

WORKSHOP ON

COPING WITH STRESS, APPROACH
TO POSITIVE PARENTING FOR
CHILDREN WITH DISABILITIES

BY

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AIM

- TO LEARN, IDENTIFY AND COUNTER THE FACTORS THAT CAUSE STRESS AMONG PARENTS OF SPECIAL CHILDREN.
- ENCOURAGE THE PARENTS TO DEVELOP VARIOUS APPROACHES, SKILLS AND SUPPORT SYSTEM BY THEMSELVES AS PART OF POSITIVE PARENTING.

INTRODUCTION

- ALL FAMILIES EXPERIENCE NORMATIVE AND TRANSITIONAL STRESSORS DURING DAILY LIFE
- IN ADDITION, PARENTS ARE SUBJECT TO THE INHERENT STRESSORS OF PARENTING WHILE DEALING WITH A SPECIAL CHILD
- PARENTAL PSYCHOLOGICAL STRESSORS ARE RELATED TO THE WORRIES THAT PARENTS HAVE ABOUT THE PHYSICAL, SOCIAL, DEVELOPMENT AND FINANCIAL NEEDS OF THE SPECIAL CHILD
- WHEN A CHILD IS DIAGNOSED WITH DISABILITIES, ALL ATTENTION IS FOCUSED ON HELPING THE CHILD WHICH LATER RESULT IN THE STRESS AMONG PARENTS BUT PARENTS ALSO NEED ASSISTANCE IN COPING WITH STRESS, THEIR OWN FEELINGS AND FRUSTRATIONS

- PARENTS OF CHILDREN WITH DISABILITIES HAD VERY HIGH SCORE ON THE PARENTING STRESS INDEX, SIGNIFIES THAT THEY PERCEIVED MORE STRESS IN THEIR ROLE AS PARENTS THAN DID PARENTS OF CHILDREN WITHOUT DISABILITIES.

LIST OF SPECIFIC STRESSORS ASSOCIATED WHILE RAISING A SPECIAL CHILD :-

- PARENTAL GUILT
- WORRY ABOUT FUTURE
- PARENTS' PERCEPTION ABOUT OTHER PEOPLE IN SOCIETY
- COPING WITH DIFFICULT BEHAVIOUR OF SPECIAL CHILD
- FEELING A NEED TO PROTECT THEIR CHILD

- **DISAGREEMENT AMONG PARENTS AND FAMILY MEMBERS ABOUT DEALING WITH CHILD**
- **DISAGREEMENT BETWEEN PARENTS ABOUT EXISTENCE OF A PROBLEM**
- **INCREASED FINANCIAL BURDEN**
- **FINDING COMPETENT PROFESSIONAL SERVICES**
- **COMPARISON OF SPECIAL CHILD WITH OTHER**
- **MOST IMPORTANT ALWAYS ASKING WHY?**

SOLUTIONS AND COPING WITH STRESS:-

- FIRST IDENTIFY YOUR OWN SPECIFIC STRESSORS AND DETERMINE IF YOUR STRESS IS PRIMARILY :-
- INTERNAL
- EXTERNAL
- PHYSIOLOGICAL

INTERNAL STRESSORS

- **INTERNAL STRESS FACTORS COME FROM WITHIN THE INDIVIDUAL AND INCLUDE ATTITUDE, PERCEPTIONS, ASSUMPTIONS AND EXPECTATIONS**
- **EXPECTATIONS OF PARENTS FROM THEIR CHILD IS THE ROOT OF BURNOUT**
- **PARENTS MUST LEARN HOW TO DEVELOP REALISTIC EXPECTATIONS AND HOW TO RECOGNISE WHEN NEGATIVE SELF TALK DEFEATS EFFECTIVE COPING**
- **PARENTS IDENTIFY THEIR OWN SELF DEFEATING ASSUMPTIONS AND THINK OF ALTERNATIVE MESSAGE**
- **KEEP ON BOOSTING THEIR OWN SELF CONFIDENCE BY NOTING AND USING PERSONAL STRENGTH AND TALENT**

- **RENOUNCE LOVE, AFFECTION AND APPROVAL FROM CHILDREN AS NEEDS-RATHER THAN BONUSES**
- **DEVELOP A SUPPORT SYSTEM BY SHARING HONESTLY YOUR FEELINGS OF FRUSTRATION, ANGER AND CONCERN**
- **BE HEALTHY FREE YOURSELF FROM NEEDING OUTSIDE APPROVAL**

EXTERNAL STRESS

- EXTERNAL FORCES ALSO IMPINGE UPON PARENTS, LIKE NEIGHBOURS, FRIENDS, AND RELATIVES DON'T UNDERSTAND WHY CHILD IS HAVING THESE PROBLEMS. PROBLEMS FROM SCHOOL, CAUSES STRESS AND DEMORALIZE PARENTS
- EXTERNAL STRESSORS ARE SITUATIONAL, AND OFTEN INVOLVES RELATIONSHIP WITH OTHER

PARENTS SHOULD LEARN:-

- ASSERTIVENESS SKILL
- PROBLEM SOLVING TECHNIQUES
- TIME MANAGEMENT AND
- GOAL SETTING

PHYSIOLOGICAL STRESS

THE FINAL TYPE OF STRESS IS PHYSIOLOGICAL STRESS. AS COPING WITH SPECIAL CHILD LIKE IN ADHD ETC REQUIRES EXCEPTIONAL AMOUNT OF ENERGY

- IN ORDER TO REPLENISH ENERGY PARENTS NEED TO ENSURE THAT THEY GET SUFFICIENT REST, EAT BALANCED DIET, DO MEDITATION OR RELAXATION TECHNIQUES WHEN THEY FEEL STRESSED, ANXIOUS OR FATIGUED
- SAVE SOME TIME FOR THEMSELVES, INVOLVE THEMSELVES IN THEIR HOBBIES
- MAKE A BUDDY
- REMEMBER PRESSURE COOKER SHOULD HAVE A VENT
- TEAM UP WITH SPOUSE OR FRIEND FOR TIME OFF

REMEMBER

- CHILDREN ALWAYS BRING SURPRISES INTO THEIR PARENTS' LIFE BUT CHILDREN WITH SPECIAL NEEDS BRING MORE THAN THEIR FAIR SHARE OF GROWTH OPPORTUNITIES FOR THEIR PARENTS
- FOSTER THE SIBLINGS OF SPECIAL CHILD LIKE THEY ARE SUPER KIDS AS THEY ARE HELPING IN REARING GOD'S SPECIAL AND VALUABLE ASSET

THINGS TO FOLLOW AFTER THE DIAGNOSIS

- **RESEARCH THE DISABILITY**
- **MAKE THE DISABILITY YOUR NEW HOBBY. LEARN ALL YOU CAN, JOIN SUPPORT GROUPS, TRACK DOWN ADULTS WITH IT, BE IN TOUCH WITH THE SUCCESS STORIES AND LEARN FROM THEIR EXPERIENCES**
- **REALISE THAT YOUR FAMILY IS GOING TO BE A SUPER FAMILY SOON**
- **ACCEPT YOUR CHILD'S SPECIAL NEEDS**
- **INTEGRATED WORK WITH SPECIALISTS AND THERAPISTS**
- **YOUR CHILD IS STILL YOUR CHILD**

- LABELS ARE NOT ENEMY
- YOU ARE NOT ALONE
- EVERY CHILD IS DIFFERENT
- THERE IS ALWAYS A HOPE
- BELEVE IN GOD, BELIEVE IN YOUR SELF AND IN YOUR CORE STRENGTH

JAI HIND