

Mom's Journey: Overcoming Adoption, Husband's Alcoholism, and the Challenges of Special Needs Parenting



off-script: a mom's journey through adoption, a husband's alcoholism and special needs parenting

by Valerie Cantella

★★★★☆ 4.8 out of 5

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My name is Sarah, and I am a mother of three. My oldest child, Emily, was adopted from China when she was three years old. My middle child, Ethan, has Down syndrome. And my youngest child, Lily, is typically developing.

Our family has faced many challenges over the years. Emily has struggled with attachment issues and anxiety. Ethan has had multiple surgeries and requires constant care. And my husband has battled alcoholism.

But through it all, we have learned to rely on each other and to find strength in our love for one another. We have also learned that we are not alone. There are many other families who have faced similar challenges.

I am sharing our story in the hopes that it will inspire others. I want other mothers to know that they are not alone. I want them to know that it is possible to overcome even the most difficult challenges.

Adoption

We decided to adopt Emily after years of infertility. We had always dreamed of having a family, and we were determined to make it happen, no matter what.

The adoption process was long and challenging, but it was also incredibly rewarding. We were finally able to bring Emily home in 2009.

Emily was a beautiful and loving child, but she had also experienced a lot of trauma in her early life. She had been abandoned by her birth parents and had lived in an orphanage for several years.

As a result of her trauma, Emily struggled with attachment issues and anxiety. She was often clingy and had difficulty trusting others.

We worked hard to help Emily overcome her challenges. We provided her with a stable and loving home, and we enrolled her in therapy.

Over time, Emily began to heal. She started to trust us and to feel secure in our love.

Husband's Alcoholism

My husband's alcoholism began gradually. At first, he would just drink a few beers after work. But over time, his drinking became more and more frequent and heavy.

My husband's alcoholism had a devastating impact on our family. He was often absent, both physically and emotionally. He was also verbally and physically abusive.

I was terrified for my children and for myself. I didn't know what to do.

Finally, I reached out for help. I called a domestic violence hotline and I started going to therapy.

With the help of my therapist, I learned how to set boundaries with my husband and how to protect my children.

My husband eventually agreed to get help for his alcoholism. He went to rehab and he has been sober ever since.

It has been a long and difficult road, but our family is finally healing. My husband is a wonderful father and husband, and our children are thriving.

Special Needs Parenting

Ethan was born with Down syndrome. We knew about his diagnosis before he was born, but it was still a shock to see him for the first time.

Ethan has had multiple surgeries and requires constant care. He is also developmentally delayed.

Parenting Ethan has been challenging, but it has also been incredibly rewarding. Ethan is a happy and loving child, and he brings so much joy to our lives.

We have learned a lot about special needs parenting over the years. We have learned how to advocate for Ethan's needs and how to help him reach his full potential.

We have also learned that we are not alone. There are many other families who have children with special needs.

Hope for the Future

Our family has faced many challenges over the years, but we have overcome them all. We are stronger than ever before.

I am grateful for the love and support of my family and friends. I am also grateful for the help that we have received from professionals.

I know that the future holds challenges, but I am confident that we will face them together. We are a family, and we will always be there for each other.

Resources

- National Adoption Center: <https://www.adopt.org/>
- National Council on Alcoholism and Drug Dependence: <https://www.ncadd.org/>
- National Down Syndrome Society: <https://www.ndss.org/>



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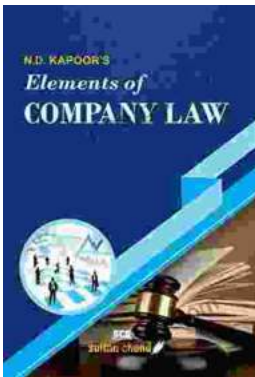
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