



Parents will largely agree that raising a child is immensely rewarding. For the parents of children with [HIE](#), rewarding experiences are often punctuated by the confusion and concern unique to raising a child with a disability.

Some parents receive an HIE diagnosis directly after birth, while others discover this condition later when their child begins [missing developmental milestones](#). Many parents don't know what kind of impact HIE will have on their child's health and functional abilities until the child gets older. The "wait and see" approach is often the only option there is – and that can be very difficult.

Although different children with HIE will require different types of care, we have highlighted certain considerations that we hope will help our readers. If you have found specific tips or resources particularly helpful in parenting a child with HIE, please feel free to let us know in the comments. You're also welcome to submit a guest post about your experiences to the [HIE Help Center Community](#).

A note about parenting and mental health

It is important for parents to remember they need to take care of themselves, too. Parents of children with disabilities and chronic health conditions often struggle with stress, depression, PTSD, and other [mental health issues](#). There are many sources of help for parents, including some organizations that focus specifically on supporting families of children with HIE. Click [here](#) for a list of support groups, and [here](#) for information on getting respite care (temporary or occasional assistance with caregiving).

General care considerations

Considerations in daily living



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- [Record-keeping](#)
- [Communication](#)
- [Hobbies and activities](#)
- [Socialization](#)
- [Health and fitness](#)
- [Personal hygiene and grooming](#)
- [Eating, nutrition, and meal planning](#)

[Home modifications](#)

Finances

- [Finances for Special Needs Parenting: An Overview](#)
- [Cash and Income Assistance](#)
- [Defraying the Costs of Basic Needs: Food, Housing, and Medical Care](#)
- [Tax Planning for Special Needs Parents](#)



More on parenting children with HIE

- [When You Suspect Medical Malpractice](#)
- [Options for Getting Help](#)
- [Respite Care](#)
- [Finding and Paying for Childcare](#)
- [Home Care Services](#)
 - [Using Medicaid Waivers to Pay for Home Care Help](#)
 - [Out-of-Home Care](#)
 - [Early Intervention](#) and [Special Education](#)
 - [IEPs for the Transition Between Life Stages](#)

Parent perspectives

Would you like to hear other parents' perspectives? Head on over to our [guest posts](#) section, and consider submitting [your own posts](#)!

An HIE diagnosis can be difficult, but our team is here to help. Call us when you're ready.

About the HIE Help Center and ABC Law Centers

The HIE Help Center is run by [ABC Law Centers](#), a medical malpractice firm exclusively handling cases involving HIE and other birth injuries. Our lawyers have over 100 years of combined experience with this type of law, and have been advocating for children with HIE



and related disabilities since the firm's inception in 1997.

We are passionate about helping families obtain the compensation necessary to cover their extensive medical bills, loss of wages (if one or both parents have to miss work in order to care for their child), assistive technology, and other necessities.

If you suspect your child's HIE may have been caused by medical negligence, please contact us today to learn more about pursuing a case. We provide free legal consultations, during which we will inform you of your [legal options](#) and answer any questions you have. Moreover, you would pay nothing throughout the entire legal process unless we obtain a favorable settlement.

You are also welcome to reach out to us with inquiries that are not related to malpractice. We cannot provide individualized medical advice, but we're happy to track down informational resources for you.