

# Burn Bright, Not Out

Tips for parents & caregivers to avoid burn-out

1

Don't let your mission become your meltdown. You can be all in without being all consumed.

2

Know the difference between urgent & important. Not every email, decision, or meeting is a crisis. Prioritize what actually moves the needle for your child.

3

Don't parent alone. Build your people. Isolation accelerates burnout. Build your support system.

4

Say "not now" without guilt. Every "yes" to something unnecessary is a "no" to your capacity. You're allowed to pause & delay.

5

Anchor to the bigger picture. Return to the vision. You're building something long-term, not just surviving today.

6

Celebrate small wins loudly. Did you ask a question in a meeting? Find a new resource? Help your child? *That* is the work. Celebrate it!

7

Create "off" hours & mean it. Protect your evenings & your weekends. Set boundaries.

8

Let the paper sit. You don't have to read the entire IEP in one night. Give yourself permission to review things in chunks.

9

Stay rooted in reality; not perfection. You don't need to be the perfect parent or advocate; just a present one. Progress > perfection.

10

Know when to ask for help. Reaching out is a sign of strength. not surrender.