

SUPPORTING MOMS RAISING CHILDREN WITH SPECIAL NEEDS

SIMPLE WAYS TO SHOW THEY ARE SEEN, VALUED, AND NOT ALONE

1 Understand Their Journey

- Moms of children with special needs demonstrate extraordinary strength and resilience.
- Daily responsibilities include therapies, doctor visits, and 24/7 caregiving.
- Behind their strength, many face exhaustion, burnout, and deep loneliness.
- These moms often feel overwhelmed and isolated, even while giving their all.

2 Offer Practical Help

- Relieve their daily burdens with hands-on assistance:
 - Household chores: Cleaning, laundry, meal preparation.
 - Errands: Grocery shopping, picking up prescriptions.
 - Sibling care: Playdates, transportation, after-school support.
 - Transportation help: Rides to therapy or doctor appointments.
 - Even small acts can make a big difference.

3 Provide Emotional Support

- Connection starts with compassion.
 - Be a non-judgmental, caring listener.
 - Acknowledge the weight of their journey with a simple note or text.
- Let them share their feelings without trying to fix anything.
- Just being present is powerful.

Foster Community & Connection

- Help moms build meaningful relationships:
 - Create opportunities for small group gatherings.
- Use supportive resources like those from Rising Above Ministries.
- Retreats and curriculum help moms recharge and connect.
- Get to know moms outside of church—visit their homes and listen.
- Real relationships lead to deeper, more personalized support.

Make a Lasting Impact

- When you combine practical help with emotional care, you:
 - Lighten a mom's daily load.
 - Remind her she is not alone.
 - Show her she is seen, valued, and loved.
- Your small, thoughtful gestures can bring hope and strength to her journey.