

## Helpful Hints

- Psychotherapy/Counseling Can Always Help
- Learn About The Disability
- Community Resources And Services Are Available
- Accept Help From Your Family And Friends
- For Some Couples Having Children With Disabilities Can Actually Bring Them Closer Together
- Show Your Child You Have A Loving and Caring Relationship With Your Partner
- Some Couples Find Out That A Child With A Disability Gave Them A New Purpose For Life



## Ways To Keep Your Relationship Healthy & Happy

- Commit to the Relationship
- Develop A Common Spiritual Commitment
- Spend Time With Model Couples Who Have Been Happy Together
- Understand That No Relationship Is Perfect
- Find Time to Communicate
- Develop Common Interests
- Get To Know Your Partner at the Deepest Level Possible
- Avoid Negative Kidding and Sarcasm
- Be Romantic

## Domestic Violence Among Parents



## Who Have Children With Disabilities

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**70% of Couples Get Divorced  
90% of Couples Who Have Children  
With Disabilities Get Divorced**

Most break-ups and divorces don't end friendly and happy, they end with abuse, violence, suicide, murder, and at the very least the couple hating each other.



**Reasons Why Most Couples Get Divorced**

- Cheating Spouse
- Jealousy & Vengeance
- Sexual Problems
- Change In Priorities
- Difficulty Commutating
- Use & Abuse of Drugs & Alcohol
- Not Being Compatible As They Thought
- Other Addictions – Gambling, Pornography, etc.
- Difficulties Raising Children
- Mental Illness
- Emotional, Physical, and Sexual Abuse



**Parents of Children with Disabilities  
Have Additional Stress**

- Dealing With Multiple Disability Specialists
- Multiple Expenses
- Learning About The Disability
- Choosing Treatment Options



- Managing A Complex Medical System
- Negotiating Insurance
- Advocating For Special Services In The School System
- Responding To The Needs Of Other Family Members
- Gender Role Conflicts
- Financial Problems
- Additional Responsibilities & Expenses As The Child Gets Older