

Helpful Suggestions from Parents

- Educate yourself about your child's diagnosis and services available to him/her. Please refer to a list of resources within the packet.
- Find a support system for yourself. Attend a local support group or network with another parent. Refer to resource list for additional information.
- Seek out individual or family therapy for yourself, if you desire. Contact your private insurance to obtain a list of providers.
- Accept help and support from family and friends. If someone offers to baby-sit, GO out!
- Seek out opportunities for your child to socialize with other children. Inquire about playgroups, YMCA, Parkettes, summer camps, youth associations, horseback riding, etc. Many programs offer services to children with special needs.
- Keep a calendar of appointments. Be prompt and reliable. Missing or being late for appointments can give the impression that you are not committed to your child's treatment.
- Call prior to appointments to find out what records, information, insurance referrals, and prescriptions you will need for the appointment.
- Don't burn bridges!! There is a difference between being assertive and aggressive. Try to keep your composure at all times for the sake of your child. If you feel that you may lose your temper at a meeting or appointment, take someone along who can help you keep your emotions in check.
- It may be helpful to seek the assistance of an advocate.
- If you have other children, try to spend some one-to-one time with them. Try not to spend all your time on the phone, online or talking about your child's diagnosis.