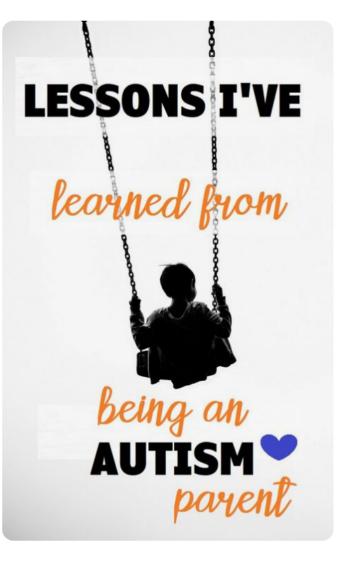
### ASD: A mom's perspective, in pictures.....

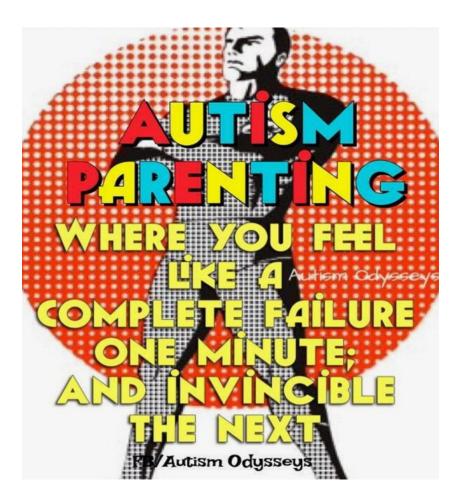








#### No. 1: Life's a rollercoaster each & every day!





#### No. 2: You mightn't have a clue, but KEEP GOING!





#### No. 3: NEVER compare yourself to others!

All these other moms are V talking about honor roll, dance recitals, softball games, gymnastic meets and I'm sitting here like: Woo Hoo! She tried a new food AND her socks didn't bother her! someecards user card



#### No. 4: NO we can't, nobody can! Ask for help!





No. 5: We need to <u>mind ourselves</u> otherwise we aren't any good to anybody! *Hyper vigilance!* 



Via University of Wisconsin-Madison Study



#### No. 6: Watch who you listen to & seek advice from! Find parents at the <u>same stage</u> as you!

Oh forgive me. I had no idea you were an expert on raising children with autism since you didn't have one or work with one. Please, continue while I take notes.





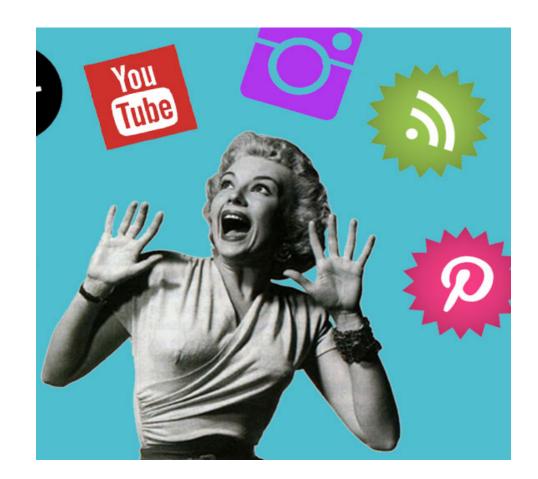
#### No. 8: Cut yourself some slack & for goodness sake don't 'LEAN IN' – if anything, lean out!!

# Why You Should Learn to Say 'No' More Often





# No. 9: Just like our kids we too can become overwhelmed & overloaded! <u>UNPLUG</u>!!





# And finally, No. 10:

# "Remember if you focus too much on the disability you will miss the ability"

THEY SAID HE WOULDN'T, BUT HE DID. THEY SAID HE COULDN'T, BUT HE CAN. THEY SAID HE WON'T, BUT HE WILL.



ASD: A mom's perspective in pictures

**'THANK YOU!'** 

