

How family and friends can help

home

- > Leave dinner at the door
- > Fold laundry
- > Put away monthly supplies
- > Grocery shop
- > Take my car for a wash



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- > Sleepover for a night
- > Come to my house and send me for a walk
- > Get to know my kid, like really know him/her
- > Check in on the siblings and take them for an activity
- > Bring over yoga mats and stretch with me



support

advocate

- > Take an interest in learning about GRIN2B
- > Ask for books and podcasts to learn more
- > Volunteer and engage at my events
- > Teach your Neurotypical kids that disability is a normal part of human diversity



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- > Continue to invite me
- > Understand I am living in crisis mode
- > Check in regularly - send a text and be ok without a response
- > Keep offering to help even if it's years after the diagnosis and it "appears" that we're fine
- > Treat me the way you did before



hang in