

SUPPORTING SPECIAL-NEEDS DADS: A CALL TO ACTION

THE VITAL ROLE OF SPECIAL-NEEDS DADS

Common Struggles Among Special Needs Dads

Societal pressure to be strong and silent can lead to:

- Anger, stress, guilt, confusion, and isolation.
- Difficulty seeking help or emotional support.

How You Can Help

1. Get to Know a Special-Needs Dad

- Invite him for coffee or lunch and ask him to share his story.
- Offer a listening ear — you don't need to have all the answers.
- Simply show you care about the journey he's walking.

2. Create Spaces for Dads to Connect

- Many dads feel lonely and isolated.
- They often sacrifice social time to care for their children.
- Ideas to foster connection:
 - Monthly meetups with a meal and casual conversation.
 - Include devotionals or informal spiritual encouragement.
 - Plan fun outings (e.g., sports events, cookouts, ax throwing).

3. Invite Dads to Serve

- Most dads want to help, not just be helped.
- Inviting them to serve in ministry provides:
 - A sense of purpose and belonging.
 - An outlet for their skills, experiences, and faith.
 - Helps dads feel like a valued part of the church, not a charity case.

Final Encouragement

Special-needs dads deserve to be seen, heard, and supported.

Supporting dads strengthens the whole family.

Want to help local dads connect?

Reach out to Rising Above Ministries for guidance and support.

"When you help dads, you're ultimately helping the entire family thrive."