



Not What I Expected: Help and Hope for Parents of Atypical Children

Rita Eichenstein

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Not What I Expected: Help and Hope for Parents of Atypical Children Rita Eichenstein
Finalist for a Books for a Better Life Award

A pediatric neuropsychologist presents strategies to help parents of special-needs children navigate the emotional challenges they face.

As diagnosis rates continue to rise for autism, ADHD, learning disabilities, and other developmental differences, parents face a maze of medical, psychological, and educational choices – and a great deal of emotional stress. Many books address children’s learning or behavior problems and advise parents what they can do to help their kids, but until **Not What I Expected: Help and Hope for Parents of Atypical Children** there were no books that explain what the parents are going through - and how they can cope with their own emotional upheaval – for their own sake, and for the wellbeing of the whole family.

With compassion, clarity, and an emphasis on practical solutions, Dr. Rita Eichenstein's **Not What I Expected: Help and Hope for Parents of Atypical Children** walks readers through the five stages of acceptance (similar to the stages of grief, but modified for parents of special-needs kids). Using vivid anecdotes and suggestions, she helps readers understand their own emotional experience, nurture themselves in addition to their kids, identify and address relationship wounds including tension in a marriage and struggles with children (special-needs and neurotypical), and embrace their child with acceptance, compassion and joy.

From the Trade Paperback edition.

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