



# Going Solo

## While Raising Children with Disabilities

Laura E. Marshak, Ph.D.

# Going Solo While Raising Children With Disabilities

**Paul Zionts**



## **Going Solo While Raising Children With Disabilities:**

**Going Solo While Raising Children with Disabilities** Laura E. Marshak, 2015 It is a fact that children with disabilities are more likely than other children to be living in single parent homes. If you're raising a child with disabilities on your own, solo parenting, whether by choice or circumstance, you'll find a wealth of support, affirmation, and practical ideas in this guide to living well. This is the first book for solo parents whose kids have a wide variety of disabilities: physical, neurodevelopmental, and psychiatric, and who are widowed, separated, divorced, single by choice, adoptive, or foster parents, or military spouses with deployed partners. In *Going Solo*, Laura Marshak skillfully weaves together extensive interviews and survey results of solo mothers and fathers and grandparents too, with reliable coping strategies gleaned from 25 years as a practicing psychologist and specialist in disability adjustment. The book's insightful personal narratives and the author's deconstruction of these to offer universal lessons from the basic, e.g., practice mindfulness to de-stress, to the profound, e.g., cultivate gratitude as the antidote to resentment, can help readers assess and transform their own lives for the better. Agencies, extended family, and friends will want a copy of this book too to support the solos they care about.

**Intellectual and Developmental Disabilities** Briana S. Nelson Goff, Nicole Piland Springer, 2017-10-19 *Intellectual and Developmental Disabilities* provides a unique contribution not currently available in the professional literature by addressing the experiences and perspectives of families living with or raising a child with a disability. Designed for family therapists, social workers, and other helping professionals, it provides empirically based practical information for working with families experiencing intellectual and developmental disabilities of a loved one. This book also provides important information for navigating the various professional systems of care with which these families interface: health care providers, early childhood intervention teams, educational systems, the legal system, and financial planners.

**Just One of the Kids** Kay Harris Kriegsman, Sara Palmer, 2013-05-31 Supporting and encouraging all members of the family when a child has a physical disability. If you have a child with a physical disability, how can you plan your family's life in a way that is inclusive for everyone? What can you do to create a family where every member pulls his or her own weight, in appropriate measure, meets challenges, and has moments in the spotlight along the way? Most parents of a child who has a physical disability want their child to have fun, be responsible, make friends, and take acceptable risks in short to feel like just one of the kids, and they want to make sure that the needs of the whole family are met too. *Just One of the Kids* is designed to help parents focus not on what could have been but instead on what can be so that they, their children, and the grandparents thrive as individuals and as a family. The advice from psychologists Kay Harris Kriegsman and Sara Palmer is valuable for any family with children who have a physical disability from any cause. Their warm and encouraging book is full of family stories, tips, and tools. Parents of children with physical disabilities can help them develop the skills needed to meet life's challenges and launch into independence. Parents building on that foundation and acknowledging each person's contributions, interests, and aspirations create an inclusive and resilient

family **HANG ON! Navigating the Emotional Roller Coaster of Raising a Child with a Disability** Melvin J. Miller MA in Special Education M.Ed. in Educational Leadership, 2021-01-21 Every three minutes a child is born with a disability Every three minutes a parent is tossed upon an emotional roller coaster of raising a child with a disability The steep climbs and sharp curves of emotions in raising a child with a disability are not something a parent is prepared for These parents will flounder around in a maelstrom of negative emotions for months or years until they can finally work their way out Hang On Navigating the Emotional Roller Coaster of Raising a Child with a Disability addresses these issues to allow parents to recognize when they are in the grasp of a negative emotion and how to overcome its impact In doing so the parent can then move on to the positive emotions that can be experienced in raising their child with a disability Hang On first addresses the negative emotions parents of a child with a disability face by Providing a brief description of twelve negative emotions Examining the dangers of experiencing each negative emotion Allowing the parent to recognize if they are experiencing that emotion Providing ways to leave that negative emotion behind Hang On then continues to the fourteen positive emotions a parent can experience in raising a child with a disability by Providing a brief description of fourteen positive emotions Examining the benefits derived from each emotion Providing ways to enhance the experiences of each of these positive emotions **GP, Solo & Small Firm Lawyer**, 1998 *Parenting Gifted Children* Jennifer L. Jolly, Donald J. Treffinger, Tracy Ford Inman, 2021-09-03 When parents need the most authoritative information on raising gifted kids they can turn to *Parenting Gifted Children The Authoritative Guide* From the National Association for Gifted Children a gifted education Legacy Award winner This comprehensive guide covers topics such as working with high achievers and young gifted children acceleration advocating for talented students serving as role models and mentors for gifted kids homeschooling underachievement twice exceptional students and postsecondary opportunities The only book of its kind this guidebook will allow parents to find the support and resources they need to help their children find success in school and beyond Written by experts in the field of gifted education and sponsored by the leading organization supporting the education of gifted and advanced learners this book is sure to provide guidance advice and support for any parent of gifted children Texas Association for the Gifted and Talented 2011 Legacy Book Award Winner *Parenting Practices of Child Rearing* Mr. Rohit Manglik, 2023-03-23 Analyses traditional and modern child rearing methods **Inclusion Strategies for Students with Learning and Behavior Problems** Paul Zions, 2005 **A Cup of Comfort for Parents of Children with Special Needs** Colleen Sell, 2009-03-18 A sensitive and timely collection of hope and support for parents of children with special needs A diagnosis of a child's special need can be extremely difficult for parents However every day these children accomplish small victories and make great strides that improve their own lives and brighten their parents' days This collection brings to life fifty stories of parents who have struggled with a child's diagnosis only to embrace the differences that make their children that much more special and even more loved Following the success of *A Cup of Comfort for Parents*

of Children with Autism this sensitive and joyful collection offers a poignant message of support hope and empathy This touching volume is sure to find a welcome home wherever people are dealing with a challenging diagnosis

**Raising a Child Conservatively in a Sexually Permissive World** Sol Gordon, Judith Gordon, 1989

**Parenting a Child Who Has a Physical Disability: A Guide for Families** Pasquale De Marco, 2025-03-09

In a world where children with physical disabilities are often marginalized and misunderstood this book offers a beacon of hope and guidance for families on a unique and challenging journey With compassion empathy and practical advice it provides a roadmap for navigating the complexities of raising a child with a physical disability From the moment of diagnosis parents are thrust into a world of uncertainty and overwhelming emotions This book provides a lifeline guiding families through the initial shock and grief and empowering them to embrace the journey ahead with strength and resilience Drawing on the latest research and best practices as well as the lived experiences of countless families this book covers a wide range of topics including Understanding your child s disability and its impact on daily life Creating a supportive home environment that promotes independence and autonomy Navigating the education system to ensure your child receives the services and accommodations they need Promoting your child s social and emotional well being including building self esteem coping with stress and developing healthy relationships Managing medical care and treatment including coordinating appointments administering medications and providing home based care Planning for the future including guardianship financial planning and vocational training Caring for yourself and your family including managing stress practicing self care and building a strong support system Written in a warm and engaging style this book is filled with real life anecdotes personal stories and practical tips that can help families navigate the challenges and embrace the joys of raising a child with a physical disability It is a must read for parents who want to provide the best possible care and support for their child while also ensuring their own well being and the well being of their family This book is more than just a guide it is a source of hope inspiration and empowerment for families on this extraordinary journey It is a testament to the resilience of the human spirit and the unwavering love that binds families together If you like this book write a review

*Special Educational Needs and Disability (SEND) in UK Schools* Carrie Grant, 2022-05-22

What is it like to be a child with SEND Special Educational Needs and Disabilities in schools today What is it like to be a parent to four such children and fight for their rights Carrie Grant s children have like all of us complex identities Of the four of them two are autistic three have AD H D one is adopted all are of dual heritage and three hold various queer and trans non binary identities In this inspiring and at times heartbreaking book the presenter coach and advocate shares stories from her family s experiences with education schools and mental health services as mum to children who are classified as SEND Special Education Needs and Disabilities These stories explore how school when those delivering and managing education are poorly trained and ill equipped for a diverse population can be at best ineffective and at worst traumatising An inspiring call to action this book is essential reading for Teachers and aspiring teachers who want to know

more about how to meet the needs of a diverse classroom SENCOs Special Education Needs Coordinators and those training to work in SEND support GPs community health workers and workers in Child and Adolescent Mental Health Services CAMHS Parents of children with SEND who want to know how they can engage with formal education to advocate for their child's needs

**Getting Real About Inequality** Cherise A. Harris, Stephanie M. McClure, 2022-01-07 Getting Real About Inequality is a contributed reader for undergraduate courses in Race Class Gender Social Inequality or the Social Construction of Difference and Inequality It gives instructors in these courses a set of materials to help them moderate civil productive and social science based discussions with their students about social statuses and identities Like the book it is modeled after Getting Real About Race it is organized around myths and stereotypes that students might already believe or be familiar with through the media or popular culture A panel of expert contributors were enlisted to write short accessible essays address the same questions What is the myth or stereotype under investigation How do we know that the myth or stereotype is widespread What does the empirical data tell us and provide the same pedagogical features a summary of the research data discussion questions suggestions for further study suggested activities and assignments All of pieces in the book employ an intersectional perspective to help students see the nuanced mechanisms of power and inequality that are often lost in everyday discourse

Moon Milan & Beyond: With the Italian Lakes Lindsey Davison, 2019-06-18 Whether you're sipping espresso in Piazza del Duomo or relaxing lakeside take on Italy at your own speed with Moon Milan Beyond Explore In and Around the City Wander Milan's most interesting neighborhoods and relax in the nearby lake region including Lake Como Lake Maggiore Lake Garda and more Go at Your Own Pace Choose from multiple itinerary options for exploring Milan the lakes and nearby towns designed for foodies history buffs art lovers fashionistas and more See the Sights Marvel at Milan's skyline from the roof of the Duomo see da Vinci's Last Supper and window shop along the Via Montenapoleone Get Outside the City Stroll through the charming villages on the banks of Lake Como kick back on Lake Garda's sandy beaches or cast your line at a secluded fishing island in the sprawling Lake Maggiore Savor the Flavors Try traditional Milanese cuisine like ossobuco and risotto Milanese grab an espresso and cornetto at a local caf and linger over a long lunch on a sunny piazza Experience the Nightlife Immerse yourself in Milan's vibrant aperitivo culture sample sparkling wines from the Lombardy region and bar hop through the city's bustling late night scene Get to Know the Real Milan Follow local suggestions from Milan transplant Lindsey Davison Full Color Photos and Detailed Maps Handy Tools Background information on Milanese history and culture plus tips on sustainable travel what to pack where to stay and how to get around Day trip itineraries favorite local spots and strategies to skip the crowds Take your time with Moon Milan Beyond Exploring more of Italy Check out Moon Rome Walks or Moon Venice Beyond

Parenting Skills and Collaborative Services for Students with Disabilities George R. Taylor, 2004 Parenting Skills and Collaborative Services for Students with Disabilities is a valuable resource for teaching institutions public schools parents and parental groups and agencies serving disabled individuals Jacket

*Characteristics of and Strategies for Teaching Students with Mild Disabilities* Martin Henley, Roberta S. Ramsey, Robert Algozzine, 1999 This book describes characteristics of mild disabilities in an easy to read and understand format It includes the best teaching practices for inclusion behavior management and classroom instruction A chapter on parents highlights strategies for enhancing this school family partnership The book merges practical teaching strategies and solutions with the challenges posed by mildly disabled students Includes appendices on the history of special education the side effects of medications and frequently used tests Applicable to teachers and administrators who have students with mild disabilities who are at risk or who are mainstreamed or included in the classroom

Interdependency and Care Over the Lifecourse Sophia Bowlby, Linda McKie, Susan Gregory, Isobel Macpherson, 2010-01-21 This book focuses on the informal care provided by family members neighbours and friends exploring the ways in which it is woven into the organization of people s everyday lives

**The Railway Conductor** , 1898      **Railway Conductors' Monthly** , 1898      **Neurodiversity-Affirming Practice for Speech and Language Therapists** Ruth Jones, 2025-09-24 Are you a speech and language therapist SLT working independently within a speech and language therapy team or in training Do you or might you work with autistic or other neurodivergent people This book will help you understand the changing narrative around how we support neurodivergent individuals how to sit with complex thoughts and feelings you may have and how to grow your capacity to unlearn adapt and shift your values and practice This essential guide considers what neurodiversity is and what it means to practice in a neurodiversity affirming way considering why we should be doing so and importantly how to do it The book moves through the context of neurodiversity in recent times and considers key historical approaches within speech and language therapy Chapters offer space for reflective practice based on what we know now for both individual reflection and with colleagues as part of a wider team before introducing practical strategies to challenge and change how we work with neurodivergent individuals Throughout the voices of autistic and ADHD SLTs are included and amplified sharing their lived experiences and perspectives to further support teams to develop neurodiversity informed practice This book offers a safe and supportive space to explore a topic that can be uncomfortable and scary but must be delved into to provide neurodivergent people with access to therapists with knowledge skills and advocacy approaches to best meet their needs It will be crucial reading for all practising and training speech and language therapists

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web dec 11 2017 open wiring rules 12 200 to 12 224 apply to single conductors run as open wiring colloquially referred to as knob and tube wiring exposed wiring on exteriors of buildings and between buildings on the same premises rules 12 302 to 12 318 bare busbars and risers rules 12 400 non metallic sheathed cable rules 12 500 to 12

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web however the electrical and electronic manufacturers association of canada has suggested that all purchasers of pvc insulated jacketed products be advised of the following non metallic coverings of electrical cables

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web note allowable ampacities are for general use as specified by canadian electrical code 2002 table 2 based on not more than 3 copper or aluminum conductors in raceway or cable

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web may 11 2023 table 57 referenced by rule 16 210 6 and table 5a provides allowable ampacities for class 2 copper conductors based on the size of the conductor and whether it is a single conductor in free air or not more than three copper conductors in raceway or cable and an ambient temperature of 30 degrees centigrade

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web warning installation of electrical wire can be hazardous if done improperly can result in personal injury or property damage for safe wiring practices consult the national electrical code and your local building inspector wire size and amp ratings cerro wire ll c rev 02 2015 rev 02 2015

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web table 1 and 3 ampacities for 2 to 4 single conductors table 5b tables 2 and 4 for more than 3 insulated conductors table 5c for vertical layers of insulated conductors in ventilated ladder type trays

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web feb 1 2021 by william bill burr rule 28 000 scope states that section 28 motors and generators is a supplementary or amendatory section of the code and provides additional and specific requirements for the installation wiring methods conductors protection and control of all motors and generators

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web may 1 2020 although as per 90 c column of table 2 the ampacity of such no 3 awg conductor is 115 a in accordance with provisions of rule 4 006 the ampacity of this conductor would be assigned based on 75 c column of

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web table 2 b maximum amperage for common wire sizes per canadian electrical code cec canada copper wire aluminum or copper size clad aluminum temperature 60 c 75 c 90 c 60 c 75 c 85 90 c rating 15 15 15 14 20 20 20 12 15 15 15 30 30 30 10

25 25 25 40 45 45 8 30 30 30 55 65 65 6 40 50 55 70 85 4 55 65

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web mar 14 2017 rule 4 004 ampacity of wires and cables contains 7 items each in subrules 1 and 2 covering scenario options each for copper and aluminum that need to be studied and chosen in addition there are 21 other factors in

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web in canada the canadian electrical code cec provides guidelines and tables to help determine the correct wire size based on various factors in this article we will walk you through the step by step process of calculating wire size according to the cec

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web table 2 and 4 allowable ampacities of less than 4 insulated conductors rated 0 2000 volts based on 30 c ambient temperature and in a raceway or cable this table provides ampacity values for various sizes of copper and aluminum conductors based on their insulation type and the termination temperature rating

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web for example a 10 awg 3c 600 v cable with xhhw singles would have an ampacity of 35 amps if using the 75 c column in nec 2014 table 310 15 b 16 allowable ampacities of insulated conductors rated up to and including 2000 volts 60 c through 90 c not more than three current carrying conductors in raceway cable

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