



## **Matrix Matters of Facts**

### **Values and Principles I Learned from My Parents**

By Heidi E. Peratoner

*All parents worry about their children and their parenting. All parents—being human—make mistakes occasionally. As a child with special needs, I posed exceptional challenges to my parents. They responded by treating me as they treated my more “typical” siblings. Thus, their occasional mistakes were far outweighed by what they did right. By modeling desired behavior and as well as by their words, they:*

1. Guided me to set reasonable expectations that recognized my full potential as well as my challenges
2. Taught me not to fear pursuing my desires
3. Inspired me to develop a positive attitude when things look bleak
4. Instilled an “I can do it” stance
5. Accepted me in every way
6. Treated me as a person with specific disabilities, not as a “disabled person”
7. Taught me to be honest with myself and with others
8. Motivated me to try my hardest in everything I do
9. Coached me to accept responsibility for my actions, behaviors and my life
10. Provided me with unlimited support in whatever I set out to accomplish
11. Enabled me to share with others my self-knowledge and experience
12. Treated me as they treated my able-bodied siblings
13. Taught me to happily accept myself
14. Encouraged me to use my imagination and creativity to overcome difficulties
15. Enabled me to understand that I could and should help myself and others
16. Prepared me to not take anything for granted
17. Demonstrated how to be patient with myself and others
18. Taught me to be thankful for who I am and what I have
19. Assisted me in learning to recognize and adjust my unreasonable demands
20. Insisted that I not think of myself as an invalid
21. Encouraged me to adapt in difficult situations
22. Taught me to be friendly and open with others
23. Provided me with unlimited love and support in my quest to become as independent as I could be
24. Taught me to persevere despite obstacles standing in my way
25. Encouraged me to always be hopeful

***The road of life is full of bumps, but roll over the bumps and you will likely succeed.***

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