



# exceptional families

Embracing Differences. Flourishing Together.

**A supplemental parent education module designed to offer support to parents and caregivers of children with a disability.**

Whether the child you are caring for is a newborn, a toddler, a teen, or an adult, there is something in this module that will help you to learn about yourself, your child, and how you can thrive together in your relationship.

When raising a child with a disability, every stage of life brings its own set of unique challenges and rewards. This program will provide opportunities for you to celebrate your parenting relationship with your child, encourage you to engage with your child in new and exciting ways, and provide insight into how you can work within your community to promote acceptance and respect.



**This supplemental module builds on information and strategies that are discussed in the four universal Thrive parenting programs — *Take Root, Sprout, Grow, or Branch Out* — so it is recommended that you participate in the age-appropriate universal Thrive parenting program prior to using the supplemental module.**



## In this module, you will learn how to do the following:



**Connect to your feelings.**



**Understand that taking time for yourself is necessary and appropriate.**



**Build social support systems.**



**Find ways to give your child a voice.**



**Understand your child's behaviors and use strategies to meet your child's needs.**



**Work on building your child's gross and fine motor skills.**



**Discover resources and technologies that are available for you and your child.**



**Support your child's sexual learning and development.**



**Plan for transitions and the future.**

**For more information about this supplemental module, visit:**

<https://thrive.psu.edu/modules/supplemental>