

TRUTH: CHALLENGES AND DIAGNOSES DON'T DEFINE A CHILD.

LET GO OF WHAT OTHERS THINK—OF YOUR PARENTING, AND OF YOUR CHILD.

LEAN INTO YOUR DISCOMFORT.

LET YOUR CHILD BE ON HIS OR HER OWN TIMELINE.

STAY OPEN, PAY ATTENTION, AND **QUESTION EVERYTHING** YOU THOUGHT YOU KNEW ABOUT RAISING KIDS.

STOP WAITING FOR THINGS TO GET EASIER AND APPRECIATE WHO YOUR CHILD IS NOW.

BREATHE DEEPLY. (OFTEN.)

REMEMBER THAT YOUR CHILD'S STORY IS UNWRITTEN.

DON'T BEAT YOURSELF UP FOR THE MISTAKES YOU MAKE ALONG THE WAY.

PRACTICE EMPATHY WITH YOUR CHILD, WITH YOUR PARTNER, AND WITH YOURSELF.

LET GO OF YOUR IMPOSSIBLE EXPECTATIONS FOR WHO YOU "SHOULD" BE AS A PARENT. **JUST BE YOU.**

PARENT FROM A PLACE OF POSSIBILITY INSTEAD OF FEAR.

NEVER UNDERESTIMATE HOW RESOURCEFUL YOU ARE.

CREATE A WORLD WHERE YOUR CHILD CAN FEEL SECURE.

BE CURIOUS AND BECOME FLUENT IN YOUR CHILD'S UNIQUE LANGUAGE.

REMEMBER THAT NOBODY NEEDS TO BE "FIXED"—DIFFERENTLY-WIRED ISN'T A DEFICIT...IT'S EVOLUTION.