

simply inspiring  
perspective

# TANYA DETRIK

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## The Power in Perspective

A TED-style talk which is inspiring for businesses, organizations, associations or groups who find value in exploring transformative ideas.

## Perspectives from the Other Side of the Bed

A presentation for the medical and therapeutic services communities who seek patient perspective as a learning tool for compassionate care.

## The Book Story: Waking Up with Nora

Great for community groups, book clubs, heart-centered and spiritually-based organizations and those who appreciate hearing and connecting with stories of love, challenge and transformation.

**"Every new life has the potential to make life new."**

"Waking Up with Nora is a powerful story about how when life throws us curve-balls, they can serve to teach and inspire us, at any age, to reconsider our lives."

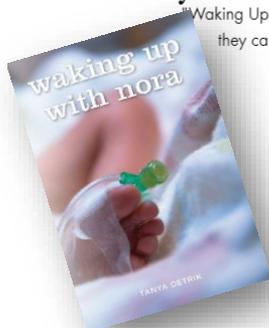
Mike Jaffe, author of *The Human Wake Up Call*.

**BUY THE BOOK**

**At the conference or on Amazon**

**All proceeds go to helping Special Needs kids**

From visions of a dream-come-true to the unimaginable nightmare of epilepsy and radical brain surgery at five months old, Nora's story entwined with her grandmother's awakenings is a memoir of love, re-connection and the supreme affirmation that we're never too young or old to become who we were meant to be.



# 10 Things You Might Not Know About the Parents and Caregivers of Special Needs Kids

Conference Presentation by Tanya Detrik Grandmother of a Special Needs Child

1. What you might not know is that a Special Needs diagnosis is a kind of death. It's often the death of our dreams for our children. We can feel grief every time our children face social scrutiny or when we discover something else our children may never be able to do. We can even grieve our own death in sleepless nights worrying about what will happen to them when we are gone.
2. Having a Special Needs Child often isolates us. Often, family and friends don't understand how different our lives are from theirs. Sometimes that means a lack of support. What you might not know is Special Needs parents feel alone and always worry that they are failing their child in some way.
3. What you might not know is how your demeanor, even just the expression on your face when you enter the room, can make or break the day for us. What you might not know is that your attitude and energy affect us, even after you leave.
4. Because of the many demands of raising a Special child, many mothers struggle to maintain their careers or have had to give them up, leaving behind their professional identities and the status and income that went with it. So, what you might not know is that when dealing with a Special Needs mom, you are likely dealing with a person who is running on empty, suffering from low self-esteem and struggling with her own identity.
5. What you might not know is that Special Needs parents have more than the average number of full-time jobs: Job #1: Caring for their Special Needs child is a full-time job. Job #2: Advocating for and finding services for them and then hassling with insurance is a full-time job. Job #3: Making and getting to doctor and therapy appointments is a full-time job. Often, all three jobs and more fall on the shoulders of one person.
6. What you might not know is that when a parent or caregiver says something isn't right with the health or wellbeing of our child, we know. We know our children because we are hyper-vigilant.
7. Special Needs children come in all levels of awareness. What you might not know is that we would prefer not to discuss sensitive medical information in front of them.
8. What you might not know is that we do want all the details, not a superficial overview. We need to know everything, because we need to prepare ourselves, and understand and find the services the child will need.
9. What you might not know is that we understand that sharing experiences can be a method of bonding, but during our stressful hospital stays we have no bandwidth for hearing stories about your typical child's experience.
10. On a lighter note: What you might know is that for Special Needs Moms, personal hygiene is the first thing to go when things get stressful. So, what you might not know is that we realize it and apologize for what you might have to endure because of it!

More at: [tanyadetrik.com/planetree](http://tanyadetrik.com/planetree)