

All we need is a connection to light up life

*Aashwasan brings
hope in Parents*

A mother's story



Being the first born and the most pampered one, Madhuri knew only love and joy. She was two and a half years old when I noticed that her responses were slow. I took her to a child psychologist for assessment - she was diagnosed as a slow learner with global development delay. This reflected clearly in her milestones of speech, learning and walking.

I didn't know what being a slow learner entailed. But it brought an immense fear of future for her. The pressure of performance in the school began very early in life. Seeing Madhuri struggle, I became very anxious and desperate. **The more I went into stress, the more I became strict with her** when we sat down to do homework. I would raise my voice out of frustration, fear, anxiety and confusion led to regular stomach issues in her.

I stopped putting pressure on her. I could not forgive myself for being strict with her when she was genuinely struggling. I was a teacher by profession but had lost confidence in myself as I was totally at sea as to how to help her. I took her to many tutors and special educators. I changed schools to get the right environment for my daughter - one that would bring back the joy in her. I kept her home when she felt too much pressure. She used to feel ill-treated because she was not on par with her classmates. I was heart-broken and helpless. **I got so protective that I would pick up fights with the teachers and classmates who ill-treated her.**

I didn't realise for very long that I myself felt helpless and depressed. I didn't know how to help her. At a time when I was losing sight of my child and was constantly immersed in fixing her problem, I found Aashwasan. I brought Madhuri here so that she could find her way and I find freedom to enjoy my child. I wanted to gain clarity to support Madhuri in whatever she needs.

Through her sessions, stress gradually reduced and she started feeling more confident. She started to enjoy learning. She started communicating her feelings and also found her inner expression in writing, dance and painting. She commutes by herself and enjoys bonding and spending time with her friends. She has plans for her life. She socialises and is comfortable meeting new people. She is more open to make her own decisions and being independent. Her father is able to understand her and recognises her wisdom, practicality and acceptance of herself. Madhuri's brother who didn't know how to communicate with her, not only enjoys her company but also looks up to her. I connect to my child's life now without fear and feel assured that my child can take care of herself even when I am gone.

What a child wishes is unconditional acceptance and what matters for parents is to know that the child will find its way. Aashwasan stands as an assurance of that experience.

◆ **Reach Aashwasan:**

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