

# PARENTING with APHASIA Tips

Parenting with aphasia can come with unique challenges, but with creativity, planning, and support, you can still build strong relationships and stay actively involved in your child's life. Here are some tips that may help!



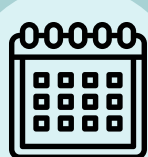
## 01. Use Every Tool to Communicate

Pause or Say: "Give me a minute."

**BONUS: You are teaching empathy and patience to your child!**

Use gestures, drawings, and pointing. Keep a communication notebook nearby with pictures, key phrases, or emojis. Try apps designed for people with aphasia. Many offer ways to express thoughts with images or text-to-speech.

**HINT: Have your child help you build the toolbox!**



## 03. Create Routines & Visual Schedules

Use picture books, graphic novels, or books with repeated phrases. Point to words or pictures as your child reads aloud. Try audiobooks or video books so you can enjoy stories together without the pressure of speech.

**BONUS: You are modeling flexibility!**

Post a daily visual schedule (pictures, simple words, etc.) Use sticky notes, checklists, or calendar apps too.

**HINT: Daily organization helps everyone!**



## 05. Talk About Aphasia

Involve other adults when needed. Family, teachers, friends, or neighbors, especially with school communication.

**BONUS: This is a great social-emotional skillset!**

## 04. Read Together, in Your Own Way



Be open with your child about aphasia in age-appropriate ways ("My brain works a little differently now, so sometimes I need extra time to find words.") Encourage questions and make it okay for them to talk about it. **HINT: There are story books and videos that can help!**

## 06. Ask for Help When You Need It



Let go of the idea of "perfect parenting" Continue to engage with your child's interests and bring relevant communication supports (i.e. a list of other parents/friends names)

**HINT: Neuroplasticity thrives on change**

## 08. Care for Yourself, Too



Make time for rest and things you enjoy; ask for their help on your hobbies.

Support groups (for parents, for people with aphasia) can be a lifeline.

**BONUS: You are teaching your child about self-love.**

Encourage them to learn about aphasia with you. Let them help you problem-solve communication. Praise and celebrate their empathy, patience, and creativity.

**HINT: You are showing them that you believe in them!**



## 09. Empower Your Child

The NAA has a section on Parenting with Aphasia on our website:

**www.aphasia.org** Help us populate that site with your favorites!

**BONUS: A lesson in resourcefulness!**

## 10. Seek out books, films and podcasts

