

"Hello School, Good-Bye Summer"

Each year when a school year ends and a new Summer begins, it always kind of feels like it is going to last forever. However, that is not the reality. The true reality is that you pretty much blink, and you are already school shopping again. I feel that the anticipation of the start of the school year beginning in just a few short weeks, sits a little differently with a special needs parent. I know I become a bit on edge about the upcoming changes, transitions, and adjustments every year when August rolls around; it is probably because I have observed that there are more and more changes each year for each one of my three children, and I feel that it is important for me to prepare them as much as I can. It can feel extremely overwhelming, and even scary if you think a little too hard about it. I want you to know, whoever is reading this right now; I understand, and you are not alone in it.

I wanted to write about this specific topic, because I believe it is a big one; parents become anxious about the "new stuff," just like our children do (and we should talk about it more). I decided to move my three children to new schools in another district, because I want to ensure they have the opportunity to have a positive, successful, school year. Last year I felt drained as a parent, and I know so many of you can relate to this feeling. As a parent of multiples with special needs, I never spend a school year not attending several IEP meetings, or emailing throughout the day with school staff, or not overthinking the day-to-day stuff that others may take for granted and/or not think much about. We do these things because we care so much about our children's happiness, mental health, and education. We are always our child's biggest fan and advocate, and we make sacrifices at times that others do not even see. It is okay because I SEE YOU.

I am sending lots and lots of positive vibes and thoughts to you this 2022-2023 school year! Moms and Dads; you've got this, I've got this, WE'VE got this! Our children will have a great school year, so claim it and believe it wholeheartedly. My wish and goal is to help at least one other parent out there feel less alone, "unrelatable" (because I feel like this A LOT), and LESS anxious and/or worried. It will be okay, and with a few daily reminders and deep breathing; it will be smooth sailing from August to May. Best of luck to the parents and their beautiful and bright kiddos; you are ALL amazing!! 😊

Sincerely,

Stephanie



INCERELY,
Stephanie