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ABSTRACT

This guide discusses how adjusting to parenthood for some persons with physical disabilities requires additional accommodations. Changes in lifestyle, environmental adaptations and assistive technology may be necessary to make independent child care possible. Project Innovative Parenting (PIP) was developed with the purpose to empower developmentally disabled persons with the appropriate skills and resources to achieve their maximum potential as parents. This publication shares some information collected at the PAM Centre regarding parenting with a handicap. It presents descriptions of over 30 baby and child products that have been found to be useful by individuals with physical disabilities in fulfilling their parental responsibilities. Products include such items as the Squeeze Feeder, water thermometers, Sit 'N Secure, and a swivel bath seat. A chart indicates which companies make the products available, and company addresses and telephone numbers are provided. Child-rearing suggestions are then offered, based on the personal experiences of parents with disabilities. The suggestions focus on transporting young children around and outside the home, organizing baby items, and using commonly available consumer products in creative ways. A bibliography lists 14 publications, 21 articles, 7 pamphlets, and 4 newsletters. Other parenting resources dealing with adapted furniture, respite care, and family growth are also described. (JDD)

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PARENTING WITH A DISABILITY

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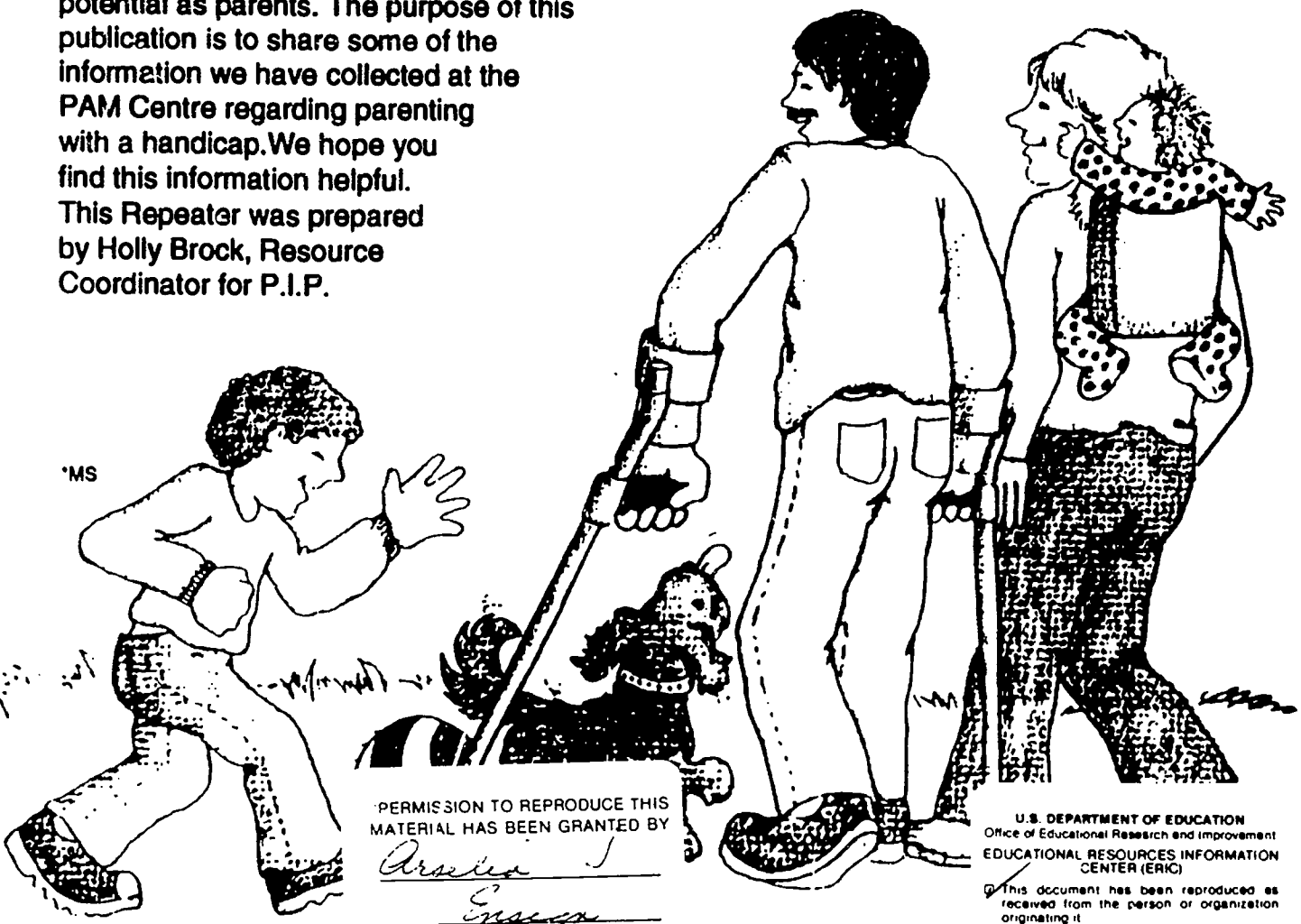
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PARENTING WITH A DISABILITY

Adapting to the role of parenthood requires adjustment for all persons. However, adjusting to parenthood for some persons with physical disabilities requires additional accommodations. Changes in lifestyle, environmental adaptations and assistive technology may be necessary to make independent child care possible. Project Innovative Parenting (P.I.P.) was developed through a grant from Developmental Disabilities Council. The purpose of P.I.P. is to empower developmentally disabled persons with the appropriate skills and resources to achieve their maximum potential as parents. The purpose of this publication is to share some of the information we have collected at the PAM Centre regarding parenting with a handicap. We hope you find this information helpful. This Repeater was prepared by Holly Brock, Resource Coordinator for P.I.P.

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COMPANY	1	2	3	4	5	6	7	8	9	10	11
PRODUCTS											
Bottle/Pacifier Keeper											
Slipper Gripper											
Pacifier Case											
Shoe Boppers											
Snuggli Bottle Warmer											
Lid Lock											
Squeeze Feeder											
Sit 'N Secure											
Heart Beat Carrier											
Sit Up Dottle Inserts											
Pacifier Plus											
Safety Temp Dot Bottle											
Velcro Diaper											
Bath Pal Safety Thermometer											
Swivel Bath Seat											
Safety Kit											
Tot Safe Harness											
Baby Bumpers Knee Pads											
Microwave Warm N' Serve											
Stove Knob Cover											
Safety Changer											
Kid I.D.											
Jar Holder 'N Spoon											
Bottle Temp											
Bathtub Safety Mat											

COMPANY	1	2	3	4	5	6	7	8	9	10	11
PRODUCTS											
Auto Bottle Warmer											
Kiddle Kart											
Strok's Cradle Carrier											
The Tumbler											
Mini Sentry Alarm											
Mobile											
Safenet											

COMPANY REFERENCE LIST

- | | |
|---|---|
| <p>1 American Baby Concepts
P O Box 217
Wheatland, IA 52777</p> <p>2 Hand In Hand
Catalog Center
Route 26
R R 1 Box 1425
Oxford, ME 04270-9745
1-800-872-9745</p> <p>3 Kid I.D.
909 Marina Village Parkway #232
Alameda, CA 94501
415-523-4309</p> <p>4 Leachco
P O Box 717
Ada, OK 74820
1-800-525-1050</p> <p>5 One Step Ahead
P O Box 517
Lake Bluff, IL 60044
1-800-274-8440</p> | <p>6 Perfectly Safe
7245 Whipple Avenue NW
North Canton, OH 44720-7198
1-800-837-5437</p> <p>7 The Right Start Catalog
Right Start Plaza
5334 Sterling Center Drive
Westlake Village, CA 91361
1-800-548-8531</p> <p>8 Self Care Catalog
5850 Shellmound Street
Emeryville, CA 94662-0813
1-800-345-3371</p> <p>9 Sensational Beginnings
P O Box 2009
300 Detroit Suite E
Monroe, MI 48161
1-800-444-2147</p> <p>10 Underfoot
629 Maple Avenue
Bakersville, NC 28705
1-800-248-8999</p> <p>11 Larger Department Stores
(Penney's, Sears, Toys r Us, etc.)</p> |
|---|---|

The following products can be found at the PAM Assistance Centre. They are examples of how technology might assist an individual with a disability to fulfill his/her responsibilities as a parent.

Bottle/Pacifier Keeper

If your child delights in tossing the bottle or pacifier and fetching is difficult for you, try securing it with this type of product. Attach one end to the stroller, crib etc., and the other end to bottle, toy or pacifier and it can be more easily retrieved.

Slipper Gripper

Slipper Gripper slides over a standard size juice box, and grip ribs hold it securely in place. Toddlers can use it as a training cup, and infants can use it too when a standard nipple is inserted. Two easy-grip handles are just right for small hands, and the plastic cap allows you to save leftover juice and use it on the go.

Pacifier Case

Strong plastic case protects a pacifier from germs when not in use. Dishwasher safe. Rinsing a dirty pacifier can be inconvenient, so this case may come in handy. Suggested adaptation: Attach a small piece of Velcro to the case and also to a handy spot on a highchair, stroller or wheelchair for easy reach and storage.

Shoe Boppers

To easily keep your child's shoelaces tied all day, simply slip on Shoe Boppers. Thread laces through, push a button, tug the laces and they'll stay fastened all day. Choose from hearts, bears, footballs or airplanes. For some parents, tying shoelaces may be painful or very difficult physically so this simple addition may be very helpful.

Snuggly Bottle Warmer

This product could be very helpful when a bottle needs warming and you do not have a way to do so. Simply wrap the bottle with this liquid blanket, squeeze the metal disc and the liquid crystallizes and becomes hot. In just a few minutes the bottle is warm for baby. The Snuggly can be recharged and ready to use again by heating in the microwave or boiling in water until all crystals have dissolved.

Lid Lock

Lid Lok keeps the toilet lid down, yet is easy for adults and toilet-trained children to use. Installs easily without tools. Helps avoid slammed fingers, accidental drownings and poisonings, not to mention sloppy messes.

Squeeze Feeder

If handling a baby food jar and spoon is difficult for you, perhaps the Squeeze Feeder can help. Place food inside and then neatly squeeze food onto the attached spoon. The self contained feeder is great if you are on the go, and cleans easily with a bottle brush.

Sit 'N Secure

Repeatedly repositioning or returning a child to his/her seat can be difficult for some parents. Cloth Sit 'N Secure straps children securely and comfortably in place in most straight back chairs so they can't wiggle and squirm out.

Heart Beat Carrier

For easier "loading" and "unloading", this baby carrier allows you to wrap and unwrap baby while he/she is lying down. The carrier distributes baby's weight evenly over parent's shoulders and baby can ride facing front or back. Velcro hitches and plastic buckles keep everything safe and easy to use. For children up to 30 pounds.

Sit Up Bottle Inserts

Insert fits inside a baby bottle and works like a straw in almost any upright position. Baby gets the liquid at the bottom, rather than air that stays on the top. Promotes good posture, lessens muscle strain and reduces colic. Also helpful if positioning a bottle is a concern.

Pacifier Plus

A heat-sensitive indicator located in the center of this pacifier nipple indicates if baby has a fever. When indicator stays green, temperature is normal. However, if the dot darkens and turns black, baby may have a fever and should be checked with a regular thermometer. Helpful if hands have decreased temperature sensitivity.

Safety Temp Dot Bottle

This bottle has an unusual tubular shape (looks a bit like a donut) with a canted neck. It is easy for baby to hold and helps prevent colic. The temp dot monitors the formula's temperature and lets you know if it is safe to drink. Green means safe, black is too hot. Can be heated in the microwave. Useful if temperature sensitivity is a problem.

Velcro Diaper

Disposable diapers are costly. And if you just can't manage diaper pins . . . try a Velcro cloth diaper. This diaper is made of 100% cotton flannel, is durable yet soft, machine washable and closes with Velcro. Outer and inner layers wrap baby in soft flannel. In between lies a leak proof plastic liner. For infants (newborn up to 24 pounds) and toddlers (24 - 45 pounds).

Bath Buddy Duck

This floating duck makes bathtime fun and safe because he is also a water thermometer. Sometimes nerve damage in fingers can make testing bath water temperature a real chore. This underwater thermometer accurately measures temperature with an easy-to-read display.

Swivel Bath Seat

This sturdy, safe, non-toxic plastic seat can make bath time easier if it is difficult for you to move all around the tub or if dexterity is compromised. The comfortable seat fits securely in any tub by suction. Once placed in the seat, baby can swivel 360 degrees and seat can be locked in any quarter turn position. For kids up to 25 pounds.

Safety Kit

Kit includes items to increase safety for baby in your home. Kit contains such items as plug locks, cabinet locks, drawer and cabinet latches and more.

Tot Safe Harness

Keep your child within three feet of you at all times. Tot Safe wraps around a youngster's chest with comfortable wide Velcro closing straps that won't restrict movement. It adjusts to fit many sizes and is machine washable. The 27 inch strap loops around parent's wrist or could be attached to a wheelchair or walker.

Baby Bumper Knee Pads

Thickly cushioned knee pads for babies 6 to 24 months old. With Velcro closures, the Bumpers protect baby's knees, tights and clothing. If a parent is a chair user, often it is easier to move around on wooden floors or floors covered with thin carpet. This can be rough on knees.

Warm and Serve Dish

This microwave safe dish has three sections, a removable cover, and a comfortable handle for easy use. Because it is covered, you can safely set down the dish, reducing the risk of spilling, and baby won't be able to dip fingers into the food. Its design makes putting food on the spoon easy. Dishwasher safe.

Stove Knob Cover

Clear washable plastic covers fit firmly over stove knobs so children cannot turn the knobs. Parents can install and use easily. Stoves that are accessible for chair users have knobs mounted on the front which can be inviting to little ones.

Safety Changer

Changing baby on a flat surface can be dangerous. The safety changer's gently angled sides cradle baby in a safe place. The vinyl covered fiberfill pad can be wiped clean with a damp cloth, weighs less than 3 pounds, and is portable. This product can turn a kitchen table into a changing table. A chair user can then roll closely to baby, eliminating the need for an adapted changing table.

Kid I.D.

This comfortable, adjustable, Velcro-closed elastic wristband has a concealed I.D. label with room for name, address and phone number. Ideal for traveling, shopping or any crowded, unfamiliar place. Can be worn again and again. Available in a variety of fun designs that kids will love.

Jar Holder 'N Spoon

This baby food jar holder allows you to hold two jars of food with one hand. Easy-to-hold handle also provides a place to hold a spoon (one included). All are microwave and dishwasher safe.

Bottle Temp

In 15 to 20 seconds, this highly sensitive temperature gauge lets you know when a bottle is the right temperature for feeding. Adjustable Velcro strap fits all size bottles. Microwaveable. Ideal for those who have difficulty sensing temperature.

These products are available to consumers and may also be beneficial.

Safety Bathmat

The Thermo mat tub and shower safety mat has a color coded temperature gauge on it that lets you know if water is a safe temperature. The mat is exceptionally slip-resistant and comes in a variety of designs, including exciting ones the kids will like. Nerve damage in fingers and hands may make it difficult to accurately test water temperature. This mat can assist in making that judgment.

Auto Bottle Warmer

Easily warm a bottle on the road by plugging this warmer into the car's cigarette lighter. The warmer wraps securely around a bottle and warms it in minutes. Small enough to store in diaper bag or glove compartment.

Kiddle Kart

This tough no-tip trailer ordinarily attaches to the back of a bicycle for transporting little ones safely. This product could be adapted to attach to the back of a wheelchair. Seatbelts hold children securely. Depending on the model, child either rides facing forward or backward.

Stork's Cradle Carrier

This baby carrier safely cradles baby close to Mom or Dad in a thick washable pad that straps on comfortably. The design distributes baby's weight and secures with Velcro. If a parent has a difficult time holding baby closely, especially for nursing, the carrier might be useful.

The Tumbler

This durable and dishwasher safe cup is completely spillproof. When dropped, tipped upside down or left on its side, liquid stays inside the cup. Great if cleaning spills is difficult.

Mini Sentry Alarm

This small alarm senses motion anywhere you place it in an area 32 feet forward and an 85 degree angle. Placed near a child's room or by a door leading outside, a siren or soft chimes (you choose the sound) sounds when it detects motion. Requires three AA batteries. Could be very useful for visually impaired or mobility impaired parents.

3 In 1 Mobile

Noise from baby activates this mobile. It gently lights up, spins around and plays music, twirling plush bears, balls and blocks. Turns off automatically or manually. Can be programmed.

Safenet

Plastic mesh safenet keeps children on the safe side of decks, porches, stairways and balconies by fitting across railings with wide spaces. It is easy to install, washable, and can stand up to outdoor weather.

PARENTING, an Accent Guide, is a compilation of articles written by parents who have a disability. They offer tips on raising children based on personal experience. Following are samples of their suggestions.

• "When Both Parents Are Disabled" by Bonnie Bonham

Bonnie and husband George are both post-polio survivors. George walked with kinney sticks and Bonnie, although able to walk unassisted, could not carry anything of substantial weight since balance was delicate. Once Baby arrived, they had to find creative solutions to compensate for this. They added heavy weight round casters to a port-a-crib so they could easily and safely roll it around their home. Small enough to move from room to room, the port-a-crib became their "arms" for transporting their children. The side came down, so, while seated, the children could easily be taken in and out of the crib. This was the answer for them for travel "in house." However, they needed a different system for transportation outside the home. For their first child, a high quality stroller was used that could be disassembled and lifted into the trunk easily. For the second child, a simple umbrella type stroller made transporting easier.

As parents, issues of great importance in raising children were training and trust. They feel strongly that you must train children as to what is right, then trust that they will remember and act accordingly once out in the world. It was difficult to trust toddlers not to run where they could not be caught; to trust that they would not run into the street, run away while shopping, or dart away when getting in and out of the car. They taught them (with occasional spankings), but mainly always talked with them so they would feel and understand how important certain requirements were.

• "Helpful Hints For Handling Three Children," by Margaret Timmerman

Contracting polio in her late teens meant wearing a long leg brace, a back brace and walking with crutches for Margaret. Poor balance meant the need for creativity for transporting Baby. A regular crib and a portable crib were used since it was unsafe to carry Baby. For the new baby, husband George built a baby bed to sit on top of Margaret's walker, enabling her to travel from room to room with minimum effort. One side of the bed opened out, which allowed her to remove Baby while seated. The walker seat held extra diapers for changing time. Baby was never left alone on the walker bed.

The solution for taking Baby out was the purchase of a stroller that converted into a bed. After checking her balance, Mom lifted Baby from the crib to the walker bed, then rolled out to the car. After getting seated in the driver's seat, she lifted Baby into the car bed beside her. At their destination, the stroller bed was retrieved from the trunk and the procedure was reversed. One hand pushed the stroller and the other manipulated a crutch.

Margaret feels it is essential to be organized; have what you need within reach. Cleaning supplies and hazardous materials should be up high, out of Baby's reach. Pots and pans and canned goods can be placed on lower shelves, giving the creeper something to play with.

When lifting is a problem, raising a playpen about 18 inches from the floor makes it much more manageable. With a door on one side, Baby can be changed in the playpen and taken in and out more easily.

When Baby starts to creep (at about 40 weeks) there are some safety measures to take to ensure Baby's safety and Mom's sanity. Margaret placed Baby in a walker and put gates in doorways to keep mother and child in the same room. Putting things up and out of reach helped Mom stop the child when she said "no".

• "Sleeping At Night" by Kaye Harding

Because Kaye had to walk with leg braces and crutches, carrying anything was out of the question. To manage day care, Mother used a lightweight carriage for indoor transportation of Baby and various items necessary for sleeping, feeding and diaper changing. Her husband was very helpful in taking the night shift. Since their baby did not fit the typical infant pattern of eating and sleeping, the parents were forced to take desperate measures (like propping Baby on the dining room table in front of the TV), but to no avail.

From reading Dr. Spock's book *Baby and Child Care*, it seemed that rocking was acceptable if all apparent needs were taken care of, but Baby was still fussy. Creativity gave birth to a rocking crib. Crib wheels were removed and replaced with a spring assembly. Tying a cord to one post of the crib and the other to Dad's wrist or big toe enabled him to give a little tug to the cord and the crib would gently rock.

This effectively calmed a fussing child. Shortly, Baby became accustomed to this motion and moved into a crouching position. Slight movement enabled Baby to start this motion by herself.



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• "Can A Woman Who Uses A Wheelchair Have A Baby?" by Jean Moore

Jean became a wheelchair user due to polio. When deciding to have a baby, she knew it was essential to preplan and prepare in advance for pregnancy, childbirth and child care. She consulted her physician about her health and special needs. She visited the maternity ward to investigate rooms, doorways, bathroom facilities and alternatives. Discussions with the hospital staff were important in preparation for the birth. It was essential to plan for transportation in advance. She found childbirth classes most helpful.

She suggested that equipment (crib, stroller etc.) be very sturdy, since you may lean on it more than most people. Baby paraphernalia should be arranged for your convenience. A steel tray across her wheelchair was most helpful to Kaye. It was secured to the chair by a bolt and butterfly nut through a hole in one arm of the chair. A plastic foam pad was enclosed with waterproof plastic, slip-covered and held to the tray with a strong band of split diapers. This band was also used to secure Baby so he could not turn or fall off. The padded tray was used for diapering, bathing, feeding, playing and for transporting Baby from place to place.

When able to sit up by himself, Baby rode around on Mom's lap, secured by a band around the chair, Mom and Baby. This freed mom's arms for wheeling. Bathing took place in the kitchen sink.

As mobility developed, a halter (the type used for stroller and highchair safety) made it possible for Kaye to lift Baby from the floor. Once walking, a rope was attached to the halter and to an eye screw just outside the door, allowing the child to enjoy the fresh air outdoors.

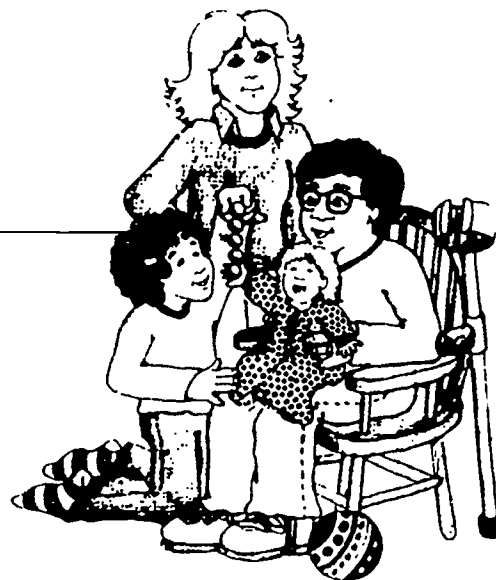
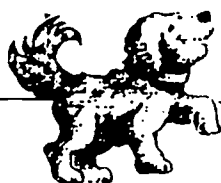
Combining activities reduced stress and danger, and saved energy. She entertained Baby while ironing by propping a storybook on the ironing board. She peeled vegetables on the wheelchair tray and cooked while Baby soaked and splashed in the kitchen sink. Small jobs such as sweeping with a hand broom and dust pan or washing play dishes kept little ones busy and feeling helpful while Kaye tended to necessary household tasks.

Diane Dawson-Ryan is one of PIP's parent mentors. We asked Diane if she would share with us some ideas and helpful hints that she found to be especially useful in her experiences raising her daughter. Following are her ideas and suggestions:

- * back pack as a diaper bag
- * camera case as a small diaper bag - holds one change
- * empty film container will hold a small plastic bag for dirty diapers or clothes
- * portacrib mattress or several towels on the floor for a quick changing area
- * knee socks - slip over hands and arms before putting on snowsuit, can be used as mittens and prevents the gap between sleeve and mitten
- * bar of soap - stick diaper pins in it to hold them and the soap makes them easier to pierce diapers
- * plant hanger - suspend near changing area to hold "extras" i.e., toys
- * gate hooks with spring latches for cabinets and doors
- * cotton and masking tape - cover corners of end tables to soften sharp edges
- * fanny pack - in a pinch, use as a safety strap in a highchair or swing
- * put tape over bathroom door locks to disable them
- * attach a rope to banister supports - it will hang below banister for child to grab for support
- * diaper stacker - hang from to hold underwear, shirts etc. within child's reach
- * kitchen trash can with foot pedal - line with kitchen size trash bags to make diaper pail with liner
- * barrettes will hold overalls straps together and prevent them from slipping off shoulders
- * terry cloth pony tail loops fit over wrists while eating juicy fruit (oranges etc.) so juice will not run down arms (and they are washable)
- * vinyl sheeting (available in fabric stores in clear or designs) great under high chair and car seat -also works well in play area for play dough type clay
- * pillows can serve as bed rails in a pinch - slide under fitted sheet on both sides of bed
- * changing table - slip in closet as an extra dresser or use to hold toys for older child
- * small bookcase can be used to hold young child's clothes and they can be easily picked out
- * multi drawer nut and bolt type case keeps crayons and small toys off the floor and out of the way
- * baby wipe boxes hold lots of small things, doll clothes, cars, blocks, cards - label and stack
- * elastic pony tail loops - slip through zipper hole to make it easier for toddler to grasp
- * survival blanket - put under toddler's sheet to give extra warmth in winter
- * fitted cradle or portacrib sheet can be fitted over car seat when not in use - protects from the sun
- * teething rings - keep chilled in refrigerator to put on bumps and scrapes



- * teething gel - apply to skin before removing sliver, to numb a bite
- * baby gate - when no longer needed as a gate, use as a hanger for damp towels
- * ice cream - let child eat this or other cold item before and after taking medicine (to numb the tongue)
- * elastic shoe strings - to assist with putting on shoes
- * nail brush in laundry area can be used to scrub set in stains



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Diane also found these products most helpful:

- * snap or Velcro strap booties (non-slip soles for toddlers)
- * glow in the dark pacifiers
- * pacifier with temperature sensor
- * Velcro strap shoes
- * sound activated mobile
- * temperature sensor bottles or clips
- * snap, Velcro or slipover cotton bibs (machine washable)
- * infant monitor
- * pacifier keeper - keeps pacifier, small toys, rattle etc. attached to baby, car seat cover, baby carrier
- * baby carrier, both front and back styles
- * stain stick (etc.) keep next to sink, changing area, laundry room
- * shopping cart seat - a variety of styles
- * bib clips (Playskool) - very good purse item
- * sun shade for car
- * car seat toy - attach to car seat
- * snowsuit - the kind that grows with baby so it can be used 2 to 3 winters
- * stroller cover - plastic covering to protect child from the elements
- * car seat covers make the seat more comfortable
- * Cheerio holder (by General Mills) looks like a large Cheerio and holds one cup of cereal
- * disposable sipper cups and/or lids - a variety of bottle companies sell these to turn bottle into sipper bottle
- * sit 'n sip bottle straw
- * wrist leash security cords - when child learns to unfasten Velcro, fasten on back belt loop of trousers or through back strap of jumpsuit
- * harness, with or without leash - variety of styles
- * high chair/booster seat combination, can grow with child
- * child proof kit and infant/child safety and first aid book
- * suction bowl with lip - helps with self feeding
- * thermometer strips - much easier for taking temperature
- * stroller - get the biggest wheels you can find
- * stroller bumper guard, fits most umbrella strollers and helps keep child seated (LUV Buggy stroller accessories)
- * door alarm (Safe T Guard) alarms when door is opened
- * hands off alarm (Safe T Guard) is light activated, alarms when cabinet or drawer is opened
- * sliding lock for medicine cabinet door
- * tot minder (Safe T Guard) or Nany (Welsh Co.) attach to child, alarm if child gets out of preset range child can activate if frightened
- * safety mat - alarms when stepped on - can be placed in front of door (Nash Industries)
- * motion alarm - when hung over a door, will sound an alarm when door is moved (battery operated)
- * faucet cover for bathtub
- * floating thermometer for bathtub
- * large crayons for toddlers
- * child I.D. kit

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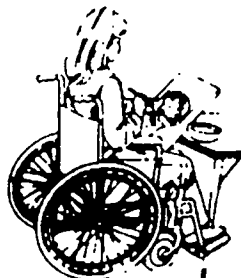
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13. Kirshbaum, Megan, "Parents with Disabilities and Their Babies," Zero to Three, June 1988.
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15. Maddux, Sue, "Infant Handling and Childcare: Techniques for the Physically Disabled Parent," Occupational Therapy Forum, Vol. 11, No. 25, 1986.
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17. "Quad Dad Proves Fitness for Parenthood," Spinal Network, Spring 1991.
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19. Scheele, Christine, "Women and SCI, Part 4: Motherhood—Three Perspectives," Paraplegia News, September 1988.
20. Walker, B., "Laying The Groundwork for Independence," Braille Monitor, March 1989.
21. Waxman, Barbara Faye, "How Do You Know You're Ready?," Mainstream, January 1984.

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1. "Arthritis and Pregnancy," Arthritis Foundation, 929 Beech St., Lansing, MI. 48912.
2. "Be Sure It's Safe for Your Baby," Juvenile Products Manufacturers Association.
3. "Child Care' Safety Tips," Parke-Davis Division of Warner Lambert Co., Morris Plains, NJ. 07950.
4. "Play It Safe," The Association of Trial Lawyers of America and the Johns Hopkins Injury Prevention Center, P.O. Box 3744, Washington, DC. 20007-0244. Available in braille from National Braille Press.
5. "Protect Your Child," U.S. Consumer Products Safety Division, Washington, DC. 20207.
6. "Tips for Your Baby's Safety," U.S. Consumer Products Safety Commission, Washington, DC.20207
7. "Vaccinate Your Infant Against the Terrible Twos," Epicenter, Inc., P.O. Box 81326, Wellesley Hills, MA. 02181.



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NEWSLETTERS

1. ABLED (Attractive, Beautiful, Loving, Exquisite Disabled Women), ABLED Publications, 12211 Fondren, Suite 703, Houston, TX. 77035.
2. Blind Parent, c/o Mary Wertzell, 1212 N. Foster, Lansing, MI. 48912. Available quarterly on cassette, \$15.
3. Parenting With a Disability, Through the Looking Glass, 801 Peratta Ave., Berkeley, CA. 94707. Available biannually, \$8.
4. "Special Issue on Childbearing and Parenting by Persons With Disabilities," Physical Disabilities Special Interest Section (PDSIS) Newsletter, Vol. 12, No. 2, June 1989. The American Occupational Therapy Association Inc. Available quarterly.



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OTHER PARENTING RESOURCES

Adapted Furniture

"The Disabled Parent," p. 162, The Source Book for the Disabled, Imprint Books, London, 1979.

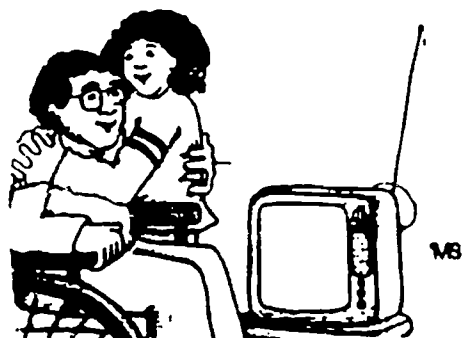
Mary Free Bed Rehabilitation Center, 235 Wealthy St. SE, Grand Rapids, MI 49503. The Technical Equipment Program displays and will adapt baby furniture. They can adapt the following: crib, playpen, padded rolling cart, changing table, and custom baby lap tray.

Respite

Lansing Area Parents (LAP) Respite Center, 840 E. Mt. Hope, Suite 206, Lansing, MI 48910, (517) 334-2887. This is a family-directed program providing respite care, information and other supportive services for families caring for children who are handicapped or chronically ill. Respite care relieves family caregivers by contracting through LAP to do caregiving. Arranged by prior agreement or on an emergency basis, registered families can receive a few hours or a few days of respite care. Services are in-home, center-based, or on a co-op family basis. LAP Respite Center also offers information services, family support services, family advocacy services and volunteer services. Inquiries and applications can be made at the LAP Respite Center. Fees for services are based on a sliding scale and ability to pay. TDD: 1-800-649-3777.

Family Growth Center, (517) 484-2610

From three locations in the Lansing area, the Family Growth Center offers several programs for families to enjoy. For children: free drop in child care, kindergarten readiness programs, fun and age-appropriate activities. For parents: free workshops (positive discipline, communication skills with their child, building self-esteem, stepfamily issues, stress management), weekly support groups, and information and referral services. Families can find a parent nurturing program, seasonal parties and programs to strengthen family relationships.



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P.I.P.



PROJECT INNOVATIVE PARENTING

If the answer is **YES** to these questions, maybe P.I.P. can help!

Do you have a physical disability that you have had since you were young?

Do you look after a child who is 6 years old or younger?

As a parent with a handicap, do you have trouble doing things you need to do?

Do you have questions about having children?

P.I.P. helps parents who have disabilities learn:

- * normal infant and child development
- * parent/child bonding
- * physical management of young children
- * discipline
- * selection of appropriate toys
- * finding special equipment for child care

For more information about P.I.P., contact:

Project Innovative Parenting
PAM Assistance Centre
601 W. Maple
Lansing, MI 48906
517-371-5897 or
1-800-274-7426
Voice or TDD

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