

# Parent-to-Parent Session



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# Objectives

- How to form collaborative relationships with schools and other care providers overseas
- Manage stress effectively while caring for a child with special needs.
- Discuss tips and techniques for raising a child with special needs.



# Welcome to Holland!



# Chronic Stress



- Crisis prolonged without rest.
- Body produces steroids to respond.
- Steroids remain in body raising blood pressure, changing mood.
- More likely to cause illness and disease.

# Exercise: The Magic Answer!



- Improves breathing efficiency.
- Helps prevent coronary artery disease.
- Delays aging process.
- Strengthens muscles, tendons, bones.
- Increases stamina, energy.
- Allows for easier, better sleeping.
- Releases endorphins; makes us feel good.

# Relaxation

- ✓ **Yoga**
- ✓ **Meditation**
- ✓ **Deep breathing**
- ✓ **Massage**
- ✓ **Listening to relaxation tapes**



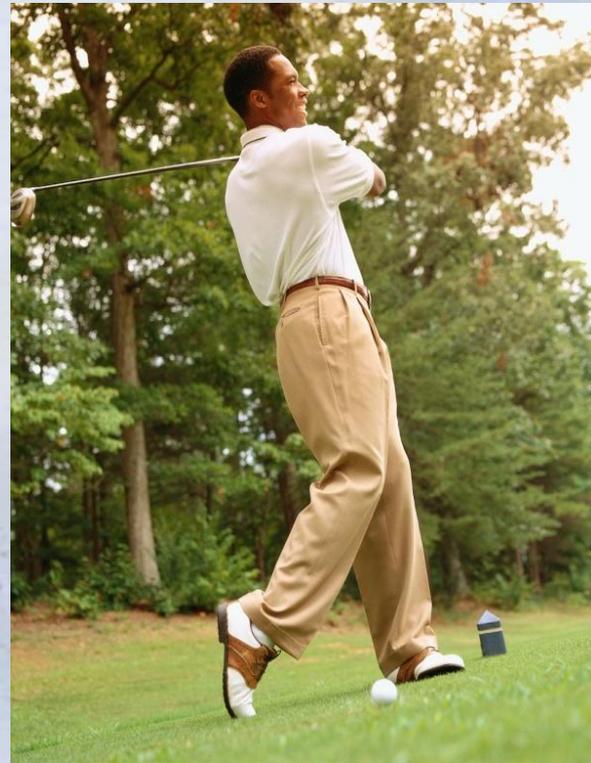
Intellectual and Cultural

# Benefits of Laughter

- Exercises lungs.
- Stimulates circulatory system.
- Increases oxygen to blood.
- Relieves pain.
- Distracts from stress.
- Reduces tension; increases production of endorphins.



# Do Something For Yourself Each Week



# Nurture Important Relationships



# Get Help!



# Things We Learned

- **Let go of guilt; you (and your child) are doing the best you can.**
- **Trust your gut! If you think something is not right, look into it.**
- **Pace yourself; you are in this for the long haul.**
- **Celebrate small successes.**

# Things We Learned (cont'd)

- Ups and downs are natural.
- Forgive yourself (and your child) for things that go wrong.
- Live one day at a time.
- Plan for future, but don't worry about it. Good things will happen for your child that you can't imagine now!