



Learning Disabilities
Association of *Maine*
www.ldame.org

PRACTICAL POINTERS FOR PARENTS

- 1) Stop felling guilty about setting limits for your child with a disability.
- 2) He/she can learn family rules as well as your “normal” child if you gear things to his level.
- 3) Rules and limits must be understood by your child.
- 4) Make sure your explanations to your child are in simple language, delivered in a low tone of voice.
- 5) Rules must be enforced.
- 6) Once you make a rule or set a limitation, enforce it every time until the behavior is learned.
- 7) Get his/her eye contact before issuing an instruction.
- 8) Have regularly scheduled meal times, bath times, bed times, TV times.
- 9) Always tell him the next step in his/her schedule.
- 10) Don't give in for the sake of short-time peace.
- 11) Don't be moved by your feelings of sympathy over your child's disability to give him/her “just one more chance”.
- 12) Provide a calm, quiet environment as much as this is possible.
- 13) Praise and recognize your child's good behaviors.
- 14) Enhance your child's self-esteem by allowing him/her to help and much as he/she is able.
- 15) Expect good behavior and very often you will get it.

Kids do well when they can!