



DISABILITIES TOOLKIT

PODCASTS

[Parenting Perspectives: Raising Children with Disabilities](#) [01:00:00]
[Parenting Perspectives: Parenting with a Disability](#) [01:00:00]

VIDEOS

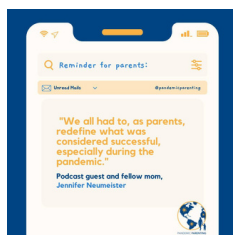
[A Message to Parents Whose Child Just Got Diagnosed with a Disability](#) [00:00:54]
[Deciding When to Advocate as a Parent with a Child Who Has a Disability](#) [00:01:37]
[Self-Care Tips for Parents Who Have a Child with a Disability](#) [00:02:36]

[Coping with Uncertainty as a Parent of a Child with a Disability](#) [00:02:06]
[One Thing at a Time: Being a Working Mom with a Child with a Disability](#) [00:03:33]
[Advocating in Big and Small Ways For Your Child with a Disability](#) [00:03:25]
[Our Children Love Us For Who We Are](#) [00:01:40]
[Your Child May See Your Chronic Illness or Disability Differently Than You Think](#) [00:01:29]
[Living with a Chronic Illness](#) [00:02:10]
[Hope Can Be Complex With a Chronic Illness](#) [00:01:38]

SOCIAL MEDIA GRAPHICS

[Acceptance and understanding](#)
[It's a balancing act](#)
[Redefining success](#)
[You don't have to be an "Instagrammable" parent](#)
[There are no big answers](#)

EXAMPLES:



PREPARED BY
PANDEMIC PARENTING

*Resources denoted with an asterisk are contributed by Roadmap to Resilience. R2R is a collaboration between Pandemic Parenting and the University of Connecticut School of Medicine Center for the Treatment of Developmental Trauma Disorders, with special thanks to the Inter-Organizational Child Trauma Task Force.