

Parenting Resources

As a parent of a child, teen, or adult with a disability you may find it helpful to find out about various parenting resources in your community. Explore what's available including advocacy groups, specific disability organizations, and special education parent programs.

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Books & Guides

The Circle of Care Guidebook for Caregivers of Children With Rare and/or Serious Illnesses

The [Circle of Care Guidebook](#) is intended to help Caregivers navigate through the varied experiences and challenges of rare and serious medical conditions, guided by the insights, achievements, and learnings of other caregivers and experts. The extensive array of topics covered in this Guidebook (nearly 100) underscores the many aspects of life and care that are impacted when caring for a child with a rare disease. Fortunately, there are a wide variety of helpful resources and organizations available to support and direct Caregivers, many of which are also highlighted in this document.

Source

[National Alliance for Caregiving](#)

Links

My Life My Community (MLMC): Resources for Families

Source

[My Life My Community \(MLMC\): Resources for Families](#)

Books & Guides

Taking Care: A Resource Guide for Caregivers

Taking Care: A Resource Guide for Caregivers was created by the Virginia Caregiver Coalition (VCC). Recognizing that every caregiving situation is unique, this comprehensive guide is meant to support caregivers of older adults and those with disabilities and provide resources and information to meet their specific needs.

Source

[Virginia Department for Aging and Rehabilitative Services](#)

Links

Getting Started: Special Education Guide

Source

[Getting Started: Special Education Guide](#)

Books & Guides

Big Red Safety Toolkit

The Big Red Safety Toolkit from the National Autism Association can help parents and caregivers of someone with Autism Spectrum Disorder (ASD) who is prone to wandering off from a safe environment, and whose diagnosis may interfere with their ability to recognize danger and/or stay safe.

Source

[National Autism Association](#)

Links

Think Safety: Autism Resources

Source

[Think Safety: Autism Resources](#)

Links

Udemy: Free Online Stress Management Course for Parents of Children with Special Needs

Source

[Udemy: Free Online Stress Management Course for Parents of Children with Special Needs](#)

Article

The Arc Virtual Program Library for People with Disabilities

Find online resources through the ARC's Virtual Program Library for people with intellectual and developmental disabilities and their caregivers. This virtual library is a free hub of on-demand activities.

Source

[The Arc of the United States](#)

Books & Guides

A Family Toolkit: Pediatric-to-Adult Health Care Transition

The Family Toolkit helps prepare parents, caregivers and youth for health care transitions to adulthood.

Source

[National Alliance to Advance Adolescent Health](#)

Article

Learn More About Your Child's Development

Learn more about your child's development with these resources from the CDC.

Source

Pagination

- [Current page 1](#)
- [Page 2](#)
- [Page 3](#)
- [Next page >>](#)
- [Last page Last »](#)

Showing 1-10 of 26 Results