

PARENTING WITH A DISABILITY BULLETIN

Volume 15 Issue 2

Fall 2013

PDN UPDATE

By Nancy Barry



PDN Family Picnic in High Park

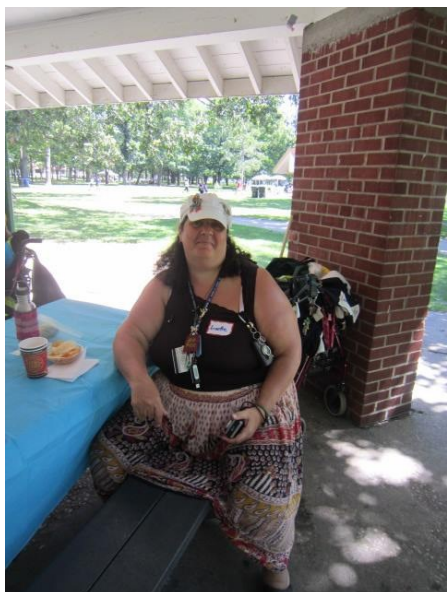
This year's PDN Family Picnic was a blast. We were able to welcome a new family to the PDN, who were also able to join us for the picnic.

We wanted to spice things up a bit, so we entertained the kids with two piniatas, containing lots of cool treats inside. The kids gave their all, and didn't stop until Elmo and the Cookie Monster were crushed to the ground.

Thanks to all of you who came out and made it an awesome day. Special thanks goes to Carling, Sharon, Jane and Gord for all of their support throughout the day.

Here are some highlights from the day:







Parenting Course for Prospective Parents

You've been hearing us talk about this parenting course for several months. We were all ready to begin on October 2nd, every Wednesday for seven weeks, but unfortunately due to a low response rate, it will be deferred to the spring. In order for people to get the most out of this course, it's better to have a bigger group.

We have a lot of interesting activities planned for the course, including:

- Guest speakers from TETRA
- Hearing from a Midwife and a Doula
- Plenty of resources
- Role plays
- Scenarios
- Videos; and
- ...much more.

We are very excited to have this course finally available, and we hope that by running this course once or twice a year, we will help prospective parents feel more prepared for parenting, and make their parenting experience as happy as it should be.

PDN Family Photo Album

Another project that has been on the go for the past several months has been the *PDN FAMILY PHOTO ALBUM*. Several families from the PDN have been interviewed about their parenting experiences. We are almost finished the interviews, and we have begun writing them up. In total, we have 20 families included in the album. We are hoping to have the album finished and ready for viewing by early November, as we would like to take it to this year's Baby Time Show, at the Metro Convention Centre on the weekend of November 8th, 9th and 10th.





Ten Lessons to Ensure School Success

<http://cityparent.com/posts/358-ten-lessons-to-ensure-school-success>
Sep 06, 2007

Remember that your child's teacher is not the enemy.

Work to develop a collaborative, not antagonistic relationship, by communicating your child's needs in a straightforward way, offering practical help in the classroom when possible, and above all, recognizing and respecting the teacher's expertise. You are on the same team, working for your child's success. Join with and listen to the teacher—you might learn something new about your child.

Teach personal responsibility.

Announce to your kids that they are now responsible for remembering their own lunches, backpacks, and homework. Give one reminder—no more—and let them learn this most valuable life lesson. Don't bale them out, running to school with forgotten items. You won't be there to remind them about college

commitments—lay the groundwork for lifelong personal responsibility with this new school year.

Say no and mean it.

Be firm about how much is too much for your kids. Your child may come to you on a daily basis with requests for an iPhone, laptop, credit card, etc., but it is up to you to set clear boundaries and not to over-indulge. If they really "need" that digital camera or designer handbag, talk with them about various ways they can earn money -- either around the house or getting a job -- toward buying it themselves.

Parenting is not a competition.

The fact that your neighbor's daughter is in competitive dance classes and your daughter is not means nothing. Connect with other parents by commiserating over your stresses—we all have them—not by tallying your child's achievements. Less stress for everyone will result.

Understand that your child is the one in school—not you. Guide your child in setting up a system for organizing their backpack or effectively completing his/her homework. If parents want children to learn, kids need to complete schoolwork on their own.

Celebrate the accomplishments of your child—realistically. If your child gets a B, be proud. Praise what concepts your child mastered, rather than making the letter grade the pinnacle of success. Don't jump immediately into why the grade was not an A, devaluing the work that was done and implying that only perfect matters.

Keep a rational perspective. Is every moment or social activity critical to your child's happy life? Will failure to make the select squad ruin your child's prospects of success as an adult? Will missing the fifth birthday party in one week-end -- so you can have some family time or some sleep -- turn your child into a pariah? The answer is no, of course, and sometimes parents can calm themselves down by engaging in a simple, sensible dialogue in their heads.

Define your family values. If caring about others is the ideal you most want to instill, allot time for volunteer work as part of your regularly scheduled activities. If faith is the key factor in your family life, ensure that your weekly itinerary allows time for religious practice or community work.

Encourage your child to be himself. Accept his/her unique mix of strengths and flaws. Not all children excel at math or soccer. Help your child find and foster her unique talents and define success on her terms—not by what you wish you had done or what her siblings or friends do.

Stay levelheaded about school—and teach your child to do the same. Yes, good grades are important. But one or two Cs will not wreck his chances at university or college. While education is important, so is a balanced life, with time to ride bikes and hang upside down from a tree in the park.

After School Snacks

Reviewed by: Mary L. Gavin, MD
kidshealth.org/PageManager.jsp?dn=KidsHealth&lic=1&ps=107&cat_id=20738&article_set=45462#cat20738

Do your kids come in from school and make a beeline to the kitchen looking for something to eat? If so, how can you can make sure they enjoy a snack while still saving room for a healthy dinner?

Kids need less frequent snacks as they get older, but it's not surprising that most are hungry after school. Many kids eat lunch early — 11:30 or even before — and then have an

afternoon of classes and maybe even an after-school activity before their next chance to eat. It's no wonder the snack food vending machine looks so appealing at the end of the day.

Depending on a child's age and after-school routine, parents might not always be able to control what their kids eat in the late afternoon.

But don't throw in the towel just yet. These steps can guide kids to good after-school snacks that will be satisfying and still leave room for a nutritious dinner.

Figure Out the Timing. Put yourself in your kids' shoes and consider their eating schedules on a normal weekday. Some younger kids may have a mid-morning snack, but most older school-age kids won't. Find out: When is lunchtime? What and how much do they eat at lunch? Do they ever skip lunch? Does the after-school program serve snacks? This will help you figure out how hungry your kids will be when they get home.

You'll also want to think about what time you normally serve dinner. A child who gets home famished at 3:15 and eats a large snack probably won't be hungry if dinner is

at 5:30. Likewise, it may not be reasonable to expect a child whose parents work late to go until 7:30 with nothing to eat since lunch. Think about your kids' schedules and plan accordingly.

Create a List of Healthy Options.

Next, talk about which snacks your kids would like to have at snack time. Come up with a list of healthy options together and be sure to include a variety of fresh fruits and vegetables. While a slice of cake or some potato chips shouldn't be forbidden foods, such low-nutrient snacks shouldn't be on the everyday after-school menu.

If you can, take your kids along to the grocery store and spend some time reading the nutrition facts labels and comparing products. Pay attention to the amounts of protein, fiber, calcium, and other important nutrients, and don't miss the chance to talk about portion sizes. Together, choose snacks that are low in sugar, fat, and salt. Being involved in the process makes it more likely that kids will learn to make healthy food choices.



Make Healthy Snacks an Easy Choice. Don't expect kids — even teens — to cut up their own veggie sticks. It's just too much bother, especially when they're hungry. Kids are more inclined to eat what's handy. That's where you come in. Make healthy snacks easily available by packing them in their lunchboxes or backpacks or by having them visible and ready-to-eat at home.

If you're at home after school, your youngster might enjoy helping you make a creative snack like ants on a log (celery topped with peanut butter and raisin "ants"), egg boats (hard-boiled egg wedges topped with a cheese sail), or fruit kabobs.

Older kids may enjoy a fruit smoothie, mini-pitas with hummus dip, or whole-grain crackers topped with cheese and pear slices. Older kids often like making their own snacks, so provide the ingredients and a few simple instructions. If dinner is just around the corner, consider allowing a "first course," such as a small salad or side vegetable while you finish preparing the family meal.

For those nights when dinner is hours away, you could offer a more substantial snack such as half a sandwich or a quesadilla made with a whole-wheat tortilla and

low-fat cheese warmed in the microwave and topped with salsa. Nothing too complicated, though. A good snack should take more time to eat than it does to prepare!

If your child goes to an after-school program or to a caregiver's house, find out if snacks are served. If so, what's typically offered?

If you don't like what you hear, suggest alternatives or just pack an extra snack your child can eat after school. Easy-to-pack snack options include trail mix, nuts, low-sugar whole-grain cereal, whole-grain pretzels or crackers, fresh or dried fruit, and cut-up vegetables.

What if your child comes home to an empty house? Again, the best strategy is to leave something healthy front and center on the kitchen counter or in the refrigerator. A hungry child, like a hungry adult, is likely to take the path of least resistance.



What to do when your Teen Chooses Bad Friends

By Anthony Kane, MD

<http://www.thecmr.com/The-CMR/preschooler/Big-Kid/What-to-Do-When-Your-Teen-Chooses-Bad-Friends.html>

The Problem: Recently, a well known educator and speaker on parenting issues made a list of all the difficult questions parents had been asking him about their teens. He noticed that of all the issues that are bothering parents, the number one concern is what to do about bad friends. This question was asked more than twice as often as the next most common concern.

This educator then did a very interesting experiment. At the time he was working with a number of troubled teens. Many of these teens were estranged from their families. Some of them had resolved their difficulties and were already in the process of making peace with their parents.

He asked these teenagers, "What should I tell parents so that their children won't have the problems you are having?"

He asked their advice on a number of issues that parents were finding difficult. In general, these teenagers

had very good advice. However, when he asked them what to do about the number one issue that was troubling parents about their teens, none of them had anything to say.

He then asked these teens what it was that got them in trouble in the first place. The number one answer was bad friends.

So the number one issue that worries parents about their teens is bad friends. The number one cause of teens getting into trouble is bad friends. And the answer that these teens gave as to how to help parents deal with this issue was, "There is nothing parents can do."

The Reasons: One reason that parents can't separate their child from a bad friend is that the friend often has a stronger relationship. When a child is young, his parents are the major influence in his life. As children enter adolescence a change occurs. A natural part of growing up is breaking away from parents and making bonds with peers. This is normal. If the parent child bond is healthy, children will eventually renew their ties with their parents. This happens in the late teens or early twenties. But throughout most of adolescence, a normal child is closer to his friends than his family.

A second reason parents find it so difficult to separate their teens from bad friends is that, to put it simply, you can't take away what you can't replace. Parents cannot replace their child's friends.

There is very little you can do to separate your child from bad friends and bad influences once he reaches his teenage years. However, there are a number of guidelines of what not to do. If you follow these few principles, it will help you ride out the storm and minimize the problems.

What You Can Do

Do Not Attack Your Child's Friends:

When your child is running in a bad crowd, your hold on him is loose or non-existent. The last thing you want to do is to acquire an enemy. If you make a personal attack on your child's friend that is exactly what you are going to get, a sworn enemy. This enemy will now be out to get you and he will very likely have more influence on your child than you.

It will not help to tell your child not to tell this friend. If you trash your child's friend, this person will know about it minutes to hours after the words leave your mouth. You will have made an enemy for life, at a

time when you need every ally that you can get.

This does not mean you cannot criticize the behavior. It is fair and reasonable to tell your child that you object to the kinds of things his friend is doing. However, don't make it a personal attack. Once you do that, you place yourself in a battle that you are almost certain to lose.

Enlist Help: As part of growing up, your child is trying to break away from you and forge his own path in life. This is normal. However, this need to break away only involves you. It does not involve other adults. This gives you an opportunity to indirectly influence your child.

You should try to find an adult or a responsible older teen that can foster a relationship with your child. It can be a member of your extended family or someone in your community. You can have this person keep contact with your child and try to direct him whenever possible.

Your child will be confiding in someone. It is much better if you can arrange that it is an adult or an older teen whose judgment you trust. Most teens just confide in their peers.

If your child is still young, you should take the opportunity to try to set up a relationship with someone older while you still have influence. I personally have set up several adults for each of my teenage children. These are people my children respect. Though I have not needed them yet, I know that I can rely on them if things ever turn sour.

Here is an important point to remember. If your child is confiding in a responsible adult, then you must be careful not to pressure this person to reveal what is being discussed. You have the right to know some general answers, like if things are okay or if your child is going through a rough time. But do not press for information. You may be doing great harm to your child.

Get to Know Your Child's

Friends: This is very bold advice, but it usually works well. You should get to know your child's friends personally. A number of good things may come out of this. You may find out that the children with whom your child associates are really not as bad as your initial impression. The teen years are hard on everyone. All children have difficulty. It is very possible you might find that your child's friends are basically good kids who are going through tough times.

Here is how you can do it. Pick an event, like your child's birthday or the end of the school year or some other special occasion. Tell your child that you want to take him and four or five of his friends out to dinner to celebrate. Take them to a restaurant. Here is what you will gain:

1. You might find that you misjudged these children.
2. You will be giving your child the messages that since they are his friends, you welcome them.
3. You will be giving your child's friends the same message. Depending upon their own personal situation you may be the only adult in their lives that are treating them as people.

You will be acquiring four or five allies who are in a very strong position to help you at a time when you need it most.

The Advantage of Having Your Child's Friends as Allies:

The first thing that you need to know is that children have a very strong sense of right and wrong. They may be doing the wrong thing, but they are well aware of it.

Now, picture this scenario. Your child is out with his friends Saturday night doing what you would rather not know about. It is 11:30 p.m. and you get a call on the phone. Your child is having a great time and everyone is still here, can he stay out until 2 am? You remind your child that he has a 12:00 curfew and he has to be home. Your child says a few choice things to you too and slams down the phone.

Now to whom does a teen complain when he is angry with his parents? His friends. So after he hangs up he goes to his friend and starts calling you every name in his somewhat extensive vocabulary. Let's say that this friend is someone you took out to dinner three weeks ago.

That person might just say to your child, "What's wrong with you? Your mother is okay. Look, you know she's right. Why are you giving her such an attitude?" This teen that you just took out to dinner may send your child home before any of the real trouble starts, all because you bought him dinner and treated him like a person.

Now what would happen if you had trashed this person? Do you think he'd be so quick to take your side? That's the advantage of making your child's friends allies instead of enemies.

Conclusion: Your teen is going to pick his friends. At this age, there is very little you can do to influence his choices. However, if you approach the problem with wisdom, there are a number of ways you can indirectly influence your child and help him to stay out of trouble.

If you want more information on ways that you can teach even the most difficult child, please see our Child Behavior Program at <http://addadhdadvances.com/betterbehavior.html>.



Helping Teens Take Charge of their Health

<http://kidshealth.org/>

Preparing kids for independence and adulthood brings many challenges for parents — teaching teens to drive, negotiating later curfews, researching colleges, discussing tough topics, to name just a few.

Among these hurdles is helping teens start managing their own health care. It can be hard to let go — after all, mom and dad have been handling the doctors' appointments, prescriptions, immunizations, and countless other medical concerns since their kids were born.

But it's important to guide teens toward taking on this responsibility. After all, parents won't always be around to manage their children's health care — and in most cases, once their kids become adults, legally they won't be allowed to.

And keep in mind that the decisions made in the teen years about things like alcohol, drugs, healthy eating, exercise, sex, and smoking can have long-term consequences — even if teens feel invincible. Becoming more

invested in their own health care lets teens learn more about and understand the potential outcomes of choices they make now.

At what age are teens able to start taking some control? It can vary: factors like a teen's maturity level, health issues, and ability to keep track of the details all play a role, as does a parent's willingness to relinquish control.

So, how can parents start handing over the reins? It can begin by talking about medical topics in age-appropriate ways with their kids; for instance, discussing medications they take and why, or teaching kids with chronic conditions ways to help care for their medical equipment. Maybe your teenage son or daughter is ready to handle filling and refilling his or her own prescriptions.

It's important for moms and dads to let their adolescents have some private time to talk with the health care provider. During puberty and the teen years, kids are likely to have questions or issues that they're not comfortable discussing with a parent in the room. (But be assured that a doctor who feels that a patient who might be at risk for self-harm or harming another will alert a parent.)

If you think your child might need additional help with teen issues, consider having your son or daughter meet with an adolescent medicine specialist. These doctors not only are well-versed in the care of teens' physical health problems but also have additional training in helping their patients deal with risky behaviors and mental health concerns.

It's also wise to talk about health insurance and medical records to older teens to navigate the insurance system and keep track of their records.



Raising Money-Smart Children

<http://www.thecmr.com/The-CMR/preschooler/Pre-School/raising-money-smart-children.html>

We all know that money doesn't actually grow on trees. But if it seems like your kids think it's easy to come by, you may be right. With ATM machines "magically" dispensing bills and plastic cards being swiped in exchange for goods, it's not hard to see why kids may assume that money is there to take for granted.

For them to develop lasting positive financial habits, it's important to talk to our kids and educate them on the value of money early on. Teaching them to appreciate the "stuff" that money buys, the importance of savings and the importance of personal responsibility will help set them up for long-term success.

Below are some tips to raising money-smart children:

Lead By Example:

The most important thing to remember when raising money-smart children is to lead by example. When you and your kids run errands, use cash as much as

possible so they can see first-hand the value of everything you buy. Allow them to help count out the dollars and cents and communicate how much you have left to spend. Try not to make impulse purchases or use the credit card once the cash runs out!

Talk About Money:

Rather than keep the family finances under wraps, discuss purchase decisions and savings at the dinner table. And consider showing your children your bank account statements or online account balances so they're aware of your economic situation. Involving your kids in spending decisions and being open about your finances will provide them with practical financial experience and help them feel like a valued part of the spending and saving process.

Give an Allowance:

Giving an allowance is an excellent way to teach your children about money management and personal responsibility. Receiving an allowance in exchange for chores will help them understand the value of an earned dollar. By earning their money, they are more likely to save it for something meaningful rather than something trivial.

Put Savings on Display:

Whether they place their money in a piggy bank or in a glass jar, showcasing the savings they have accumulated will help motivate them to continue. Seeing just how much money is saved will also help your children think twice the next time they want to spend it.

Open a Savings Account:

Once your children have some money saved, it's time to open a savings account. Make the experience fun and interesting by going to the bank together and encouraging them to ask the teller questions. Maintain the account by depositing any money they receive from birthdays or holidays. Print off account statements every once in a while to show them just how much interest they are earning on their balance.

Give positive feedback:

Be sure to provide positive feedback whenever you see your kids using their money wisely. Motivation and positive praise go a long way when teaching kids new information and skills. In today's economy, teaching our kids how to be money-smart is essential to their education and overall success in the future.

Helping Kids Cope with Cliques

Reviewed by: D'Arcy Lyness,
http://kidshealth.org/PageManager.jsp?dn=KidsHealth&lic=1&ps=107&cat_id=171&article_set=59705#cat171

Your 10-year-old daughter comes home crying because the girls she's been friends with are suddenly leaving her out and spreading rumors about her. She's confused because it seemed to happen out of the blue. She doesn't know what she did wrong and is nervous about returning to school, unsure if she has any friends. You're unsure how to help her — you've heard a lot about kids being snubbed or teased at school, but you didn't think it could happen to your outgoing, fun kid.

Given how common cliques are throughout middle and high school, at some point your child is likely to face the prospect of being in one or being excluded from them. There's little you can do to shield kids from cliques, but plenty you can do to help them maintain confidence and self-respect while negotiating cliques and understanding what true friendship is all about.

What's a Clique? Friendship is an important part of kids' development. Having friends helps them be independent beyond the family and prepares them for the mutual, trusting relationships we hope they'll establish as adults.

Groups of friends are different from cliques in some important ways. Friendships grow out of shared interests, sports, activities, classes, neighborhoods, or even family connections. In groups of friends, members are free to socialize and hang out with others outside the group without worrying about being cast out. They may not do everything together — and that's OK. Cliques sometimes form around common interests, but the social dynamics are very different. Cliques are usually tightly controlled by leaders who decide who is "in" and who is "out." The kids in the clique do most things together. Someone who has a friend outside the clique may face rejection or ridicule.

Members of the clique usually follow the leader's rules, whether it's wearing particular clothes or doing certain activities. Cliques usually involve lots of rules — implied or clearly stated — and intense pressure to follow them.

Kids in cliques often worry about whether they'll continue to be popular or whether they'll be dropped for doing or saying the wrong thing or for not dressing in a certain way. This can create a lot of pressure, particularly for girls, who might be driven to extreme dieting and eating disorders or even to ask for plastic surgery. Others may be pressured to take risks like steal, pull pranks, or bully other kids in order to stay in the clique. Kids also can be pressured into buying expensive clothing or getting involved in online gossip and teasing.

Cliques are often at their most intense in middle school and junior high, but problems with cliques can start as early as 4th and 5th grades.

When Cliques Cause Problems

For most kids, the pre-teen and teen years are a time to figure out how they want to fit in and how they want to stand out. It's natural for kids to occasionally feel insecure; long to be accepted; and hang out with the kids who seem more attractive, cool, or popular.



But cliques can cause long-lasting trouble when:

- kids behave in a way they feel conflicted about or know is wrong in order to please a leader and stay in the group
- a group becomes an antisocial clique or a gang that has unhealthy rules, such as weight loss or bullying others based on looks, disabilities, race, or ethnicity
- a child is rejected by a group and feels ostracized and alone.

How Parents Can Help

As kids navigate friendships and cliques, there's plenty parents can do to offer support. If your child seems upset, or suddenly spends time alone when usually very social, ask about it. Here are some tips:

- **Talk about your own experiences.** Share your own experiences of school — cliques have been around for a long time!



- **Help put rejection in perspective.** Remind your child of times he or she has been angry with parents, friends, or siblings — and how quickly things can change.
 - **Shed some light on social dynamics.** Acknowledge that people are often judged by the way a person looks, acts, or dresses, but that often people act mean and put others down because they lack self-confidence and try to cover it up by maintaining control.
 - **Find stories they can relate to.** Many books, TV shows, and movies portray outsiders triumphing in the face of rejection and send strong messages about the importance of being true to your own nature and the value of being a good friend, even in the face of difficult social situations. For school-age kids, books like "Blubber" by Judy Blume illustrate how quickly cliques can change. Older kids and teens might relate to movies such as "Mean Girls," "Angus," "The Breakfast Club," and "Clueless."
 - **Foster out-of-school friendships.** Get kids involved in extracurricular activities (if they aren't already) — art class, sports, martial arts, horse riding, language study — any activity that gives them an opportunity to create another social group and learn new skills.
- If your child is part of a clique and one of the kids is teasing or rejecting others, it's important to address that right away. With popular TV shows from talent contests to reality series glorifying rude behavior, it's an uphill battle for families to promote kindness, respect, and compassion.
- Discuss the role of power and control in friendships and try to get to the heart of why your child feels compelled to be in that position. Discuss who is in and who is out, and what happens when kids are out (are they ignored, shunned, bullied?). Challenge kids to think and talk about whether they're proud of the way they act in school.
- Ask teachers, guidance counselors, or other school officials for their perspective on what is going on in and out of class. They might be able to tell you about any programs the school has to address cliques and help kids with differences get along.

Encouraging Healthy Friendships

Here are some ways to encourage kids to have healthy friendships and not get too caught up in cliques:

- **Find the right fit — don't just fit in.** Encourage kids to think about what they value and are interested in, and how those things fit in with the group. Ask questions like: What is the main reason you want to be part of the group? What compromises will you have to make? Is it worth it? What would you do if the group leader insisted you act mean to other kids or do something you don't want to do? When does it change from fun and joking around, to teasing and bullying?
- **Stick to your likes.** If your child has always loved to play the piano but suddenly wants to drop it because it's deemed "uncool," discuss ways to help resolve this.
- **Keep social circles open and diverse.** Encourage kids to be friends with people they like and enjoy from different settings, backgrounds, ages, and interests. Model this yourself as much as you can with different

ages and types of friends.

- **Speak out and stand up.** If they're feeling worried or pressured by what's happening in the cliques, encourage your kids to stand up for themselves or others who are being cast out or bullied. Encourage them not to participate in anything that feels wrong, whether it's a practical joke or talking about people behind their backs.
- **Take responsibility for your own actions.** Encourage sensitivity to others and not just going along with a group. Remind kids that a true friend respects their opinions, interests, and choices, no matter how different they are.

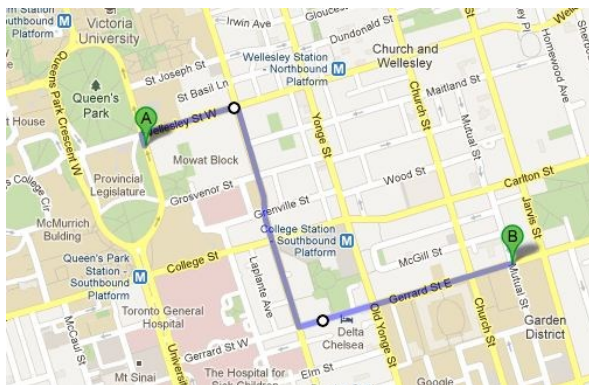
Remember to provide the big picture perspective too. As hard as cliques might be to deal with now, things can change quickly. What's more important is making true friends, people they can confide in, laugh with, and trust. And the real secret to being "popular" in the truest sense of the word is for them to be the kind of friend they'd like to have: respectful, fair, supportive, caring, trustworthy, and kind.



THE 3RD ANNUAL TORONTO DISABILITY PRIDE MARCH

**SATURDAY OCTOBER 5, 2013
STARTING AT QUEEN'S PARK
AT 1:00PM**

**MARCHING TO 99
GERRARD STREET EAST -
VIA BAY STREET**



SPEAKERS INCLUDE: Melissa Graham (Activist), Professor Tanya Titchkosky (U of T), Professor Esther Ignagni, Professor Charles Silverman, (Ryerson University), Janet Rodriguez (activist) and Kevin Jackson (Mad activist).

WHY WE'RE MARCHING:

- To bring recognition of the struggles and value of disabled people as we fight against ableism and other forms of oppression.
- To encourage cross-disability solidarity and community building.
- To be visible and show that we have a voice in our community and a right to be heard by taking it to the streets.
- To celebrate and take pride in ourselves as a proud community of disabled people.

**Be Loud, Be Proud,
Come March with Us!**

Find us on Facebook and Twitter
@DisabilityPM

torontodisabilitypride.wordpress.com
torontodisabilitypride@gmail.com -
(437) 887-9693



The third annual "[Toronto Disability Pride March](#)" is taking place on Saturday, October 5, 2013 from 1:00 pm to 4:00 pm, starting at Queen's Park and ending at Ryerson's School of Disability Studies, 99 Gerrard St. East. The purpose of the march is to raise awareness of the issues facing people with disabilities in our community. Those issues are not limited to each individual's daily challenges, but rather are compounded when we other systemic barriers such as class, race, gender, age, sexual identity, ethnic origin, poverty, etc. place a bigger and more oppressive barrier to us as a whole.

The first Toronto Disability Pride March took to the streets from City Hall to Occupy Toronto on October 29th, 2011 and many allies joined in support. The march was a huge step forward in increasing the visibility of people with disabilities in Toronto, but there is still much work to be done. One of its objectives is to bring recognition of the struggles and value of people with disabilities as they fight against ableism and other forms of oppression.

The organizers of this grassroots movement believe that "it is important to be visible in our community, and to show that we have a

voice no matter what visible minority or sexual orientation we identify with, and that we have a right to be heard". Taking to the streets have proven to be an effective way to accomplish this as each year over 100 disabled people and allies have joined in the march.

Like the previous year, the march will begin at Queen's Park and end at Ryerson's School of Disability, 99 Gerrard Street East, where the marchers will take a moment to hear concluding speeches and to celebrate in solidarity.

The Toronto Disability Pride March promotes a cross-disability atmosphere that also recognizes other forms of oppression based on race, class, gender, sexuality, age, etc.

The organizers believe the disability movement is strongest in a harmony of voices, not one homogeneous voice and urge those who



plan to attend the march to respect this approach and the other people within the space of the march. The invitation is for all; take it as political or celebratory, either way, be LOUD be PROUD and come out to march!

GRIEF AND LOSS: A Support Group for People With Disabilities

A six-week group for individuals dealing with a variety of losses such as death, ability, relationships, etc. Participants will:

- Learn and gain support from each other
- Gain understanding about the range of emotions that can be experienced through grief and loss
- Develop better coping strategies

Group begins on October 23rd through to November 27th. If you are interested in participating or want more information call Lucy at 416- 486-8666 ext. 226.

Time: 4:00pm – 6:00pm

Location: Anne Johnston Health Station. **Assessment process must be completed.** The Anne Johnston Health Station: 2398 Yonge Street (at Montgomery)

Attendant Services Provided.



THE CLASSIFIEDS

" ACCESSIBLE VAN FOR SALE"

- Seana Van CE 2008
- 45 KM

For more information, contact lyndar@ajhs.com.



PARENTING WITH A DISABILITY BULLETIN is a publication of the *Centre for Independent Living in Toronto (CILT) Inc.*

To become a member of the *Parenting with a Disability Network (PDN)* or to submit an article to the PARENTING BULLETIN, contact *CILT* at:

365 Bloor Street East, Suite 902,
Toronto, Ontario M4W 3L4

Tel: 416-599-2458, x227

Fax: 416-599-3555

TTY: 416-599-5077

E-mail: peers@cilt.ca

Website: www.cilt.ca

The PARENTING BULLETIN is also available in large print, on audiotape or in Braille.

Articles on products, agencies or services are for information only and are not meant as endorsements.

The opinions expressed in this newsletter are those of the contributors and may not reflect the views of *CILT*.

Funded by



United Way of Greater Toronto

ISSN 1481-918X