

# Thoughtful Gifts for Parent Caregivers

Daily life for parents of children with special health care needs is often filled with medical care, appointments, school meetings, feeding and sleep concerns, behavioral challenges, sibling issues, and so much more. This is on top of jobs, chores, and family life. All of this can be overwhelming for parent caregivers who often don't have time to take care of themselves, their relationships, and the things they enjoy.

During this holiday season, think about some practical and personal gifts for a parent caregiver you know to help relieve some of their stresses throughout the year. Remember, it may be difficult for these parents to get away for long periods of time. Sometimes sharing time, an open mind, and offering friendly support are the best gifts of all!

## Supportive Gift Ideas

- Help with laundry
- Clean a closet or a room
- Collect or drop off recyclables
- Sort through mail or other paperwork
- Food shopping
- Home cooked meals
- Replace batteries in smoke alarms
- Shred old paperwork
- Set up or take down holiday decorations
- Drive to appointments
- Get car washed
- Seasonal home/garden maintenance
- Babysit
- Hands-on support (home cooked meal, support at an IEP meeting, driving siblings to a school event, etc.)
- Cup of coffee or tea with a friend
- Uninterrupted time to do something for themselves

## Personal Gift Ideas

- Meal delivery service
- Grocery store gift card
- Grocery delivery service
- Movie card
- Their favorite book
- Gift basket (movies, games, inspirational items, etc.)
- Diapers, wipes, and other similar disposables
- Cleaning service
- Gift card for family portrait
- Subscription to music service
- Gift card for gasoline

