



# Parents Helping Parents

Matrix helps families whose children may learn or be developing differently from others, have difficulties socially or may have special needs or specific disabilities. Our Parent Advisors are parents who have learned ways to find resources and get support for their children and are here to help other parents do the same. We are a network of parents helping each other.



## Why do parents call Matrix?

- to learn how to nurture and guide their child's strengths and to help with areas of weakness;
- to learn ways to access agencies and systems that serve children such as schools, Special Education, regional centers, health care, recreation;
- to find resources or referrals that suit their child and family ;
- to connect with other parents...empathetic listeners with whom to share the joys and concerns that come from being a parent;
- to learn how to make time for themselves so parents are stronger for their child;
- to talk through and explore possible options to address concerns about their child;
- to organize and understand paperwork from schools and other agencies;
- to learn about parent workshops or support groups;
- to become more comfortable speaking up at meetings so their voice can be heard about what is important for their child and family;
- to see if a home visit is needed;
- to arrange to have a Parent Advisor attend IEP meetings with them.

We recognize that each child and family is unique and needs to be honored. We are not here to tell parents what to do. Instead we are here to help each parent find their path and give support along the way.

*Matrix services are free to all families | Bi-lingual services available*

Offices in:

Novato • 94 Galli Drive, suite C, Novato Ca 94949 • 800.578.2592 • Fax 415.884.3555  
Fairfield • 1615 W. Texas Street, Fairfield Ca 94533 • 800.578.2592 • Fax 707.425.4585

# Parent to Parent Tips

When we have questions or concerns about our children:

**TIP #1: Never worry alone - call Matrix to get ideas from other parents on what to do when children have:**

- Difficulty sitting still or paying attention
- To be reminded many times about following directions
- Very limited use of words
- Difficulty with other understanding them when they talk
- Sleep problems
- Strong feelings or behaviors that aren't easy to manage
- A hard time with motor skills such as using their hands for activities such as eating, drawing or making things or find it not easy to run, jump or do other physical activities
- A hard time making and keeping friends or playing well with other children.



**TIP #2: Get a professional opinion.**

- Talk to your doctor
- Talk to child care providers, teachers or others who know and spend time with your child
- Write a letter to your local school district asking them to evaluate your child (children ages 3 and older) to see if he or she may qualify for help with learning. Matrix can do this with you!
- Ask Matrix about the Regional Center to see if your child may qualify for services (birth and older).

**TIP # 3: Learn about your child's situation & how to get services.**

If you know your child has a specific disability such as Autism, Downs Syndrome, Language Delays, Cerebral Palsy, ADHD:

- There are many resources in our community and on websites
- Reach out to others whose children have the same issues as yours – it helps to share with each other what you have learned or found helpful...and to get support and advice.

**TIP #4: Keep your papers and information about your child organized – Matrix can do this with you!**

**TIP #5: Build on your child's strengths :**

- Point out to your child each day something positive they have done
- Find time for your child to do things they enjoy and where others see their gifts/strengths.

**TIP #6: Take care of yourself – the better you feel, the better you can help your child.**

Call Matrix as we are parents who can guide you along the way with any special concerns you may have about your child – we are here for you.

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*This information sheet is funded by*



**Matrix Parent Network & Resource Center**

[www.matrixparents.org](http://www.matrixparents.org)

800.578.2592

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