

What does it mean to be a SEN parent?

It means loving your child fiercely ❤️... while quietly carrying battles most people never see.

- Fighting systems that don't listen ⚖️
- Repeating your child's needs over and over just to be heard 🔄
- Being dismissed, doubted, or blamed 😞
- Watching your child get excluded from parties or playdates ❤️
- Feeling judged in public for behaviours others don't understand 🗣️
- Navigating constant school struggles and lack of support 📅
- Endless forms, meetings and assessments 📄
- Living in a state of emotional exhaustion 😫
- Feeling isolated from other parents 👤
- Losing friendships that "don't get it" ❤️
- Managing meltdown while holding yourself together 🤖
- Financial pressure from additional needs and support 💰
- Feeling like you have to become an expert overnight 🚀
- Advocating every single day, even when you're burnt out 🔥
- Carrying guilt, even when you're doing everything right 🤝
- Not being able to "switch off" or relax 🛌
- Wondering who is supporting *you* ❤️



Mum's Connection Club
Connect • Empower • Thrive

★ Don't face these struggles alone.

Join us at Mums Connection Club! 🤝

📍 Underdog Crew Studios

📅 Wednesdays

A safe space to talk, connect, create, and just "be" – with people who truly understand

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