

**“You Need a Screwdriver, Not a Hammer”:
The Tools for Coping with an Atypical Child**



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Introduction

Thank you for choosing to attend

“You Need a Screwdriver, Not a Hammer”: The tools for Coping with an Atypical Child.

My name is Joanevia Eason, and I’m “Angel’s mommy”.

Everyone dreams of having a typically developing child, but sometimes that’s not reality. What happens when you do everything you thought possible to have a typically developed child and for an unforeseen reason you have an atypically developed child? “Know that they are not disabled by the disabilities they have, but are able by the abilities they have.”

The challenges of being a Special needs parent can be consuming. However, there’s always an opportunity to conquer your challenges and help someone else along the way. For we know through our experiences that we weren’t just given special kids. We were ordinary, imperfect people that were given special gifts that we now treasure. And that’s how special parents (like us) were created.

Remember your alphabets:

- A-** Always remember that you are able to do more than you think you can. Someone somewhere knew you were able to handle this challenge before it ever came into existence.
- B-** Believe in yourself and know that there is someone depending on you to help them get through
- C-** It’s okay to cry! Someone once told me that crying cleanses the soul. It also relieves us from having so much built up on us.
- D-** Doubt is only an opportunity for negativity to enter into our lives. Even on your worse day, you can and you will!!
- E-** Learn to escape the pressures upon you. Whether you just take a few minutes to enjoy a bubble bath, go on a little drive or just sit alone in the dark. We all must find something that will help us re-energize ourselves.
- F-** Enjoy your family. Many times we are so focused on being a care giver, we forget about the others who love us and need a little of our attention from time to time.
- G-** Grow to know yourself. You’ve probably forgotten your favorite hobby or those things you used to do before your treasure arrived.
- H-** Help is only a question away. Just ask? Someone once said, we have not because we ask not! Often times, those around us don’t know what they can or are even able to do. Take the time to ask for help, offer guidance if necessary and remember the entire circumstance don’t have to be yours alone.
- I-** You are an inspiration to others. Even when you don’t realize that someone is watching you, they are. Hold your head up and know that you are a living testimony to others.
- J-** There is joy in being a parent of a child with a challenge. They teach us so much and have to ability to turn our frowns upside down. Be thankful that you have this opportunity to share in the life of someone who depends on you and loves you unconditionally.

- K-** You've grown to be a better person through your experience. The knowledge that you have obtained makes you much better than you have ever been even with a college degree.
- L-** Learn to laugh because it limits the wrinkles we develop. Live every day as if it was your last because tomorrow isn't promised to you. And love yourself because you're you!
- M-** Music is free therapy! Whether you enjoy country, classic, gospel, instrumental or the blues – music allows us to discover the circumstances of others and learn to appreciate the hand that we've been dealt.
- N-** Never say what you won't do or what you can't do! We have an amazing ability to accomplish so much more than we think we can because we never had to do so before.
- O-** Know that you are a conqueror and can do anything that you put your mind to with faith! Work to overcome obstacles that no one believed were ever possible.
- P-** Everything has a purpose in life. Even when we don't understand what or why, there is a reason. Remember that things happen for a reason or a season, either way it has purpose.
- Q-** Finding quiet is an accomplishment! Life gets hectic and quiet offers an opportunity to reflect on the obstacles we have been able to endure.
- R-** There should always be an opportunity to rest even during your toughest challenge. The body has to have water, rest and sunlight to continue to carry us day to day.
- S-** Your spirit helps you to get through circumstances. If you are positive, that inspires you to continue. If you are negative, that forces you to throw in the towel.
- T-** Sometimes the tears may come while you're coping with the trials and tribulations of life. Remember: You're going through the test so that you'll have a testimony!
- U-** Everything isn't meant for you to understand. Sometimes you may need someone on the outside, looking in to help you get through.
- V-** The vision you had may seem unclear, and you're blaming yourself for the struggles. Regardless of your situation, there's always someone worse off than you are.
- W-** Be willing to be flexible and endure the challenge. You're not in this alone, for we all had dreams that it would have been different.
- X-** You are like xylem, which is found in plants to conduct water and nutrients. As a special parent, you have the ability to be resilient, stay in control and manage a variety of tasks to meet the challenges of life.
- Y-** Yesterday is gone and we can never relive it. We're dealing with today and tomorrow is not promised.
- Z-** Being a "special parent" can be a little zany (crazy) sometimes. You were placed in this situation, can handle it, and you are prepared for any trial that comes your way.

Let's get our children what they need!

“FOOD FOR THOUGHT”

**AN UNBORN CHILD ONCE ASKED, HOW WILL I SURVIVE IN THE
WORLD?**

**I WILL NOT BE LIKE OTHER CHILDREN. MY WALK MAY BE SLOWER,
MY SPEECH HARD TO UNDERSTAND, I MAY LOOK DIFFERENT.
WHAT IS TO BECOME OF ME?**

THE RESPONSE WAS, HAVE NO FEAR.

**YOU WILL HAVE EXCEPTIONAL PARENTS. THEY WILL LOVE YOU
BECAUSE YOU ARE SPECIAL, NOT IN SPITE OF IT. THOUGH YOUR
PATH THROUGHOUT LIFE WILL BE DIFFICULT, YOUR REWARD WILL
BE GREATER. YOU HAVE BEEN AWARDED AN ANGEL WITH A
SPECIAL ABILITY TO LOVE, AND THOSE WHOSE LIVES YOU TOUCH
WILL BE SPECIAL BECAUSE OF YOU, YOU WERE MADE FOR A CAUSE
AND THOSE AROUND YOU WILL GO FROM ORDINARY TO SPECIAL THE
MOMENT YOU ARE BORN..**

