

Few Guidelines for parents of children with special needs

Parents of children with intellectual disability first of all should realise that they are bringing up a child who requires some extra attention and care. The child might or might not show age appropriate behaviour, but it is up to the parent and teacher to teach them age appropriate skills and behaviour.

- ✓ Even though the child is unable to talk or respond back, still they can hear to everything that the parent is talking about his condition to others. So kindly avoid talking about the child's condition in front of them.
They are unable to respond back spontaneously with their communicative skills, but they can understand what the other person is feeling about him or her.
Children with Autism who are non verbal can also occasionally understand everything that the people around them are talking.
- ✓ Do not pressurise the child to perform something that they are unable to do.
- ✓ Do not criticise or be over protective of the child.
- ✓ Treat them like any other family member in the house with love and respect.
- ✓ Do not let anybody tease the child for their strange behaviour and try to educate the others with whom the child is interacting.
- ✓ Be watchful when the child is with the care taker. The parents have to be aware about the physical abuse and check whether the child is comfortable with the care taker on a regular basis. The same point has to be emphasised about their relatives and regular visitors of their house.
- ✓ Most of the time the parents think that just by helping the child with their daily needs and feeding them is all the attention that the child requires. They have to plan everyday activities for the child and keep them engaged.
- ✓ Keep conversing with the child about family matters, happenings and other normal mundane things and make them feel that they are part of the family.
- ✓ The parents should be encouraged to read stories, news paper and communicate to them about current affairs and other happenings in the environment.
- ✓ If they are left alone and ignored, they would get more depressed and lonely.
- ✓ The siblings should also be encouraged to actively interact with the child.
- ✓ The parents, siblings and other friends should also be encouraged to play some indoor games or board games with the child.
- ✓ They can also make them to participate in small daily chore activities that are within their capacity. (this is easily possible with children with learning disabilities and other children with mild physical disabilities)
- ✓ The child has to be consulted and made to participate in all their family discussions.
- ✓ Scold them for any undesirable behaviour, discipline them appropriately like you would do with any other child and treat them with respect.

All that they require is immense love, affection and attention like any other normal person.

