

February: The Month of Love!

Being parents of a child or children with Autism can be challenging. Sometimes we forget about that special person we count on or lean on in times of stress. Lets take some time to find ways to reconnect and strengthen that special bond.



Ideas:

Take a Walk * Write Them a Love Letter * say I Love You! * Buy Them Their Favorite Snack* Plan a Date Night *

Are you having problems finding a babysitter? You can ask your CVRC worker about respite care. You can have a date while the kids are at school or you can plan for a date night at home after the kids go to sleep.

Here are some wise words by Tanisha Worthey: "Ask Family To Help: This can be a tough one, but a lot of times aunts, uncles, grandparents and even cousins would love to help you out and just don't know how to do so. It may require a day of time spent together with you so you can teach the routine and share how to handle needs as they arise, but a few hours alone with your spouse make that prep work worth it."

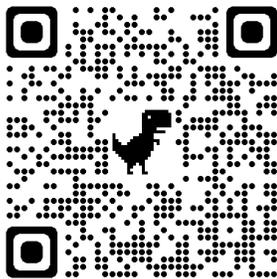
Want to read more? Please visit: <https://www.awortheyread.com/date-night-tips-for-parents-with-special-needs-kids/>

Have you heard of the 5 Love Languages? This is a very popular book that has been around for a while but now there is a great website! I will provide the QR code below. Just point your phone camera to it and the link will open.

Here is what is available for free at the website:

Revealing quizzes: Love Language Quiz, Apology Language, Anger assessment quiz

Other information: Books for couples, Get connected App., Information on Events for Couples, and the 5 Languages newsletter.



The 5 Languages Website



What are The 5 Languages? Video

