



# Twelve Commandments for Parents of Children with Disabilities

1. Thou art thy child's best and most consistent advocate.
2. Thou has valuable information about your child. Professionals need your input.
3. Thou shalt put it in writing and keep a copy.
4. Thou shalt try to resolve problems at the lowest, level but not hesitate to contact a higher authority if the problem is not resolved.
5. Thou shalt keep records.
6. Thou shalt seek out information when needed.
7. Thou shalt take time to think through information before making a decision.
8. Thou shalt have permission to be less than perfect. Important lessons are learned from both successes and failures.
9. Thou shalt not become a martyr. Decide to take a break now and then.
10. Thou shalt maintain a sense of humor. It is great for your emotional well being and that of your child.
11. Thou shalt always remember to tell people when they are doing a good job.
12. Thou shalt encourage the child to make decisions because one day he or she will need to do so.

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