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<http://specialchildren.about.com/od/needinspiration/ig/Notes-of-Encouragement/>

Love Notes for Special Parents

Happy
Valentine's Day



YOU ARE RESOURCEFUL



You've had to learn how to do research and find information and get services and understand what specialists are talking about. You've had to improvise ways to calm your child down, help your child learn, get your child to sleep or eat or talk or use the potty. ♦ ♦ ♦ You don't wait around for the answers to come to you – you've learned through hard experience that if you don't go out and find them, nothing's ever going to get done. ♦ ♦ ♦ That makes you sort of a parenting MacGyver, able to solve problems on the fly with a mix of instinct, insight and ingenuity. Even when things seem most overwhelming, you start figuring out a solution, calling on all your resources – and you're quick to offer yourself as a resource when other parents need inspiration. ♦ ♦ ♦