



A Journey Worth Every Step

When you are on a long journey, it can be a challenge to navigate the difficult parts of the path. Supporting youth, with or without a disability, to complete middle school, move to high school and transition to life after high school may seem like an arduous process. Take the journey one step at a time and remember these five things that every parent of a student with a disability needs to hear:

1. “Make time to enjoy your kids.
2. You aren’t perfect – and that’s okay.
3. Being a parent is hard. Being a parent to a child with extra needs is extra hard.
4. Celebrate the little things.
5. You are a superhero” (20 Things Every Parent of Kids with Special Needs Should Hear, n.d.

<https://www.abilities.com/community/parents-20things.html>).



Parenting is Like Skateboarding: It Requires a Good Sense of Balance

Do More Listening	➔	Than Talking
Set Appropriate Boundaries	➔	But Allow Youth to Make Mistakes and Learn from Them
Remain Involved	➔	While Encouraging Independence
Remain in Charge	➔	But Share the Power
Be a Parent First	➔	Be a Friend Second
Protect	➔	Without Taking Away Freedom

It is a balancing act between holding on and letting go.

Parenting Advice and Regrets from Empty Nesters, 2018



Packing Your Parent Backpack: Resources and References

Find transition-related resources and references to support you and your youth during the transition to and from MS on the Project 10 website at the following:

<http://project10.info/DPage.php?ID=77#NS138>