



CASE STUDY

Will & Claire
Parents to ND Child

OVERVIEW

Our primary objective was to better understand and cope with our child's needs. We found it quite hard to manage sometimes, in terms of how he was behaving, and there was frustration and confusion about why he would have certain behaviours and issues.



BACKGROUND

Now we understand that, actually, it might be because he needs to do something. For example, now instead of asking why he keeps asking the same questions when I've just answered them, I realise it's because he has a need to ask that question.

We are definitely more patient now and there's definitely less stress in our house as a result. So even though our son suffers from stress, we can adapt to it and we have the ability to cope with stressful situations better.

We've learned it's about us creating the right environment. If we can build him up, if we know how to cope and create a better environment, then he's going to be happy.

MINDSET SHIFTS



One of the key points for us in improving our situation is that we learned the importance of being a role model all of the time, not just some of the time.

In addition to helping us understand our child better, working with Kanan has also improved our relationship as a couple as it forced us to take an hour out each week to talk, which we hadn't been doing.

LONG LASTING SOLUTIONS

There were things playing on our minds that we didn't know was coming up for each other and Kanan has definitely helped change how we talk to each other about our relationship with our son and how we can help each other be better for him.

There were also some other things that evolved in the process, such as **achieving a better work/life balance**.

While this wasn't our main motivator to start with, it just sort of developed and it has been really positive because it became abundantly clear at the beginning that looking after ourselves, with things like getting enough sleep, was important too.

