



# ecac

exceptional children's  
assistance center

*Empowering Families ★ Improving Lives*



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## 20 Things Every Parent of Kids with Special Needs Should Hear

Raising kids with special health care needs is an intense experience. Research (articles, below) exposes the significant impact of disability and special health care needs on families. For those who are in the thick of the parenting responsibility, advice from families who have had similar experiences is informative and can be very reassuring.



For more information, click [here](#)

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## Self-Care for Parents

Parents raising children with developmental, behavioral, or medical needs often experience high levels of stress. Caregiver burnout is real. Sometimes it's hardest to convince parents that self-care is important and deserved. But self-care helps parents to have the strength and resilience necessary to give children and youth with special health care needs the level of care that is needed.

For more information, click [here](#)

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## Self-Care Activities And Ideas to Use in Your Life!



What better place than [Pinterest](#) to find loads of great ideas for caring for yourself? For great ideas, click [this link](#)

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## Family-Provided Care Saves Money; A Lot of Money

Approximately 5.6 million US children and youth with special health care needs received 1.5 billion hours of family-provided health care annually. Replacing the parent care with a home health aide would have cost an estimated \$35.7 billion (\$6400 per child per year, 2015 dollars). Earnings lost by the parents during the time spent covering care were \$17.6 billion or \$3200 per child per year.

For more information, click [here](#)

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## What the Research Says About the Impact of Disability on the Family

Living with a child with special health care needs or disability is a unique shared experience for families and can affect all aspects of family functioning. On the positive side, it can broaden horizons, increase family members' awareness of their inner strength, enhance family cohesion, and encourage connections to community groups or religious institutions. On the negative side, the time and financial costs, physical and emotional demands, and logistical complexities can have far-reaching effects.

Read a synopsis of the research [here](#)

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## Families of Children With Medical Complexity: A View From the Front Lines

A fragmented health care system, inadequate health insurance coverage, deficits in the delivery of medical care, problems accessing other critical services, and the financial and intangible costs experienced by families of children with medical complexity (CMC) are barriers that impact the life course of the most vulnerable populations of children.



Four experienced parents of children with medical complexity discuss the demands of managing care from the family perspective in the journal, PEDIATRICS (March 3, 2018).

For more information, click [here](#)

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## ECACHealthOnline

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