

A, B, C's of Living with a Child with "Invisible Special Needs"

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by Sue Badeau

- A - Advocacy - Learn to be your own best advocate
- B - Behavior management skills help both you and your child
- C - Creativity - Stretch your mind, look at situations from new angles
- D - Drug and alcohol issues may be prevalent
- E - Early Intervention - don't wait for problems to become too hot to handle
- F - Family system approach - avoid the 'IP' model of intervention
- G - Grief and loss - develop an understanding for their impact
- H - Humor - don't lose yours (and work on building it up if its weak!)
- I - Identify positive qualities in your child, and build on these
- J - Just do it! You won't know for sure if something does or doesn't work until you try!
- K - Know your (and your child's) rights! Be assertive!
- L - Learn - new ways, new ideas, new approaches, for yourself and your child
- M - Marriage and/or other key relationships - don't neglect them
- N - Never give up
- O - Other Parents are often your best sources of support
- P - Partnership - develop a "peer/partnership" approach to service providers
- Q - Questions - there are no dumb ones - keep asking until you get what you need
- R - Resources - don't be afraid to seek and use
- S - Schools can be a constant source of stress, work hard to develop an educational team
- T - Therapist - find a good one and develop a trust-based relationship
- U - Unknown - this will be one of the top 10 words in your life - get comfortable with it!
- V - Vacations - Family time together, away from everyday stresses is valuable
- W - Weekends, and their lack of structure can be problematic, try to establish routines
- X - X-tra curricular activities - find a hobby, sport, or skill your child enjoys and encourage!
- Y - Yourself - Take care of yourself or you have nothing left to give!
- Z - Zen - develop your inner self, spiritual resources, connect with a community of faith