

## Say This, Not That

Sometimes it can be confusing to know the right thing to say. Here are some suggestions submitted by parent caregivers to guide you.

### INSTEAD OF THIS...

- ⊗ I don't know how you do it. / I could never do what you do.
- ⊗ You're a superhero / saint / inspiration.
- ⊗ God knew you could handle it. / God only gives special kids to special people.
- ⊗ Have you tried \_\_\_\_\_?
- ⊗ It'll get better. / Things could be worse. / At least it's not \_\_\_\_\_.
- ⊗ You poor thing. / What a shame.
- ⊗ Let me know if you need anything. / What can I do for you?
- ⊗ What's wrong with your child?
- ⊗ Your child doesn't look like they have \_\_\_\_\_.
- ⊗ You're lucky to get to stay home.
- ⊗ Why don't you take a break? / Don't stress too much.
- ⊗ You should practice self care. You should ask for help. / You should get a babysitter. / You should \_\_\_\_\_.
- ⊗ It's the same for my [nondisabled] child.

### TRY THIS...

- ✓ You're doing a great job!
- ✓ I see what a loving and devoted parent you are.
- ✓ I'm happy to listen if you want to talk.
- ✓ Thank you for trusting me with this. I'm sure it's hard to talk about.
- ✓ Tell me about your week. / What's new with you?
- ✓ How are you doing...really?
- ✓ I just want you to know I'm thinking of you.
- ✓ Tell me about your child. / What are their interests?
- ✓ I'm bringing over dinner tomorrow night.
- ✓ Can I come over with coffee this afternoon?
- ✓ I'm coming over to watch your kids while you rest or go out.
- ✓ I'm going to do \_\_\_\_\_ for you on \_\_\_\_\_.