



GROW

with Shield HealthCare



Parenting a Child with Special Needs: Roundtable Webinar

Meet our Moderator

Alethea Mshar is mom to two children with complex needs, as well as an author and blogger with a growing following in the special needs community. She has two sons with Down syndrome. The youngest also has Hirschsprung's Disease, hearing impairment, Cyclical Vomiting Syndrome, is on the autism spectrum and is a leukemia survivor.

You can find Alethea on her blog, Ben's Writing Running Mom, or on Facebook as Alethea Jo, Writer.



Meet Our Panelists

Jamie Sumner is a special needs mom, author and blogger. She has a son, Charlie diagnosed with Beckwith-Wiedemann Syndrome and cerebral palsy, as well as a set of boy/girl twins.

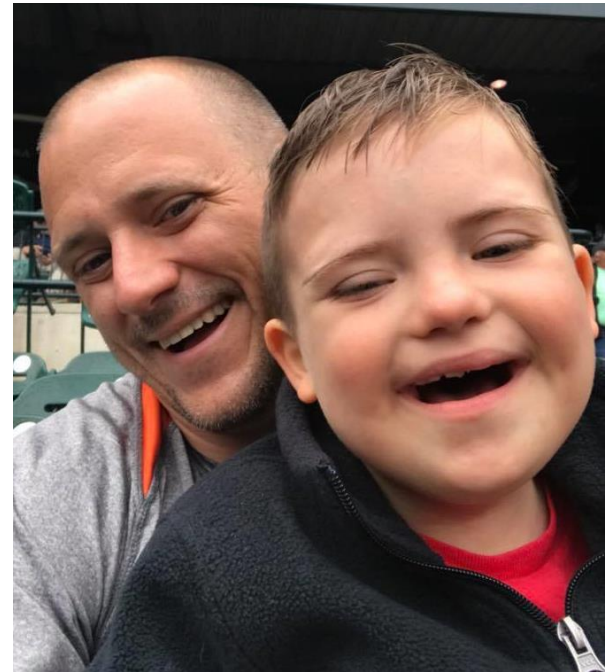
You can find her on her blog, The Mom Gene. Her newly released book is called “Unbound: Finding Freedom from Unrealistic Expectations of Motherhood.”



Meet Our Panelists

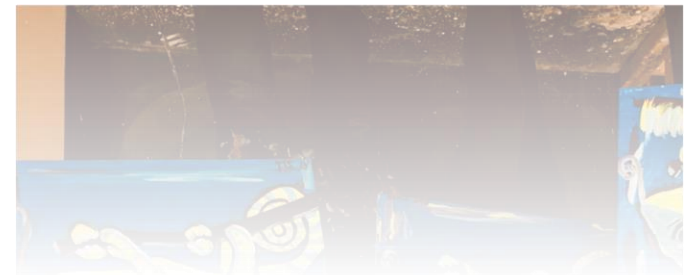
James Leach is raising a typical daughter and a 5-year old son with Down syndrome in Caledonia, MI. Due to Corbin's medical complexities, such as heart issues, cyclic vomiting syndrome and a feeding tube, his family has navigated the medical and health insurance arena extensively.

James also runs the Dad's group of the Down Syndrome Association of West Michigan.



Meet Our Panelists

Dr. Liz Matheis is a licensed Clinical Psychologist and certified School Psychologist and mom to three children, one with special needs. She is passionate about gaining the right services for children, her own as well as the children with whom she works.



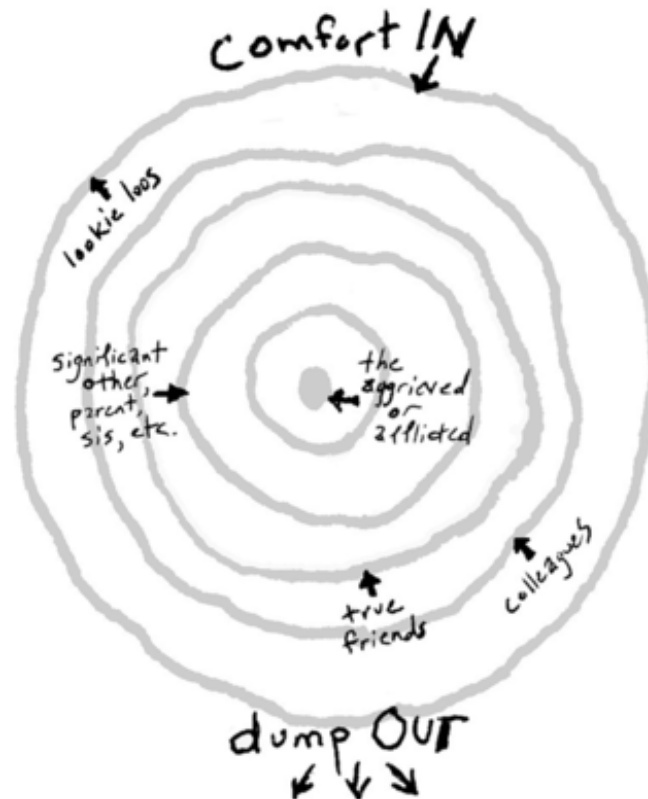
Time and Energy Management

How do you manage your time and energy as a parent of a child with special needs using the Spoon Theory?



Managing Your Support System

How do you manage your support system using the Ring Theory?



Dealing with Guilt

What causes feelings of guilt for you and how do you deal with it?



Making Comparisons

How did you get to the point where you were able to let go of comparing your child to typical children?



Dealing with the Outside World

Have you had an experience in which someone said something inappropriate to you or your child?
What is your go-to response to this?



The Birds and the Bees

When is a good time to start talking to your child about consent/appropriate touch?



Parent Wishlist

What do you wish for your child in terms of inclusion over the next few years?



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QUESTIONS?

