kids who have special needs experience.
- Community is key for all of us. We are wired for relationships. We all want to be seen and known.
- The emerging generation values and appreciates diversity. Let's not hinder what God is already doing to stir up empathy.
- Fear and anxiety can be paralyzing for us as parents. And the questions that parents of kids with special needs ask are real and hard. Lean in and listen to the unique challenges other parents face.



THREE TIPS

- 1. Speak up.**
We are all equipped to love. Don't let the fear of saying or doing the wrong thing hold you back from speaking up when it comes to helping or asking for help from the people in your life.
- 2. Care for yourself.**
We advocate for our kids so much, but what does it look like to advocate for yourself—without shame—and share what you need? This is a way we can be proactive and lean on the people God has placed in our lives.
- 3. Think about the siblings.**
Siblings also carry a lot of weight when it comes to families of kids with special needs. In the same way that parents need people to talk to, siblings need other voices speaking into their lives.



DISCUSSION QUESTIONS

- Has the fear of saying or doing the wrong thing ever held you back from speaking up or stepping into serve and love someone different from you? What was that fear? What would it look like to overcome it when the opportunity arises again?
- What does self-care look like for you in this season? What “buckets” are feeling full and which are running on empty? (spiritual, emotional, mental, relational, physical)
- Whose voice was the most influential in your life growing up? Who is speaking into your life and family now?



ACTION STEPS & RESOURCES

- 1. Don't do this alone.** Whether you have a child with special needs or not, engage in biblical community by starting or joining a LifeGroup and working through your questions and challenges together. You can find a group near you at go2.lc/lifegroups.
- 2. Look into the resources at church4everychild.org** for ideas on how to partner with your church and the families who are a part of it with you.
- 3. Encourage your family to engage with Scripture using the Bible App for Kids!**
- 4. If you are a mom, check out Sherry's book: Brave Mom: Facing and Overcoming Your Real Mom Fears.**
- 5. If you have a child with special needs, connect with your LifeKids or Switch Pastor about LifeKids Buddies or Switch Support. Life.Church is for your family!**