

## Tips for Parents with Disabilities

As a parent with a disability it can be hard to find services that fit your needs. Here are some tips that will help.

1. **Be honest** about what you can do as a parent, what people or equipment you have to support you, and what you have a hard time doing. No one can help you be a better parent if you don't tell them what's hard for you.
2. **Be willing to listen.** Most people who work in human services really want to help. Sometimes they have to tell you things you don't want to hear, but if you listen with respect to them, they are more likely to listen with respect to you.
3. **Speak up when you don't understand!** If they are explaining something to you or asking you to do something and you don't understand their instructions – tell them so! They will hold you responsible to do things that you can't do if you act like you understand when you really don't. This will create problems for you.
4. **Remember there are lots of ways to teach and learn.** Just check out the list below! Find the way you learn more best and then ask people helping you to use that method.

### Ways to learn something new:

- Have someone tell you how to do it in words.
- Have someone give you written instructions
- Have someone demonstrate/show you how to do it.
- Videotape someone else doing it so you can watch it over & over till you get it right.
  - You do it, while someone coaches you and gives you tips.
- Have someone videotape you doing the task and then watch it with a professional to get their feedback.
- Talk through a task with pictures for each step and then post the pictures where you can see them to help you remember.
  - Use repetition, do it over & over til you get it right.
- Figure out another way to get the task done. If you can't do it on your own, be willing to let someone help you. Ask: Who can help me with this task on a regular basis? Find a parenting partner.

## Where to go for help

<b>If you need help with this.....</b>	<b>Call this number.....</b>
Breastfeeding	Oklahoma Breastfeeding Hotline 1-877-271-6455 <a href="http://bis.health.ok.gov">http://bis.health.ok.gov</a>
Parenting reminders – free text messages thru your pregnancy and baby’s first year.	Text4baby Text BABY to 511411
Finding social services – food, housing, help with utilities, help with healthcare, job support or a crisis	Call 211 Helpline <a href="http://www.211.org">http://www.211.org</a>
Feeling depressed after you baby is born	Post-partum depression hotline 1-800-944-4773 <a href="http://www.postparum.net">http://www.postparum.net</a>
Your Soonercare benefits	SoonerCare Hotline 1-800-987-7767 <a href="http://www.okhca.org">http://www.okhca.org</a>
Giving your child medicine	Poison Control and Medication Education hotline 1-800-222-1222 <a href="http://www.oklahomapoison.org">http://www.oklahomapoison.org</a>
Childcare advice - Pre-recorded messages on a variety of topics related to child care, health, and development are available 24 hours a day.	Warmline - 1-888-574-5437. For a list of topics available click here: <a href="https://www.ok.gov/health2/documents/Resources.pdf">https://www.ok.gov/health2/documents/Resources.pdf</a>
Your child has special needs or a disability and you aren’t sure who to call for help.	Sooner SUCCESS 1-877-441-0434
A ride to a medical appointment	Sooner Ride -To make a reservation, you must call 1-877-404-4500 or 711 (TDD) at least three (3) business days before your medical appointment. <a href="http://www.okhca.org/publications/pdflib/SoonerRide%2010.pdf">http://www.okhca.org/publications/pdflib/SoonerRide%2010.pdf</a>
Daily healthy recipes and tips for easy, inexpensive meals	<a href="https://www.facebook.com/nutr4allOK/">https://www.facebook.com/nutr4allOK/</a> <a href="https://www.pinterest.com/nutr4allOK/">https://www.pinterest.com/nutr4allOK/</a>
Know what your child should be able to do at their age	FREE library of photos and videos of developmental <a href="http://www.cdc.gov/ncbddd/actearly/milestones/milestones-in-action.html">http://www.cdc.gov/ncbddd/actearly/milestones/milestones-in-action.html</a>

## Ways to Use Pictures to Help

**Use pictures to help you remember routines you use every day – like getting ready for school or getting ready for bed:**

[https://www.understood.org/en/learning-attention-issues/understanding-childs-challenges/simple-changes-at-home/download-sample-picture-schedules-and-visual-planners?utm\\_source=facebook&utm\\_medium=social&utm\\_campaign=understoodorg](https://www.understood.org/en/learning-attention-issues/understanding-childs-challenges/simple-changes-at-home/download-sample-picture-schedules-and-visual-planners?utm_source=facebook&utm_medium=social&utm_campaign=understoodorg)

**Use pictures to help you cook if you have trouble reading recipes**

This unique cookbook has clear photographs, which include all of the small details that a nonreader needs to be successful, are easy to understand. The book features 35 recipes grouped into the following categories: breakfast, lunch, side dishes, snacks, desserts, and drinks. The recipes consist of picture-based directions, and each step is framed for visual clarity. Simple text directions also accompany each step, and the importance of safety is highlighted

[https://www.amazon.com/Visual-Recipes-Non-Readers-Tabitha-Orth/dp/1931282900/ref=pd\\_bxgy\\_14\\_img\\_2?encoding=UTF8&pd\\_rd\\_i=1931282900&pd\\_rd\\_r=EZLNKBR68NTFVRF89SXXX&pd\\_rd\\_w=bujNg&pd\\_rd\\_wg=KOufo&pvc=1&refRID=EZLNKBR68NTFVRF89SXXX](https://www.amazon.com/Visual-Recipes-Non-Readers-Tabitha-Orth/dp/1931282900/ref=pd_bxgy_14_img_2?encoding=UTF8&pd_rd_i=1931282900&pd_rd_r=EZLNKBR68NTFVRF89SXXX&pd_rd_w=bujNg&pd_rd_wg=KOufo&pvc=1&refRID=EZLNKBR68NTFVRF89SXXX)

**Free picture cards – create your own routines**

<http://www.do2learn.com/picturecards/printcards/>

**Parenting in Pictures** - Articles on lots of basic parenting skills and situations with both words and pictures. Covers all ages.

[http://raisingchildren.net.au/parenting\\_in\\_pictures/pip\\_landing\\_page.html](http://raisingchildren.net.au/parenting_in_pictures/pip_landing_page.html)

**Basics Easy-Read Parenting Guides and video clips with Text4Video**

<http://injoyvideos.com/formats/basics-easy-read-guides-with-text4video-f.html>

<http://injoyvideos.com/formats/new-parent-clips.html>

**Picto-selector** - a free program to create visual schedules for those who need help learning, understanding, or remembering parts of an activity of the steps of a routine.

<https://www.pictoselector.eu/>

**Healthy Start for me & my Baby** – parent education materials

Parent Booklet

<https://www.dropbox.com/s/8x3vm9pckkqvoau/Healthy%20Start%20for%20Me%20and%20My%20Baby%20electronic%20book.pdf?dl=0>

**Healthy Bodies for Boys w/Disabilities**

<https://www.dropbox.com/s/ivwaekxvqpfps0j/HealthyBodiesAppendix-Boys.pdf?dl=0>

**Healthy Bodies for Girls w/Disabilities**

<https://www.dropbox.com/s/6in5odo53bf7nxd/HealthyBodiesAppendix-Girls.pdf?dl=0>

**Medical Encounters Board**

An easy to use communication board to help you communicate more easily with your doctor or your child's doctor.

<http://widgit-health.com/downloads/medical-encounter-board.htm>