



# Top tips: mental health and wellbeing

For parents, by parents



Talk to people willing to listen. Don't be afraid you're oversharing and don't keep what's troubling you to yourself.

Find other medical/growth community parents. Share your stories and listen to theirs. Remember that your child is unique but you're not alone.

You're not alone. The first couple of years are the hardest. Things do get easier. Remember that your child wouldn't be doing as well as they are doing if it wasn't for you! Be proud.

Comparison is the thief of joy. Celebrate your own child's success and milestones rather than comparing them to those of a typical growing child. Your child is working so hard, find peace in that.

Find your community, you don't have to be alone in this.

Find other parents through support groups that are going through the same thing so you don't feel so alone!

On difficult days try to find someone to talk with friends, family or other parents through the CGF who can listen and support.

Access any support you can. Don't feel guilty about finding your child difficult to 'like' - it can be very hard sometimes. Don't neglect your mental health - counselling is really worth it.

Reach out, make sure you have a solid support network and don't feel bad about prioritising yourself. Without your own health, you can't be there for others.

Practice self care!