

Parents Living with Grief About Their Special Needs Child

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Summary: To move forward and support your child with special needs, you need to resolve your grief

- ✓ Especially early on, parents can be completely overwhelmed by the grief that accompanies a new diagnosis or birth of a child with special needs.
- ✓ When grief hits parents, the special needs child may be physically or emotionally at risk.
- ✓ Feelings of sadness, despair, anger and resentment are normal but can't simply be “managed” without repercussion.
- ✓ Grief Resolution = completing what is emotionally unfinished.
- ✓ Adaptation occurs when you accept what you cannot change.
- ✓ The Grief Recovery Method® helps you complete the cause of your suffering through a series of action-based steps.

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Link to this blog: <http://tinyurl.com/jrsw5xk>