



Homeschooling Children with Special Needs

A Mental Health Perspective

Buckle up for the ride!

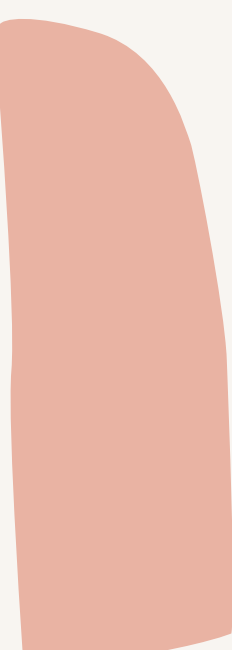





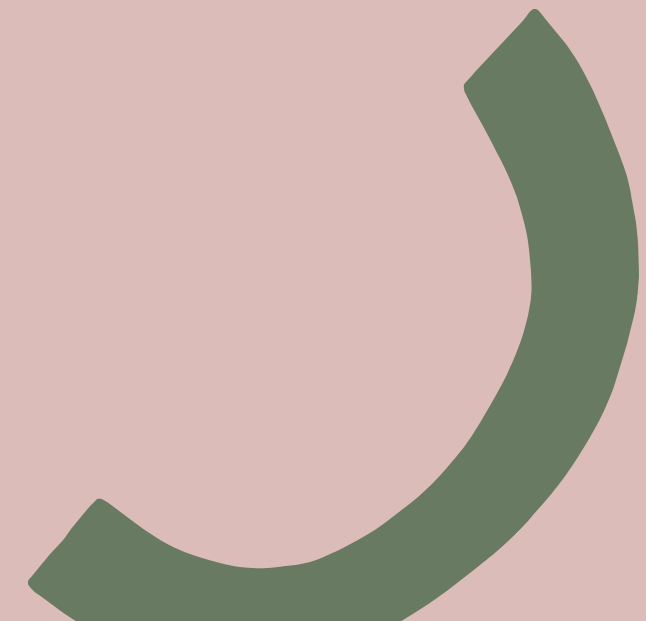
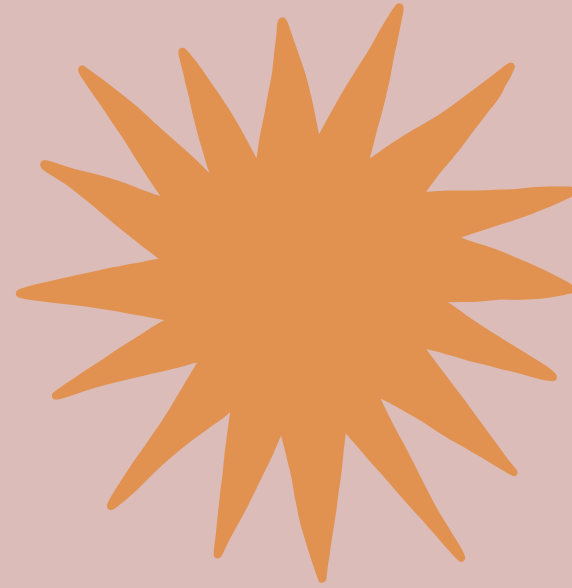
Presenter: Christy Samms, MA, LPCC-S

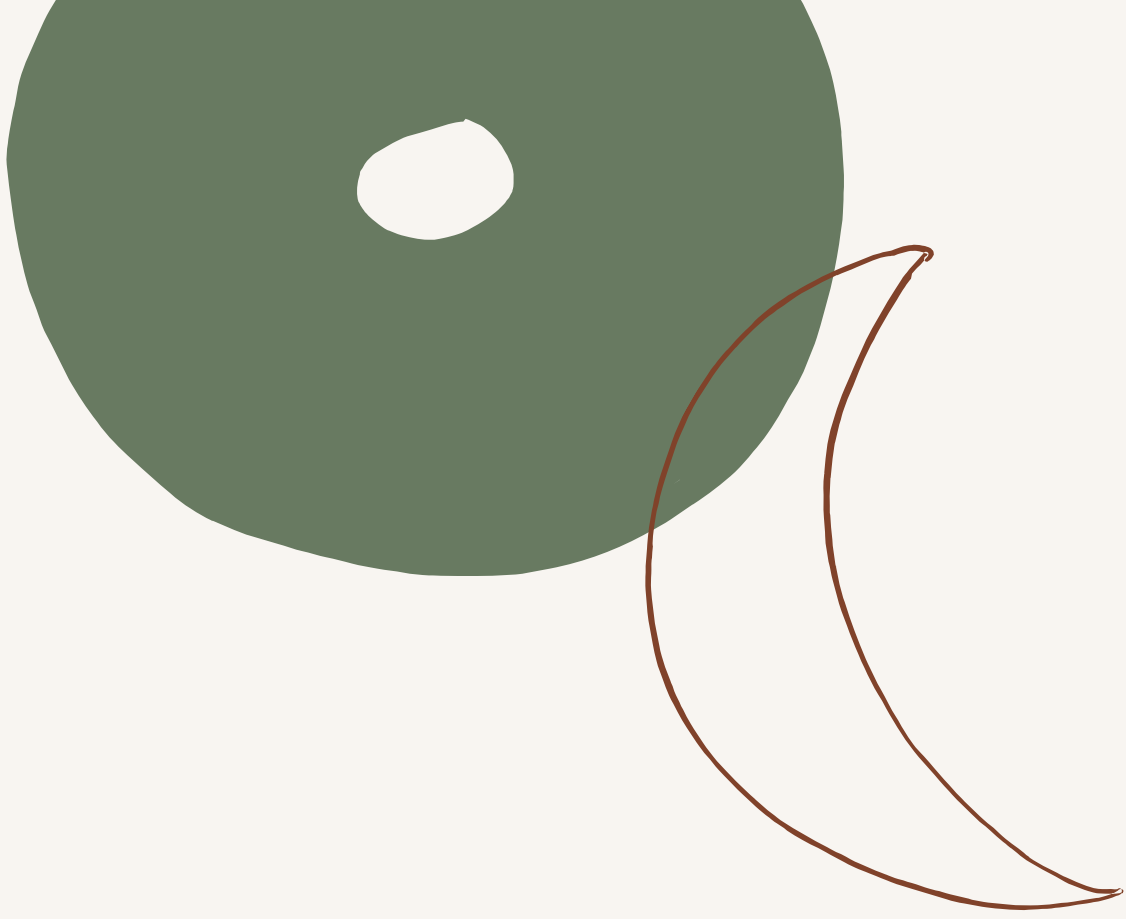


How is homeschooling different for special needs children?

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- Lack of understanding
 - Lack of belonging
 - Confusion about the future
 - Questioning competence to home educate
- 

What kind
of feelings
do you
experience?





God has uniquely equipped you to raise this child

As he passed by, he saw a man blind from birth. And his disciples asked him, “Rabbi, who sinned, this man or his parents, that he was born blind?” Jesus answered, “It was not that this man sinned, or his parents, but that the works of God might be displayed in him.


John 9:1-3





Caretaking


In addition to being a mother and teacher, you are also a caretaker.
What is this like for you?





Caregiving and Traumatic Stress

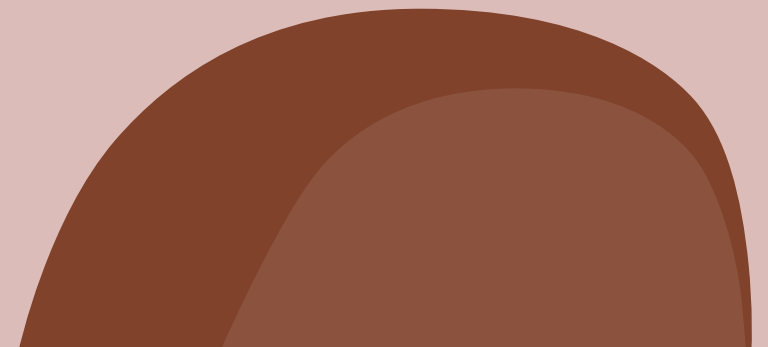
The effects of constant caregiving are similar to the effects of trauma

- Performance demands
 - Ongoing exposure to traumatic events, situations, and traumatized/disregulated people
 - Insufficient resources to meet patient/child needs
 - Threats to personal/emotional safety
- 



Burnout

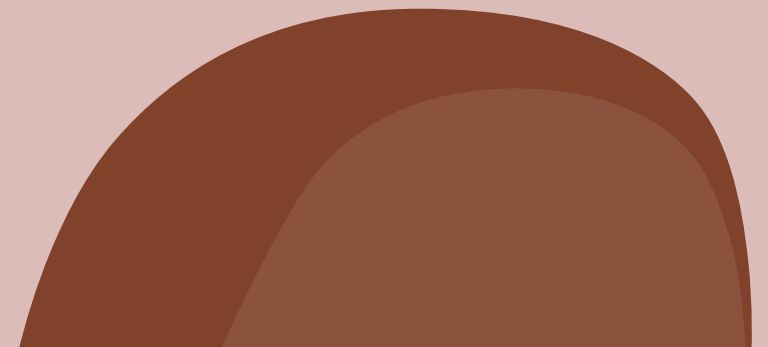
a syndrome of emotional exhaustion, depersonalization, and reduced personal accomplishment that can occur among individuals who work with people in some capacity





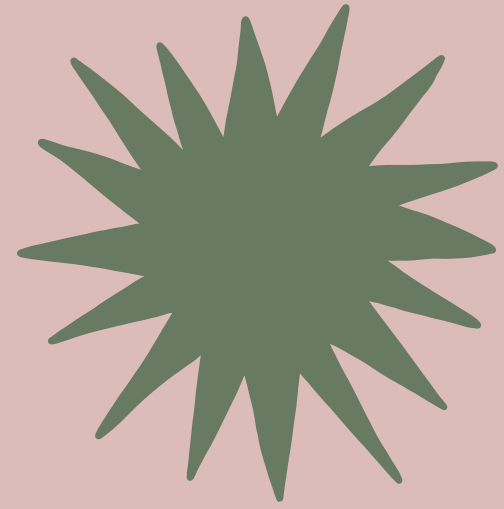
Burnout

- Fatigue
- Depression
- Malaise
- Increased absenteeism or sick days
- Irritability/anger
- Anxious/stressed-out
- Alcohol/drugs/food
- Hopelessness
- Automated/robotic

- Cynicism
 - Withdrawal and isolation
 - Loss of interest and joy
 - Shutting down
 - Relational difficulty
 - Poor work performance
 - Increased errors
 - Inefficient/ineffective
 - Not caring about quality
 - Critical of others
 - Subterfuge (deception)
 - Avoiding work
- 

Compassion Fatigue

- The combined effects of burnout and traumatic stress
- Prolonged exposure to the toxic nature of caregiving
- A neurological condition in which our threat-response system becomes chronically overactivated, **damaging** our bodies and brains, and causing us to **perceive danger where none actually exists.**

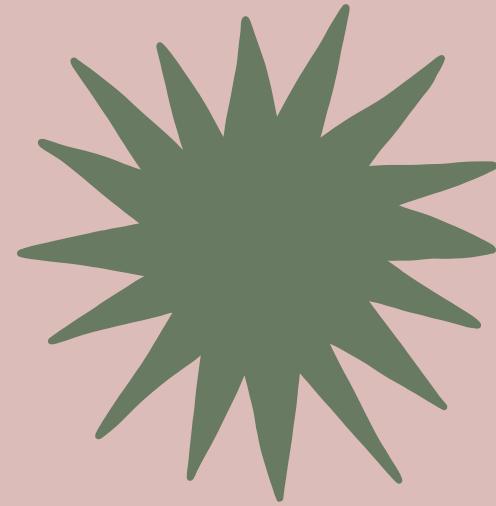


Self-Care



Knowing God Through
Prayer and Bible Study





Self-Care

From: Not What I Expected by R. Eichenstein, 2015



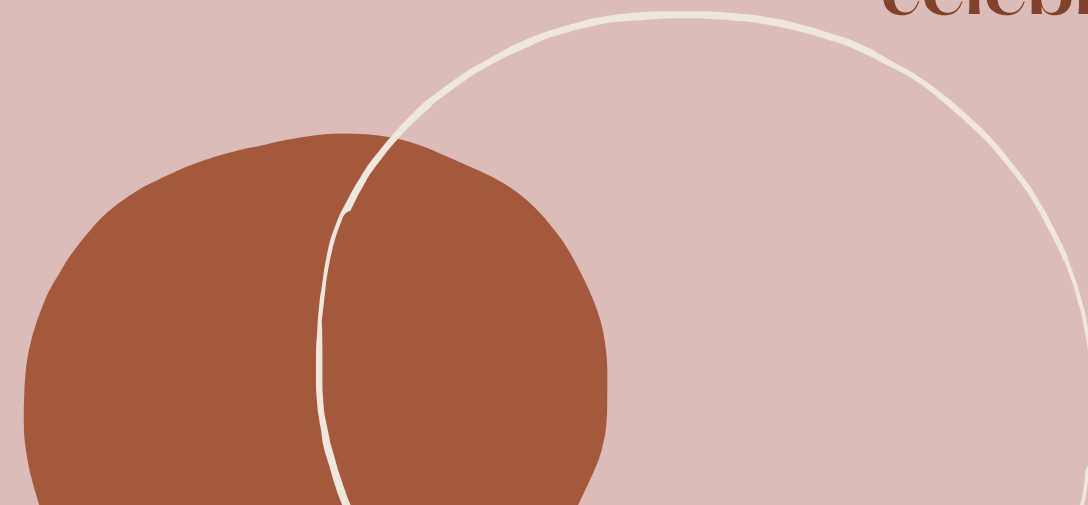
Connect with nature

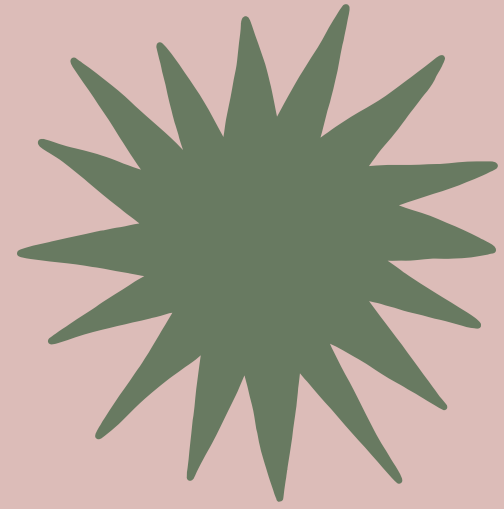


Help someone else



**Master one thing
at a time and
celebrate!**





Self-Care



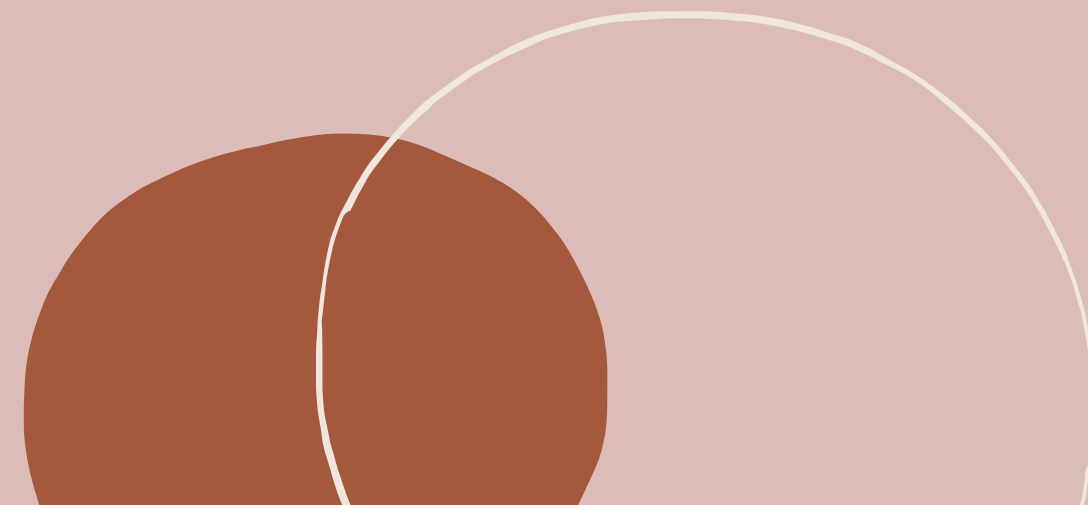
Find a special place
outside of the house

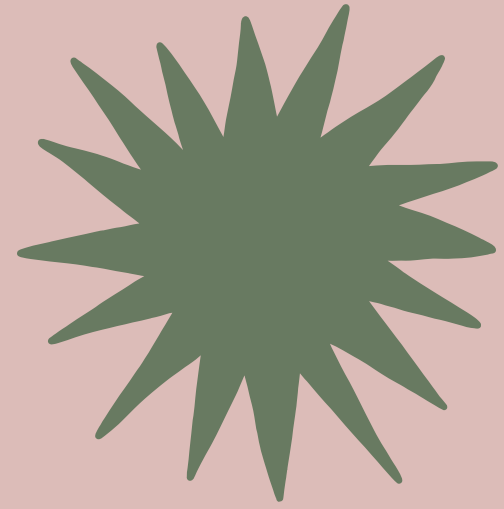


Move your body



Enjoy the healing
power of touch





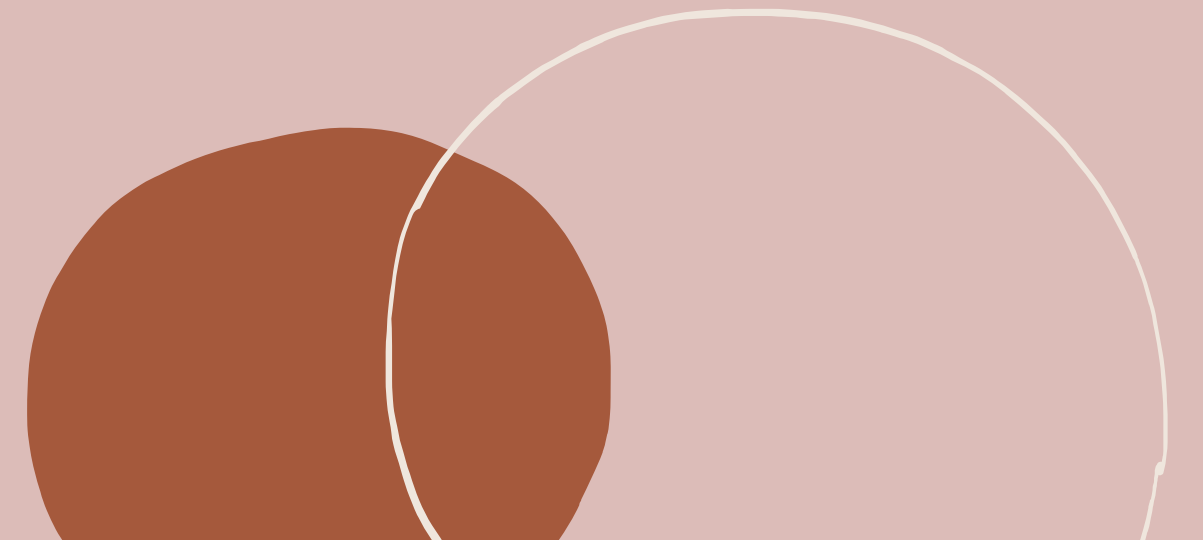
Self-Care

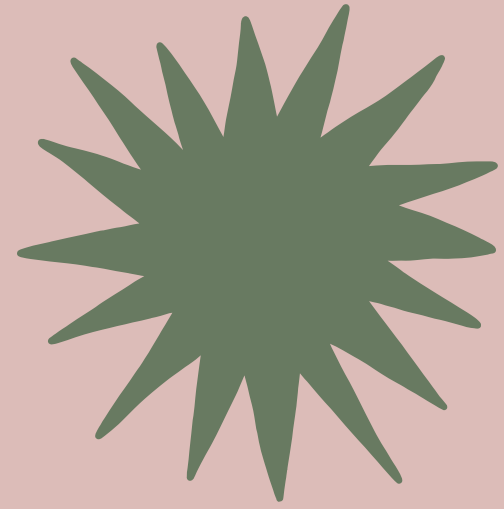


Prioritize date night



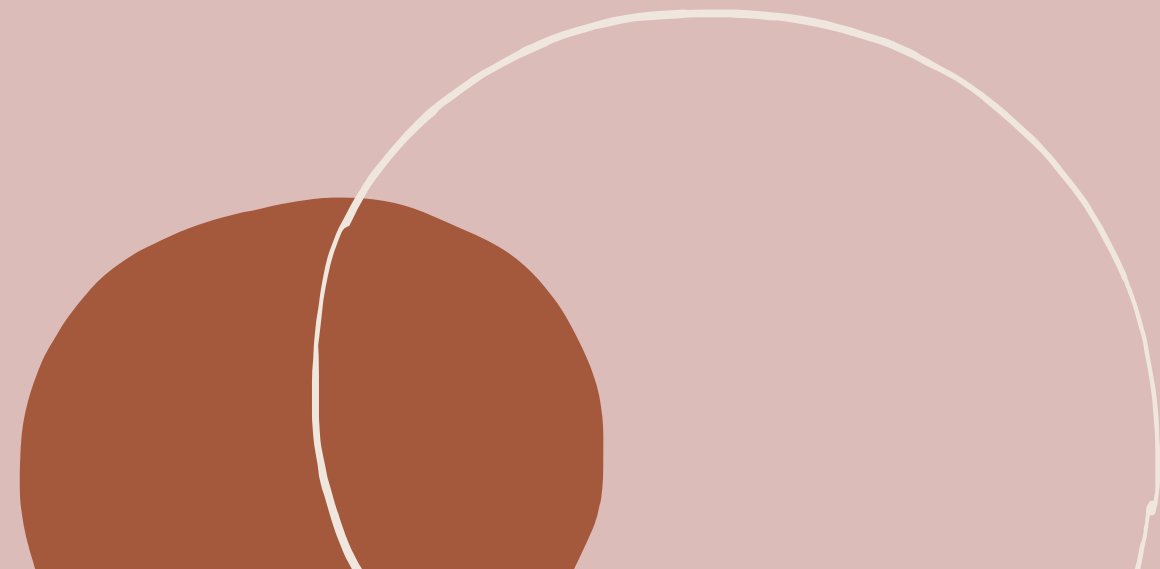
Join a support group

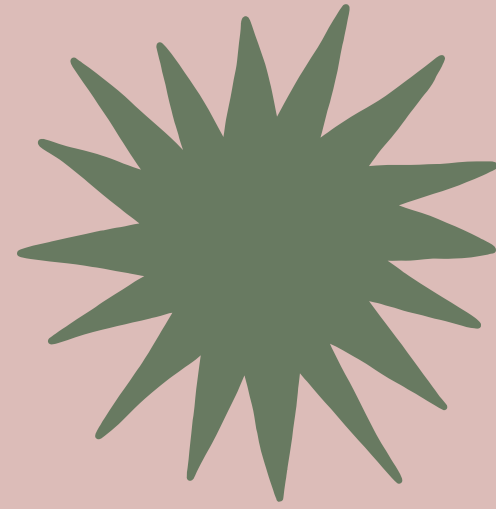




Self-Care

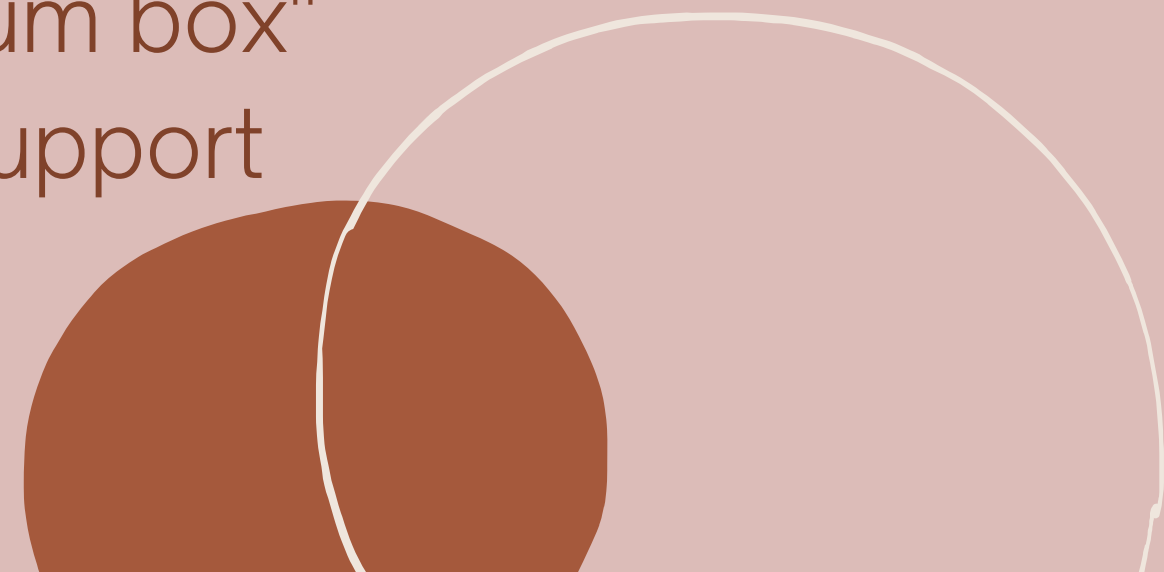
- Physical
- Psychological
- Emotional
- Social
- Spiritual
- Educational/Professional





Self-Care

- Seeing myself as Christ sees me
- Resource Sharing
- Stop the Comparison
- Have a vision for what they can be rather than what they are struggling with
- Public school/Community Support
- Job training
- Think outside the "curriculum box"
- Siblings (challenges and support






Welcome to Holland!

<https://www.emilyperlkingsley.com/welcome-to-holland>





He who began a
good work in you
will be faithful to
complete it

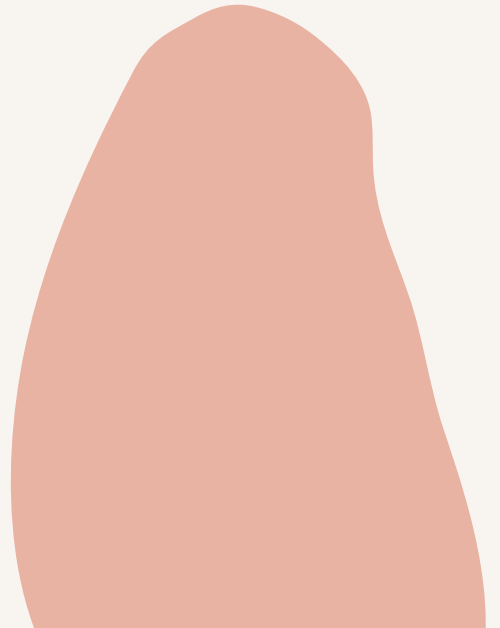
Philippians 1:6

You're not alone!



Resources

Are you interested in a support group for parents of special needs children?
Email me: christy@hopecounselingcs.com





There is always hope

Whatever your struggle may be now, we are here to walk through it with you. Schedule an appointment with one of our counselors.

SCHEDULE NOW



www.hopecounselings.com