

Presented by: North Orange County SELPA in collaboration with TASK (Family Empowerment Center)

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Meet the Presenter

Gloria Ruiz

Project Manager Region 2 and Project Director Orange County

TASK CA Family Empowerment Center



Share about your experience when you first learned about your child(ren)'s diverse needs and how that impacted you

Being a parent of a child(ren) with diverse needs can be challenging but also rewarding

Tips for Parents raising children with diverse needs

Find Your Support Systems (Parent and Child)

- Family (siblings and extended family)
- Spouse, Partner, Co-Parent
- Friends
- School Staff (IEP Team)
- Community Members



Take Care of Relationships

- Communicate
- Give each other breaks
- Listen
- Acknowledge each others strengths

Nurture Student Relationships

• Problem solve as a team

- Engage in activities and interests together
- Set up play dates
- Communicate strengths, challenges

and strategies





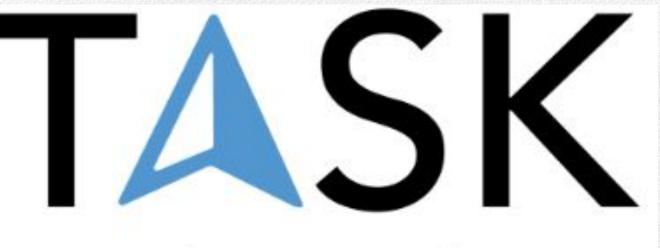
Plan for the Uncomfortable

- Prepare and frontload your child
- Provide a balanced mix of routines and new experiences
- Celebrate small wins and strengths
- Set realistic goals
- Laugh and express joy



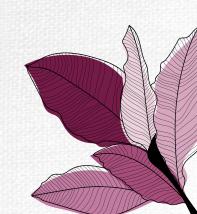
How did you navigate school and challenges with academics or other areas of need?

Share any Parent Self-Care tips you have used



GUIDANCE | EDUCATION | SUPPORT

https://taskca.org/



Questions from our Participants