

-WHAT PARENTS CAN DO?

1. LOVE THE RELATIONSHIP - In today's materialistic world, insecurity has taken the most important position – every parent is insecure for one or the other reason. Enjoy the most beautiful gift of God – your child. Every step of Parenting must be enjoyed as the child's age will never come back again.



2. TEACH TO LOVE AND BE LOVED –Child is innocence, and it calls for pure love. If you do not love your child, he/she will never love himself/herself. No one will love you if you do not love your self in spite of all limitations
3. ACCEPT THE FACT - Accept the reality as it is. Your child has some disability, it might be physical disability or learning disability or some other. But having disability does not mean he/she is a burden to the society. Acceptance of the fact will enable you to search for a better and precise corrective solution. Never hide the fact, it's never an embarrassment, nor a curse. Every individual is imperfect – just few types of disabilities can be noticed easily (he/she can not walk); some other take time (he/she can not do arithmetic).

Keep high degree of patience, conviction and commitment. It takes years to bring the child up. It is an

ongoing process, thus enjoy every bit of it. This is a life in itself.

Next, leave no stone unturned, listen to all, try everything take your decision what must be relied upon and continued.

4. GOD'S CHOICE - Strongly believe that God has chosen you as able parents to bring-up a very special child, who can bloom with your special care, love, support and encouragement.

Remember Stephen William Hawking – he has proved even an increasing neurological disorder cannot stop an intelligent mind from unraveling mysteries of universe. He reminds us that if all round ability is the gold standard, none of us will fit the bill!



5. IDENTIFY TALENT AND CHANNELISE IT
 - Never thrust your wishes on the child.
 - Encourage his/her strengths.
 - Do not try to become the controller of his/her destiny.

- Remember the child is a differently abled child.
- Be his/her friend, philosopher, guide and facilitator.
- Tell him/her that he/she can count on you – you are always ready and willing to support.

Every child is gifted with some talents. Identification of talents is difficult but necessary. After all, the society needs variety of people for it's all round development.

6. SPEND QUALITY TIME WITH YOUR CHILD With both parents working, there is no time left. But know that QUALITY matters – 10 minutes only for the child – with no distractions like TV, laptop, mobile etc will be sufficient. Listen to his days story, your worry will reduce.



7. HIDE YOUR STRESS – Learn to hide your pressures & stress. Never let the child develop a feeling that the parents are in deep trouble. TRUST that no one else can be as focused for his/her welfare as his/her parents, so be cool and have energy for him/her always.

8. BE PREPARED FOR “NO” AS THE FIRST ANSWER- Precedence is the rule. Thus, common man will draw borders using his experience in past. So start with family, school management, admission committee,

RTO, Interview panel all have biased minds, if you are exception to history say that loudly and chase the opportunity, do not accept the borders others draw. Explain them - time is changing, medical science is advancing, tools and equipments are better so history cannot set the limit.

9. TAKE HELP OF THE PREVAILING LAW - A disability certificate, extra time for exam, a railway concession certificate, RTO form to be signed by the Civil Surgeon, a certificate from competent doctor defining your limitations and abilities are all papers but they are the essential documents if you want to avail the benefits extended by law.

11. DO NOT PLAY DOWN CHILDS GRIEVANCES - Any complaint, doubt, grievance etc. must be addressed promptly, seriously & with confidence. If you get panic or overreact, the child will choose to bring less and less to you.

12. NEVER EVER SAY LOOK IF HE CAN DO IT...WHY NOT YOU?? Growth is measured on the scale of time. Today against his/her yesterday. Never compare a child with other child, God is great, each face is unique so are the abilities.

13. KEEP YOURSELF FIT AND HEALTHY - Especially in the formative years you are the umbrella of security. So take special care of yourself.

14. MIRACLES CAN BE MADE MAKE THEM HAPPEN – Develop good reading & listening habit- You need motivation to fight the challenges coming one after other. Find your mentor, trust him/her, collect good books, and movies. How do you feel when you see someone with artificial legs

climbing Mount Everest?? Trust your



abilities.

disability because they are due to impairments that occur during early development of brain cells. These cells do not regenerate as they are specialised But brain compensates this by a process of accelerated connectivity of its cells during growth phase if supportive environment & experience is given. This cannot be improved by drugs.

15. LEARN TO DIFFERENTIATE DISEASE FROM DIFFERENCE-There is no cure for any

16. all these are encapsulated in a memory aid on PARENTING

Where each letter stands for an attribute or quality as follows

P- PATIENCE & PERSEVERENCE & NOT PERFECTION.

A- AFFECTIONATE AUTHORITY.

R- REFLECTION & RAPPORT.

E – EMPATHY, ENCOURAGEMENT IS EMPOWERMENT [Giving power to the child.

N- NURTURING- Your love, support & ACCEPTANCE are the seeds of happiness for your child.

T- THOUGHTFULNESS.

I- INSIGHT IN TO YOUR CHILD'S LIKES, DISLIKES & POTENTIAL.

N- NOVELTY - INNOVATIVE NEW SOLUTIONS TO OLD PROBLEMS.

G- GUILT [a little] WITH GENEROSITY. We all fail our kid's expectations from us. Let us remember that & be tolerant. We cannot be right always!

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- 9- How the steel was tempered- Nikoloi Ostrovsky
- 10- It is not about the bicycle – Lance Armstrong
- 11- Why bad things happen to good people- Harold Kustner.
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SOME RECOMMENDED MOVIES FOR MOTIVATION

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Pursuit of happiness, tare jameen par, Burfi, My left foot, The Salesman of the year,
Forest Gump, Rainman. Warm Springs

