



**LIBERATED HANDS PARENT TOOLKIT**

# **A FATHER'S PERSPECTIVE**

*A Family Reflection Guide for the Autism Journey*

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*Part of the Liberated Hands Parent Toolkit Series*

*Liberated Hands Parent Toolkit Series | Helping Families Navigate Special Education with Confidence | [www.liberatedhands.com](http://www.liberatedhands.com)*



# A LETTER TO PARENTS

Dear Parent,

Receiving a diagnosis can bring many emotions—  
fear, uncertainty, relief, hope, and even grief.

Whatever you're feeling today is valid.

This journey may not look like the one you  
imagined, but it can still be filled with joy, growth,  
and unforgettable moments.

There is no perfect parent.

There is only a parent who continues to love, learn,  
and show up.

You are not alone.



# LET'S TALK ABOUT IT

## QUESTIONS FOR PARENTS

♥ What was your first reaction when you received the diagnosis?

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♥ What has been your biggest challenge?

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♥ What has surprised you the most?

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♥ What are you most proud of?

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# A CONVERSATION BETWEEN PARENTS

If you're parenting with a spouse or partner, take time to discuss these questions together.

- How has this journey changed us?
- What has our child taught us?
- How can we better support one another?
- What gives us hope?
- How can we celebrate our child's progress more often?



# CELEBRATING MY CHILD

♥ My child's strengths

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♥ Things that make my child smile

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♥ Favorite activities

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♥ Recent accomplishments

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♥ Dreams I have for my child

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# A LETTER TO MY CHILD

Dear \_\_\_\_\_

*I want you to know...*

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*This is one of those pages parents may keep forever.*

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## YOU'VE GOT THIS

Every family has its own story.

There will be difficult days.

There will be joyful days.

And there will be moments that remind you just how incredible your child truly is.

Continue learning.

Continue growing.

Continue loving.

Most importantly...

## CONTINUE YOUR JOURNEY

If this guide encouraged you, explore more free resources from the Liberated Hands Parent Toolkit Series.

**"Every milestone matters. Every child deserves to be celebrated."**

 Watch more videos:

Navigating Special Education Together

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