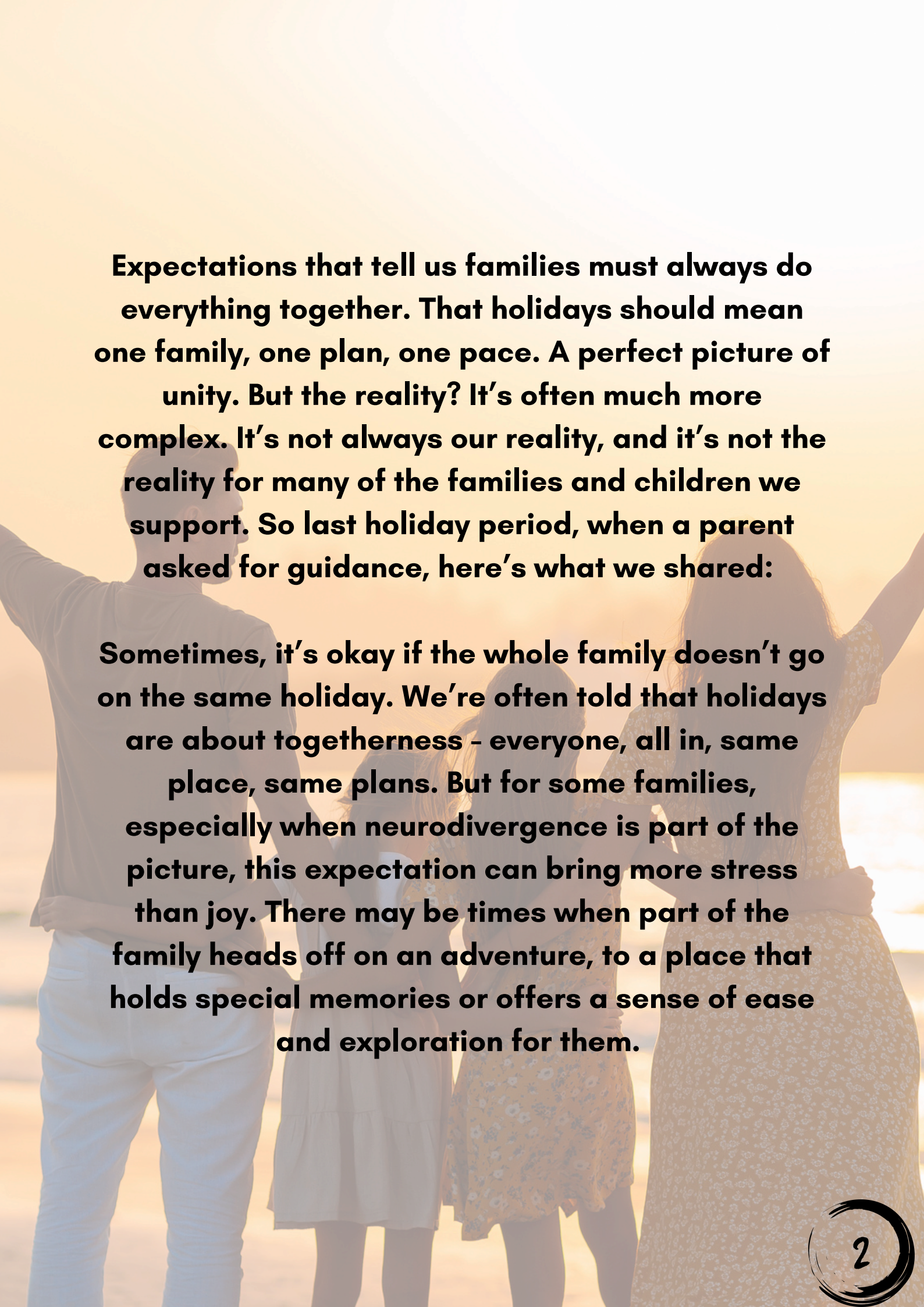


A Gentle Reflection: Choosing What Works for You & Your Family

Today, we'd like to re-share a reflection. One that might feel a little surprising, or even spark some quiet debate. We know that well-meaning friends, family, or even professionals might see this as "giving in" or letting the children "run the show." But before we lean into those old narratives, we invite you to pause and gently consider: why would we push a child into something that, deep down, their whole body and mind are telling them feels unsafe?

What we're sharing today is guidance we recently offered, rooted in genuine care, safety, and deep understanding. We also know that making these kinds of choices is far from simple. They don't come easily or lightly. They come after years of unlearning the old patterns, sitting with discomfort, and peeling back the layers of expectation.





Expectations that tell us families must always do everything together. That holidays should mean one family, one plan, one pace. A perfect picture of unity. But the reality? It's often much more complex. It's not always our reality, and it's not the reality for many of the families and children we support. So last holiday period, when a parent asked for guidance, here's what we shared:

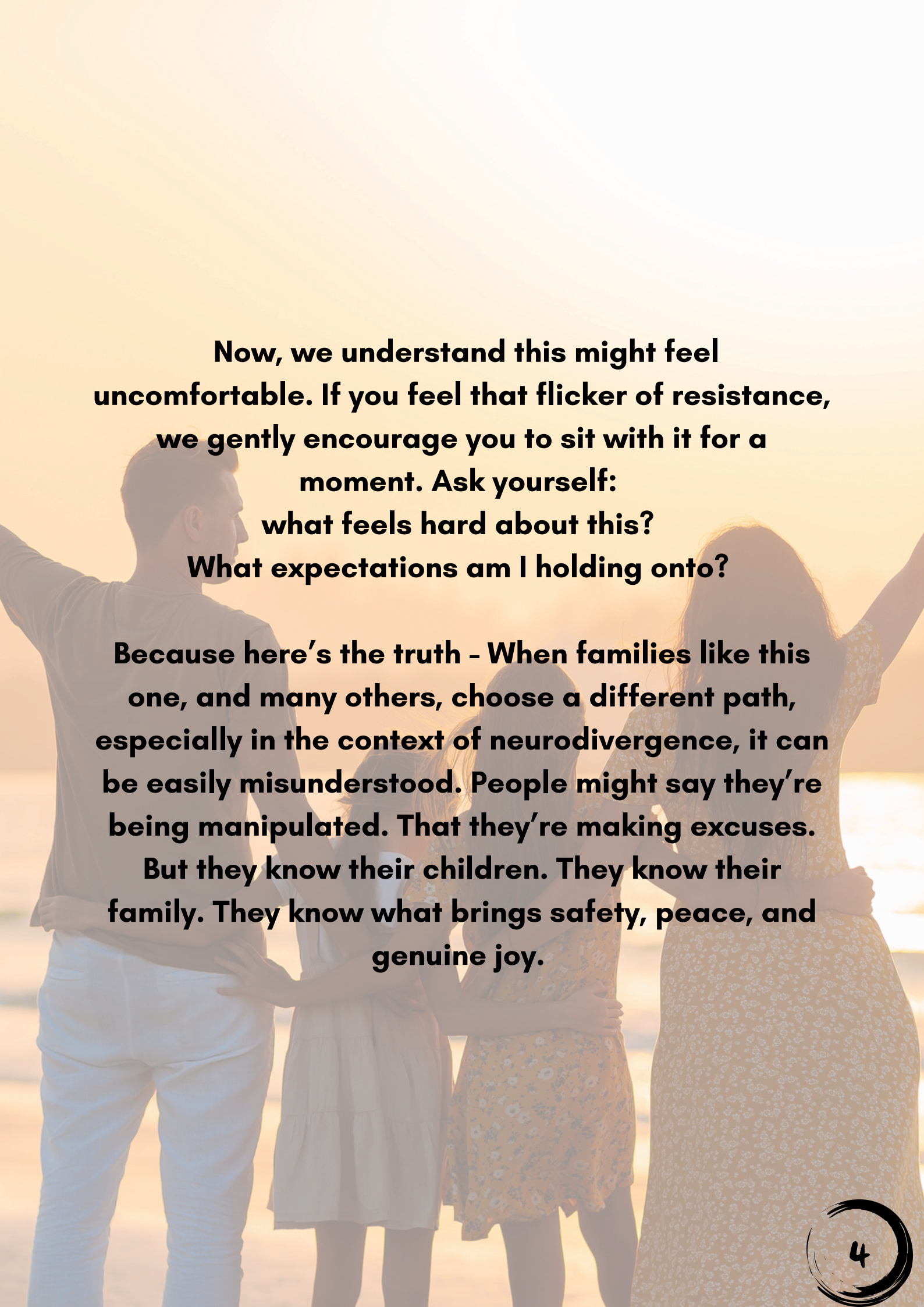
Sometimes, it's okay if the whole family doesn't go on the same holiday. We're often told that holidays are about togetherness - everyone, all in, same place, same plans. But for some families, especially when neurodivergence is part of the picture, this expectation can bring more stress than joy. There may be times when part of the family heads off on an adventure, to a place that holds special memories or offers a sense of ease and exploration for them.



And others in the family? They stay where they feel safe and settled. Not left behind. Not missing out.

But exactly where they need to be. Because pushing everyone to take part, just for the sake of togetherness, can have the opposite effect. What could have been a joyful experience might instead feel overwhelming, dysregulating, and emotionally exhausting - for the individual and the whole family.

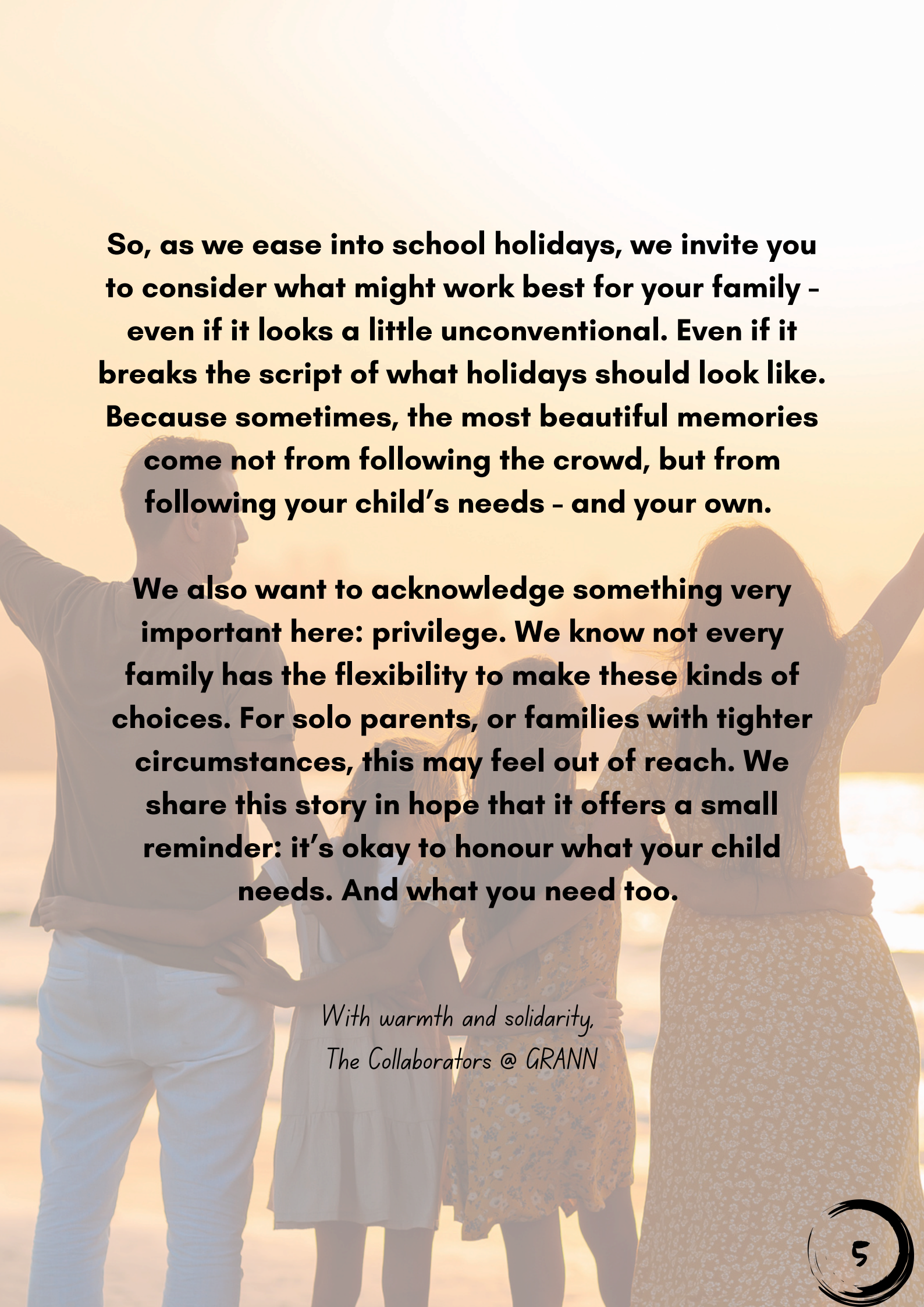
It's okay to choose what works best for everyone. It's okay to honour different needs. And it's okay if that means rethinking the picture-perfect family holiday.



**Now, we understand this might feel uncomfortable. If you feel that flicker of resistance, we gently encourage you to sit with it for a moment. Ask yourself:
what feels hard about this?
What expectations am I holding onto?**

Because here's the truth - When families like this one, and many others, choose a different path, especially in the context of neurodivergence, it can be easily misunderstood. People might say they're being manipulated. That they're making excuses.

But they know their children. They know their family. They know what brings safety, peace, and genuine joy.



So, as we ease into school holidays, we invite you to consider what might work best for your family - even if it looks a little unconventional. Even if it breaks the script of what holidays should look like. Because sometimes, the most beautiful memories come not from following the crowd, but from following your child's needs - and your own.

We also want to acknowledge something very important here: privilege. We know not every family has the flexibility to make these kinds of choices. For solo parents, or families with tighter circumstances, this may feel out of reach. We share this story in hope that it offers a small reminder: it's okay to honour what your child needs. And what you need too.

*With warmth and solidarity,
The Collaborators @ GRANN*

