

Yourselves

Knowing what you are dealing with

1. Do you fully understand the diagnoses? Are they accurate?
2. Is there anything about your child that the diagnoses do not explain?
3. If there is more than one problem, do you understand how they all fit together?
4. Has the question of medical cause for your child's problems been concluded?

Knowing what to do

1. Do you know what to do – are there any strategies you need to learn?
2. How are you managing the child at home – the balance of pushing your child to change, and supporting them as they are?

Confidence

1. Even if you know what to do, do you have the confidence to proceed?
2. Are you able to proceed, take risks, and learn from your mistakes? Are you in control?

Taking care of yourself

1. How are you handling the sense of sadness about the whole situation?
2. How are you managing your relationship with each other?
3. Do you have good networks of people you can talk to, who support you?
4. Do you have a time for yourselves – respite, time to re-charge the parent batteries?

The rest of the family

1. Do the other children understand what is going on? What about relatives?
2. Are you distributing your time and energy in an equal way across the children?
3. Is sibling rivalry a problem?

The school

1. Does the teacher understand? Do other professionals working with your child understand?
2. Do you know what the school's expectations, goals, priorities and strategies are?
3. Have the child's strengths and interests been recognized? Are they being nurtured?
4. Is teasing / bullying a problem?

The network

How are you going to ensure that all those involved (school, relatives, health professionals, child's friends etc.)

- Understand the issues
- Know of these goals,
- Know what to do?

Working together

How are you going to communicate

- Regularly, even when things are going well
- When problems arise
- When good things occur
- Tracking progress and sharing ideas

This Document has been written for general information purposes only. It is not intended to be used in individual circumstances without the guidance and assistance of a professional.