

Caring for yourself and other family members



Families with special needs children

When a child with special needs comes into a family, it often takes a long time for everyone to come to terms with the new situation; some members of the family will take longer than others.

While it is probably best to carry on as normally as possible, there are inevitably ways in which different family members have to compromise, but if you can get together to discuss the situation, you will probably find a solution. It is important to realise that you do, or will, have challenges to face and, if possible, to look ahead realistically to the future.

It is equally important to maintain a balanced outlook: try to keep from always seeing the negative side of things but, on the other hand, do not pretend that nothing is wrong or has changed.

You and your family

Other children in the family are just as “special” as your child with PWS, and they need to feel that they are getting your attention just as much as he or she is. Your partner is equally special. Try to make time for other family members’ enjoyment and activities, and accept offers from relatives to look after your child with PWS while the rest of the family, or you and your partner, do something together.

Everybody needs “me-time”, especially those with special needs children – so always find time to do the things you enjoy most.

Support from other organisations

Contact a Family [https://
contact.org.uk/](https://contact.org.uk/) offers workshops in some areas to help you strengthen family relationships and it also has online resources which you may find helpful.

You may be able to find local groups for siblings or get respite for your family. Contact your local social services department or child development centre to find out more.

Most areas have local facilities for those with children with special needs, and there you will find a wealth of support and information from other parents, even if their child does not have PWS.

Please remember—you are not alone!

Although PWS is rare, we are in touch with nearly 1,000 families who have a child or adult with PWS in the UK, and we know how much they appreciate being able to have contact with other families to share experiences or ask questions. We have a number of ways to help you do this.



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Come to one of our **regional family days** – If you are PWSA UK member, you'll be notified about them in advance. Or check our website at www.pwsa.co.uk/meet-families-and-find-events-near-you/ for family events.

Call or email our PWSA UK office at 01332 365676 or admin@pwsa.co.uk and speak to one of our friendly and knowledgeable support staff members.

PWSA UK

Suite 4.4
Litchurch Plaza
Litchurch Lane
Derby DE24 8AA

T: 01332 365676
E: admin@pwsa.co.uk
W: www.pwsa.co.uk

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