

Twelve Commandments for Parents of Children with Disabilities

- I. Thou art they child's best and most consistent advocate.
- II. Thou hast valuable information about your child. Professionals need your input.
- III. Thou shalt put it in writing and keep a copy.
- IV. Thou shalt try to resolve problems at the lowest level, but not hesitate to contact a higher authority if the problem is not resolved.
- V. Thou shalt keep records.
- VI. Thou shalt seek out information when needed.
- VII. Thou shalt take time to think through information before making a decision.
- VIII. Thou shalt have permission to be less than perfect. Important lessons are learned from both successes and failures.
- IX. Thou shalt not become a martyr. Decide to take a break now and then.
- X. Thou shalt maintain a sense of humor. It is great for your emotional well-being and that of your child.
- XI. Thou shalt always remember to tell people when they are doing a good job.
- XII. Thou shalt encourage a child to make decisions because one day he or she will need to do so.