



ESCAPE
Family
Resource
Center



**The Down
Syndrome
Association
of Houston**

Present:

Exceptional Parenting - Raising Children with Disabilities

Raising children with special needs or disabilities presents unique and unexpected challenges. Parents may feel that they have lost the dream of having a perfect child, or that their own needs are being neglected in the process of care giving. These and other difficulties contribute to statistics showing that children with disabilities are more likely to experience recurrent abuse and neglect.

Exceptional Parenting provides parents with the resources to address issues of sadness, celebrate the unique qualities of special-needs children, meet emotional needs, plan for challenges, and teach children to be their own advocates.

Exceptional Parenting- Raising Children with Disabilities

Is a seven-week, 14-hour course that will give you the tools to understand:

- the effects of a disability on a child's development
- the challenges a child with disabilities faces
- how to interact with your child.
- how to raise a child with disabilities while also supporting the family



- Who may attend:** Anyone raising a child with a disability - these include caregivers, grand parents and even friends!
- Length:** Seven week course each Saturday from Jan. 30 to March 13
- Time:** 10:00 a.m. to 12:00 p.m.
- Cost:** \$35 per individual or family (covers registration and materials)
- Where:** Down Syndrome Resource Center
- RSVP:** dsahouston@att.net - babysitting provided - children's ages are needed

Session 1 (Jan 30, 2010)

- Loss of the Perfect Child
- Understanding the grieving process
 - Rebuilding the dream

Session 2 (Feb 6, 2010)

- Self- Care
- Increasing self-esteem and confidence
 - Learning different ways to nurture yourself

Session 3 (Feb 13, 2010)

- Celebrating Your Child
- Embracing your child

Session 4 (Feb 20, 2010)

- Focusing on the Family
- Learning how to interact and reunite in your family

Session 5 (Feb 27, 2010)

- The Little Yellow School Bus
- Navigating "the system"
 - Learning essential skills needed to communicate with professionals

Session 6 (Mar 6, 2010)

- Planning for Challenges
- Designing a safety plan
 - Preparing for the "What ifs?"
 - Planning for the future

Session 7 (Mar 13, 2010)

- Advocacy
- Teaching your child to be an advocate for themselves





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ESTE TALLER ESTA DISPONIBLE EN ESPANOL!



Workshop Dates:

Saturday January 30, 2010	Time: 10a-12p
Saturday February 6, 2010	Time: 10a-12p
Saturday February 13, 2010	Time: 10a-12p
Saturday February 20, 2010	Time: 10a-12p
Saturday February 27, 2010	Time: 10a-12p
Saturday March 6, 2010	Time: 10a-12p
Saturday March 13, 2010	Time: 10a-12p

Registration Fees

\$35 per person
 or family

Registration
Deadline :

January 27,
2010

Location: Down Syndrome Resource Center
7015 W. Tidwell, Bldg. G, Suite 108, Houston TX 77092

Your registration includes continental breakfast, workshop and babysitting services, if needed. The workshop will also be offered in Spanish simultaneously. We expect to fill EVERY seat for this workshop.
 Don't wait, register today!

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

- I would like to request a stipend/financial aid to attend
- I will be needing babysitting services during the workshops

Child's Name: _____ Age: _____
 Child's Name: _____ Age: _____
 Child's Name: _____ Age: _____

I am a (circle all that apply):
 Parent Paraprofessional Teacher SPED Teacher Therapist Other _____

- I am enclosing a check made payable to DSAH for: _____\$35 _____ other amount: \$ _____
- Please charge my Visa or MasterCard # : _____

Name on card: _____ Exp. _____

Amount to be charged: _____\$35 _____ other amount: \$ _____

Mail payment and registration form to: DSAH 7015 W. Tidwell, Bldg G, #108 Houston, TX 77092
Questions about this workshop? Contact DSAH at 713-682-7237 or via email: executivedirector@dsah.org