
10 TIPS FROM THE PARENTING TRENCHES
SHARED ADVICE FROM PARENTS OF VISUALLY IMPAIRED CHILDREN
by **Debbie Worman, M.S., LPC**
The Hadley School for the Blind

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1. **Take care of you** – taking care of yourself is a gift you give to yourself and your family. “It can be difficult but I find time to take a walk to have lunch with a friend.”
2. **Breathe – pace yourself!** “I move at a whirlwind pace; therapies, doctor appointments, household tasks. I have to remind myself to come up for air.”
3. **Trust your instincts** – use your own judgments and abilities. “Remember as a parent you know your child best.”
4. **Enjoy your child** – never forget to have fun. “I love to just stop everything and be with my child. We laugh, cuddle and play together.”
5. **Have expectations** – focus on possibilities. “We spent so much time focusing on what our child could not do we forgot to see the possibilities of what she could do.”
6. **Be a family** – enjoy each other! “My child’s visual impairment does not define our family. Our family life does not center around blindness.”
7. **Nurture your relationship** with your spouse or partner. “My husband and I have date night. It is just us and no talk about the kids.”
8. **Educate yourself** – know your options and resources available. “I attempt to learn all I can about my child’s eye condition. The internet is a helpful tool.”
9. **Build professional partnerships** – play an active role. “I’ve realized I need to keep the lines of communication open with the professionals working with my son.”
10. **Reach out** to other parents of visually impaired children. “I found when I reached out to others, I not only gained support but it reinforced my own parenting skills.”