



SUPPORT GROUP OUTLINE

PARENTING WITH A VESTIBULAR DISORDER

1. Welcome & Introductions (5 minutes)

- Brief check-in: name, number of children, age range, one word to describe how you're feeling today.
 - Overview of today's topic: Parenting with a vestibular disorder – challenges, communication, and self-compassion.
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2. Topic 1: Guilt and Letting Go of "Perfect Parenting" (10 minutes)

Talking Points:

- Many parents with vestibular disorders feel guilt about not being able to attend events or participate like other parents.
- Chronic illness changes your parenting style—but not your love or value as a parent.

Discussion Prompts:

- What moments have brought on feelings of guilt or inadequacy?
 - Have you found ways to shift your mindset or expectations?
 - How do you define a "good parent" now?
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3. Topic 2: Symptom Management and Being Present (10 minutes)

Talking Points:

- Although fatigue is one of the most limiting and invisible symptoms, as parents we may experience a variety of challenges brought about by a vestibular disorder.

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- Being “present” with your child can mean emotional connection, not constant physical activity.

Discussion Prompts:

- How do you navigate parenting on days when your symptoms are bad?
 - What quiet or low-energy activities do you enjoy with your children?
 - How do you explain your limits to your children?
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4. Topic 3: Talking to Your Child About Your Vestibular Disorder (10 minutes)

Talking Points:

- Age-appropriate conversations can build empathy and understanding.
- Sharing in simple terms helps children feel secure and involved, not afraid.

Discussion Prompts:

- How have you explained the vestibular condition you suffer from to your child(ren)?
 - What responses or questions have surprised you?
 - What language or metaphors have helped make it more understandable?
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5. Topic 4: Asking for Help – From Family, Friends, and/or Partners (10 minutes)

Talking Points:

- Many parents struggle to ask for help.
- It's not a weakness—it's a strength to recognize when support is needed.

Discussion Prompts:

- How comfortable are you asking for help with childcare or household tasks?
- What limits your ability to ask for help?

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- What are effective ways you've communicated your needs to family, friends and/or partners?
 - Have you found tools (shared calendars, group texts, childcare swaps) that help?
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6. Topic 5: Self-Care Isn't Selfish (10 minutes)

Talking Points:

- Self-care for vestibular patients isn't always bubble baths—it also includes rest, hydration, boundaries, and sometimes saying no.
- It takes time to build a self-care routine and to figure out what works best for you.

Discussion Prompts:

- What are your go-to self-care practices?
 - How do you carve out time for yourself without feeling guilty?
 - What does rest look like in your household?
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7. Resource Highlight: The Dizzy Moms Club (1 minutes)

Talking Points:

- The Dizzy Moms Club is a specialized support group for moms navigating parenting with vestibular disorders.
- Offers community, validation, and shared tips from moms who "get it."

Encourage Participation:

"If today's discussion resonated with you, you may want to join the Dizzy Moms Club—it's a peer-led group just for parents like you. You can find out more and sign up at vestibular.org/members/thedizzymomsclub or follow them on Instagram @thedizzymomsclub."

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8. Closing (5 minutes)

- Final reflections: What's one takeaway or piece of encouragement you're leaving with today?
- Invite participants to stay after if they want to continue chatting or ask for resources.

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