

Parent-to-Parent Session



Dianna Rooney, Joan Yen
May 29, 2008

Objectives

- Describe importance of forming collaborative relationships with schools and other care providers overseas
- Identify ways to manage stress while caring for a child with special needs.
- Discuss tips and techniques for raising a child with special needs.



Welcome to Holland!



Chronic Stress



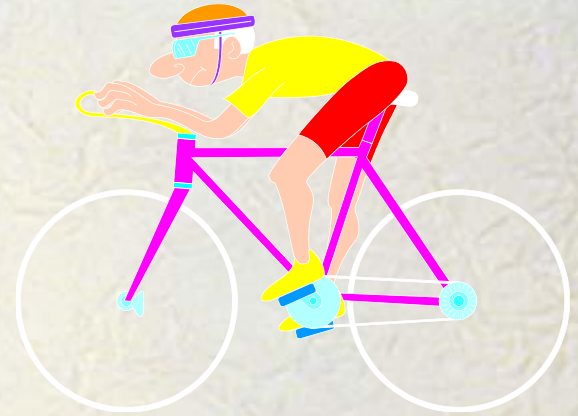
- Crisis prolonged without rest.
- Body produces steroids to respond.
- Steroids remain in body raising blood pressure, changing mood.
- More likely to cause illness and disease.

Cumulative Stress



- Slowly builds up over time (you don't even notice it)
- Erodes coping mechanisms
- Can lead to burnout, a state of mental and physical exhaustion

Benefits of Exercise



- Is the magic answer!
- Improves breathing efficiency.
- Helps prevent coronary artery disease.
- Delays aging process.
- Strengthens muscles, tendons, bones.
- Increases stamina, energy.
- Enhances self-esteem.
- Allows for easier, better sleeping.
- Releases endorphins; makes us feel good.

Relaxation

- ✓ Yoga
- ✓ Meditation
- ✓ Deep breathing
- ✓ Massage
- ✓ Listening to relaxation tapes



Intellectual and Cultural

Benefits of Laughter



- Exercises lungs.
- Stimulates circulatory system.
- Increases oxygen to blood.
- Relieves pain.
- Distracts from stress.
- Reduces tension and increases production of endorphins.

Do Something For Yourself Each Week



Nurture Other Important Relationships



Get a Housekeeper! (or other help)



Other Tips

- Let go of guilt; you (and your child) are doing the best you can.
- Trust your gut! If you think something is not right, trust parental instinct.
 - Pace yourself; you are in this for the long haul.
- Celebrate small successes.



Other Tips (cont'd)

- It's all relative!
- Ups and downs are natural.
- Forgive yourself (and your child) for things that go wrong.
- Live one day at a time. Plan for future, but don't worry about it. **Good things will happen that you can't imagine now.**



**Putting It All
Together**