

What Parents Wish You Knew About SPD

Sensory is not just for babies.
She doesn't JUST have lots of energy!
It's not just "normal kid stuff"
My child processes the world differently.
I am not an indulgent parent.
Routines are important all the time and should matter.

A meltdown is not a tantrum.
You can't discipline this out of a kid.
What works this year won't necessarily work next year,
or next week, or even tomorrow.
There is a cumulative effect and it wears a parent/marriage/family down.

We are not making this up.
Parents get drained fast.
Each day is different.
Things change fast.

He is really smart.
Some days are great and some days are harder.
We love him no matter what.
My child is NOT just naughty!!!

There are things he needs before he can function properly.
He is super sensitive and majorly in tune to underlying emotions.
If he's "ignoring" you, it's probably because her has either shut down or his
brain is going 10 times faster about every detail he's looking at in that
moment.
Taking away a physical object that helps to soothe/calm is not a proper form
of punishment.

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It is very much a trial and error process.
Even when we find things that work, they are not 100% all the time.
There is not a one size fits all kind of treatment.

My children should be treated equally, even if it's easier to manage the one without SPD.

You don't cure SPD.

As they grow, their sensory needs change.

No, she won't grow out of it.

Yes, she will learn to regulate it.

Kids need their sensory time.

We can't always predict what causes him anxiety.

Just because you can't identify triggers in the environment and warning signs in his behavior, it doesn't mean that they aren't there or that I can't see them.

Accommodations are not special treatment, they are a necessity that allow him to navigate the world on an equal footing.

Please don't think I'm being rude when I stop a conversation with you in order to apply behavior strategies with my son.

Your support is important to our family. If you can't help me with this specific child, perhaps you could lend help with things around the house or other children to allow me more 1:1 time to focus on my child that needs me.

Finally...

All children want to do well, all children want to be accepted, loved, and included.

Don't give up on mine.

Signed,

Every parent who's child struggles with SPD