

SPEECH TEACH UK FOUND THIS ADVICE CIRCULATING ON THE INTERNET. YOU MAY FIND IT HELPFUL.

ONE DAY AT A TIME

Take one day at a time, and take that day positively. You don't have control over the future, over today, or over any other day, and neither does anyone else. Other people just think they do

NEVER UNDERESTIMATE

Never underestimate your child's potential. Allow them, encourage them and expect them to develop to the best of their abilities.

POSITIVE MENTORS

Find and allow positive mentors: parents and professionals who can share with you their experience, advice and support.

FEELINGS AND NEEDS

Keep in mind the feelings and needs of your partner and your other children. Remind them that this child does not get more of your love because they get more of your time.

YOUR CONSCIENCE

Answer only to your conscience: then you'll be able to answer to your child. You need not justify your actions to your friends or the public.

BE HONEST

Be honest with your feelings. You can't be a super-parent 24 hours a day. Allow yourself jealousy, anger, pity, frustration and depression in small amounts whenever necessary.



BE KIND

Be kind to yourself. Don't focus continually on what needs to be done. Remember to look at what you have accomplished.

SMELL THE ROSES.

Stop and smell the roses. Take advantage of the fact that you have gained a special appreciation for the little miracles in life that others take for granted.

SENSE OF HUMOUR

Keep and use a sense of humour. Cracking up with laughter can keep you from cracking up with stress.

NO. 11

There is no 11th, silly. (See the 10th)

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