



**FamilyKind Special Needs Parenting Project (SNPP)
Empowering Families with Children with Disabilities**

- Are you a parent or guardian of a child with special needs?
Are you a school leader or staff who has students with special needs?
Are you a professional working with families with special needs?**

We invite you to join us in this critical and meaningful journey!

The SNPP takes a powerful 2-generational approach, integrating the five domains and protective factors of two foundational frameworks in the field that are promising research-based and practice-proven:

The five domains of the Parent Educator Core Curriculum Framework (PECCF)

- ❖ **Parent Development**
- ❖ **Parent-Child Relationships**
- ❖ **Childhood/Youth Development**
- ❖ **Family Development**
- ❖ **Culture & Community**

The Five Protective Factors Framework (by [Center for the Study of Social Policy](#))

- ❖ **Parental resilience:** Managing stress and functioning well when faced with challenges, adversity, and trauma
- ❖ **Social connections:** Positive relationships that provide emotional, informational, instrumental and spiritual support
- ❖ **Knowledge of parenting and child development:** Understanding child development and parenting strategies that support physical, cognitive, language, social and emotional development
- ❖ **Concrete support in times of need:** Access to concrete support and services that address a family's needs and help minimize stress caused by challenges

- ❖ **Social and emotional competence of children:** Family and child interactions that help children develop the ability to communicate clearly, recognize and regulate their emotions and establish and maintain relationships

To investigate partnerships or register for classes, please contact us:

Call: 212 769 3057 or 929 479 2975

Or email: info@familykind.org

The goals of the Special Needs Parenting Project include but are not limited to helping parents, guardians, families, and relatives of children with disabilities with:

- **Acknowledging the Loss of Dreams:** Do you realize this is “a special kind of grief?” Let’s take a deep breath and talk about it in a safe and loving environment.
- **Redefining and Embracing New Identities:** Who am I now? Who is my child? What is the future of my child? And myself?
- **Reaching the Source of Strengths:** How can you develop resilience and coping strategies as a parent of a child with a disability?
- **Stopping Ableism:** How to equip yourself with knowledge to transform bias, stop discrimination, and pave a new path of acceptance?
- **Challenging Limiting Beliefs:** Do you hold limiting beliefs about your child's abilities? Learn how to recognize and overcome them to help your child reach their full potential.
- **Balancing Needs:** Do you feel guilty about taking care of yourself? Let’s take a look at the critical role of parental self-care and the strategies to balance the needs within your family.
- **Understanding Developmental Milestones:** How does my child's disability affect their ability to achieve developmental milestones?
- **Building Independence:** How can you help your child with a disability build independence and self-advocacy skills?
- **Social-Emotional Intelligence:** How can you support your child with a disability in developing social-emotional intelligence and relationships?
- **Appropriate Expectations:** What are appropriate expectations for your child with disabilities, and how can you support their growth and development?

- **Fostering Belonging:** Where do I belong while battling all the difficulties? Group sharing and support foster a clear realization and security, "I am not alone."
- **Finding Hope when Dreams have Shattered:** How to understand the paradox of the perspective? Let the child teach us, let's teach ourselves joy again, and let's dream new dreams!

Why do we need to act immediately? The data tells...

- *Children with disabilities are 3.7 times more likely to be abused than their typically developing peers (Jones, L et al 2012)*
- *On average 31.8% of children within the foster care system have a disability(Slater E. 2016)*
- *The material stress of raising a child with a disability can lead to PTSD-like symptoms that attack parents' physical and mental health (Schanbel et al., 2020)*
- *Social isolation, emotional burden, and loneliness are perceived as the most difficult to cope with for parents and families with children with disabilities (Abrams et al., 2019; Baumgardner, 2019; Bedard-Thomas et al., 2019)*
- *The increased stress, inability to cope with their children's problem behaviors, and the inability to work past the initial grief of having a child with a disability often lead to child abuse (Teague, S et al 2018)*
- *more*

The good news is ...

- Studies (Woolfson, 2004) show that how parents perceive and react in parenting a disabled child impacts the well-being of the whole family.
- Parenting education, especially the 2-generational approach, increases participant self-efficacy, improves mental health, promotes resource exchange, and builds compassionate connections among families (Jiang, 2022).
- Positive and optimistic feelings of love, joy, and acceptance, as well as satisfaction and strength accompanying success in rearing their special child, are certainly possible (Heiman, 2002; Yantzi et al., 2007).

With gratitude for the sponsorship from The New York Community Trust, our highly qualified Special Needs Parenting Project (SNPP) Team is ready to serve.

Raising and educating children is a shared responsibility between families, schools, and communities! Together, we can make a difference!