



Support for Parents of Children with Special Needs

Booklist and Resources

Raising a child with a disability, special healthcare or mental health needs can be a complex and demanding job. Many parents find experiences and stories from others who face similar challenges to be enormously helpful.

A Cup of Comfort for Parents of Children with Special Needs

Colleen Sell, 2009.

A collection of inspirational stories for those who care for children with special needs.

A Different Kind of Perfect: Writings by Parents on Raising a Child with Special Needs

Cindy Dowling, Bernadette Thomas and Neil Nicoll, 2006.

A collection of over 50 short essays written by parents on raising a child with special needs. Offers comfort, consolation and wisdom from parents who share their experiences.

Breakthrough Parenting for Children with Special Needs

Judy Winter, 2006.

Offers support for letting go of some dreams and facing and resolving grief. Also includes information on accessing early intervention services, guidelines for working with professionals and understanding the law and inclusion.

Coping with Your Child's Chronic Illness

Alesia T. Barrett Singer, 2010.

A practical guide for parents who need support, practical and effective ideas and resources for dealing with their child's chronic illness. Provides information on communication with healthcare providers, learning to be your child's advocate, talking with your child about their illness, self-care and working with your child's school.

Different Dads

Jill Harrison (editor), 2007.

A collection of father's stories of parenting children with disabilities. The testimonies written by fathers represent a broad spectrum of experiences including single fathers and married adoptive fathers.

Extreme Parenting: Parenting your child with a Chronic Illness

Sharon Dempsey, 2008.

A guide for parents of children with long-term illness. Covers key strategies to help parents cope with the difficulties of dealing with their child's illness and includes practical advice, models of exploration and action lists.

Going Solo While Raising Children with Disabilities

Laura Marshak, 2015.

Practical tips and information for solo parents of children with special needs.

My Baby Rides the Short Bus

Yantra Bertelli, Jennifer Silverman & Sarah Talbot, editors.

True-life tales by mothers and fathers raising kids with special needs. It provides a dose of both laughter and reality.

More Than a Mom

Judy Winter, 2006.

Practical and tried tips for living a full and balanced life when your child has special needs (a Mom's Choice Awards recipient). Addresses staying healthy, organization, marriage, work options, finding specialized childcare and advocating for your child. Written with input from over 500 mothers.

Parenting Your Complex Child

Peggy Lou Morgan, 2006.

Help for parents who want to learn how to become a powerful advocate for children with autism, Down syndrome, PDD, bi-polar or other special needs. Provides documentation and tracking tools, information on how to create routines to support your child's needs and communicating their needs to professionals. Includes planning care for your child when you no longer can.

The Resilient Family

Paul Power & Arthur Dell Orto, 2003.

Shows readers how to identify the strengths that already exist in your family and use them to enable your family to flourish, even in the face of burdens that feel overwhelming.

Shut Up About Your Perfect Kid

Gina Gallagher & Patricia Konjoian, 2010.

The authors share their frustrations, sadness and stigmas they face as parents of children with special needs (one child has Asperger's Syndrome, the other has bipolar disorder).

The Elephant in the Playroom: Ordinary Parents Write Intimately and Honestly About Raising Kids with Special Needs

Denise Brodney, 2007.

A wide variety of stories from parents who have children with ADD/ADHD, sensory disorders, depression, autism and physical and learning disabilities. Addresses everything from deciding to medicate a child to learning how to care for oneself.

To Learn More

- Center for Children with Special Needs
www.cshcn.org
- Family Resource Center 206-987-2201
- Ask your child's healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.

Articles

You Are Not Alone

Patricia McGill Smith, 2010.

For parents who have recently learned that their child is developmentally delayed or has a disability. Addresses common reactions and emotions parents have and offers practical tips for parents to help themselves thru the period of trauma and change. www.parentcenterhub.org/repository/notalone

The Unplanned Journey: When You Learn Your Child Has a Disability

Carole Brown, Samara Goodman, and Lisa Küpper, 2010.

Included in this article are discussions of adjusting to the new life, accessing information and services, supporting the needs of the family, finding child care and working with professionals.

www.parentcenterhub.org/repository/journey/

Websites

Washington Parent-to-Parent

www.arcwa.org 1-800-821-5927

Provides information, resources, social and educational gatherings and supportive parent matching. Matches parents in one-to-one relationships with trained, experienced parents, based on similar diagnoses and family issues.

Washington Father's Network

www.fathersnetwork.org 425-653-4286

Provides information, resources, annual conferences, regional dad's groups. Connects men with other dads, resources, information and education, plus opportunities for "all family" celebrations.

Center for Children with Special Needs

www.cshcn.org/support-connections/support-and-connection-for-families.

Provides additional ways families can access support and connection.