



# FATHER'S SURVIVAL KIT

7 Essential Tools for Raising a  
Child with Disabilities

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Got4titude. A community built by fathers, for fathers.

  
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# 1. THE INVISIBLE LOAD CHECKLIST



**You're carrying more than anyone sees. Here's what that might include:**

- Financial stress from medical bills and therapies
- Unspoken grief from dreams that had to shift
- The pressure to be “the strong one”
- Marriage or relationship strain
- Guilt when you feel like you're not doing enough
- Exhaustion from holding it all together

You're not failing You're carrying a load no one prepared you for.  
Start by naming what you're carrying so it doesn't silently crush you.

✅ **Tip:** Take 2 minutes and jot down your “invisible load” list.

💡 **Benefit:** Clarity brings relief — and helps you ask for the support you actually need.

💬 **Real Talk:** I didn't realize how much I was carrying until my health and marriage started slipping and my patience wore thin. Letting go of control and leaning on a greater consciousness, something bigger than me, was the turning point. That's when things started to shift.

## 2. THE EMOTIONAL FIRST AID KIT



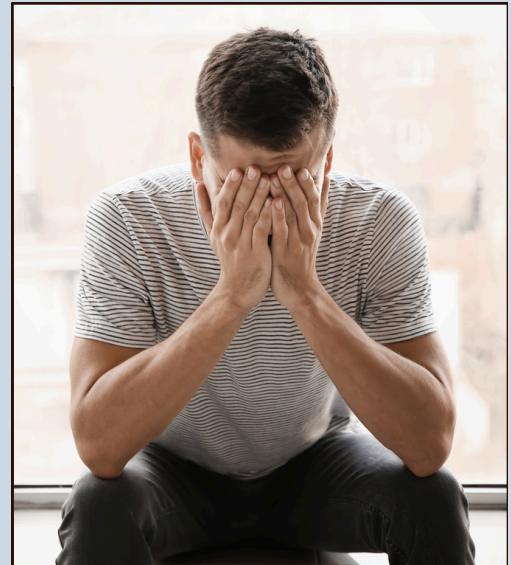
**There are days it's all too much.**

**Here's how to stay present without checking out:**

- Anger? Go outside. Move your body. Say out loud: "This isn't my fault, but I get to lead through it."
- Guilt? Write down 3 things you did for your child today.

**Overwhelm? Text one friend:** "Today's rough. No advice needed. Just needed to say it."

You don't need to fix everything. You just need to stay connected to yourself.



✓ **Tip:** Save these in your notes app so you can access them when it hits.

💡 **Benefit:** Reduces emotional spirals and helps you stay steady when your child needs you most.

# 3. THE MENTAL REBOOT ROUTINE

(5 MIN DAILY)



**When everything feels like too much, do this:**

1. Sit with your feet on the floor.
2. Take 5 deep breaths. In and out your nose.
3. Put your hand on your chest.
4. Say: “I’m safe. I’m strong. I’m doing my best.”
5. Name one thing you’re grateful for — even if it’s just coffee.

✅ **Tip:** Use this as your morning or lunch reset routine at the same time every day.

💡 **Benefit:** Calms your nervous system so you respond instead of react.

## 4. MICRO-MOMENTS OF CONNECTION



**You don't need hours. You need intentional minutes.**

- Lay on the floor next to your child. Match their energy.
- Sing a silly song you used to love. Let them hear your joy.
- Say what you imagine they're thinking. It shows you're paying attention.
- Let them see you cry, laugh, or breathe. They feel your energy more than your words.

✅ **Tip:** Schedule 5 “micro-moments” this week. Set an alarm if you need to.

💡 **Benefit:** These mini-bonds build long-term connection, even if your child is nonverbal or sensory-averse.





## 5. MARRIAGE & FATHERHOOD

### Mini-Map

**This journey changes everything, including your relationship.**

Here's one truth I wish I knew sooner:

You can't wait for life to calm down to reconnect. You have to do it in the chaos.

#### **Quick resets that help:**

- 10-minute check-ins after the kids go down
- Weekly “no kid talk” coffee dates...even if it's just on the porch or kitchen table
- Leaving sticky notes or texts that say, “I still see you.”

💬 **Real Talk:** My wife and I do Friday night date nights at home after the kids go to bed. Sometimes we cook together and talk. Sometimes we get takeout, pour a glass of wine, and just reconnect. It's not fancy. It's intentional and that's what matters.

✅ **Tip:** Add your next at-home date night to the calendar right now.

💡 **Benefit:** Staying connected to your partner helps you lead your family as a team, not just two exhausted individuals.

# 6. THE ADVOCACY SCRIPT



**Feel overwhelmed during IEPs, evaluations, or doctor visits? Use these plug-and-play phrases to sound confident and prepared:**

- “Can you explain that in plain language so I can make the best decision for my child?”
- “What goals are realistic and meaningful for my child, not just the standard benchmarks?”
- “I’d like to bring in outside resources to support this plan. How can we integrate that?”

✓ **Bonus:** Bring a notebook and write everything down. It shifts the power dynamic.

📄 **Want more IEP support?**

Download our free IEP Guide & Checklist to walk into your next meeting with confidence.

[DOWNLOAD NOW](#)



✓ **Tip:** Read these aloud before meetings to get grounded.

💡 **Benefit:** You’ll sound clear, calm, and confident even if you don’t feel that way yet.

# 7. THE BROTHERHOOD LIST



## **You're not supposed to do this alone.**

Pick one lane this week. One online space, one audio resource, or one local connection. Consistency beats variety. Here are communities where you'll find other fathers who get it:

- **Got4titude Private Facebook Group**: The brotherhood built for you
- **Reddit**: [r/Daddit](#) | [r/Autism Parents](#)
- **Podcasts**: [Special Fathers Network-Dad to Dad Podcast](#)
- **Instagram**: Follow @[Got4titude](#) for daily support, tools, and encouragement

✓ **Tip**: Join 1 group this week and post something real, even just a "Hey, I'm new here."

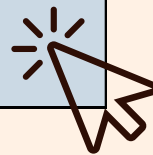
💡 **Benefit**: Knowing you're not the only one carrying this gives you strength you didn't know you had.

💬 **Real Talk**: Isolation didn't make me stronger. It made everything heavier. Brotherhood didn't fix my problems. It gave me strength, clarity, and a place to breathe.

# WANT MORE TOOLS, MINDSET SHIFTS, AND BROTHERHOOD?

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and raw truth from fathers who get it.

Support isn't weakness.  
It's strategy.

