

Matrix services are free to all families | Bilingual services available

Empowering families of children with special needs to understand and access the systems that serve them.

parent network
+ Resource Center



A Message for Educators from Parents

Being a parent of a child who struggles in school due to special or complex needs is not easy.

- While you may feel there are too many emails or communications coming from me, this may come from worry, a need for more information or for validation. You might ask how I am feeling and confirm you have heard my message.
- I may still be working on adjusting my hopes for my child with realistic expectations. Be gentle with me as this is an ongoing, life long process.
- I may have a version of the same disability as my child and this may affect my ability to hear, understand, be organized or communicate. Check in with me to find out if there is a method that makes it easier.
- I can be sensitive when comments are made about my home life or parenting skills. Without walking in my shoes, it may be difficult to understand my home dynamics. Please consider that I am making the best decisions I can at the time with the knowledge I have. My hope is suggestions come with an understanding of the challenges before me.
- My situation can be isolating. Share information with me about parent to parent support, Matrix Parent Network and other community support groups.
- What may seem routine to you given all the families you work with may be novel and of high importance to me. Check in to see if I need further explanations, if a meeting needs more time, or if I have been able to share what is important to me. This can make all the difference.

Matrix serves families of children with special needs in the North Bay and is one of 100 Parent Training and Information Centers (PTI) nationwide, authorized through the U.S. Dept. of Education's IDEA law.

Matrix Parent Network & Resource Center
Helpline: 800.578.2592
www.matrixparents.org

Offices located at:

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