



# HELPING PARENT TRAINING MANUAL

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- Philosophy of Parent to Parent Support
- Facts About Parent to Parent Support Programs  
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The Declaration of Interdependence  
“You Are Not Alone: For Parents When They Learn That Their Child Has a Disability” - by Patty McGill Smith
  - “Parent to Parent - the cradle of leadership.”
  - “Parental Self-Efficacy” - How providing peer connection/peer modeling is part of what can lead parents on a pathway towards feeling confident and capable!

### Chapter 2 Emotional Adjustment - Increasing self awareness

- “The Impact of Childhood Disability: The Parent’s Struggle” - by Ken Moses, Ph.D.
- “Bewildering Times” - by Robert Perske
- How Did You Feel: Exercise  
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- Helping Parent Support Role: Job Description and nuts and bolts of being a supporting parent (referral, matches, resources)
- Parent to Parent Referral Process  
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- “Instead” - by Hogan Hilling
- “The Goose” - by Stromberg
- “The Slap” - Michele Lehosky, P2P Coordinator, Pierce County

### **Chapter 6 Resources**

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- Washington State Resources  
P2P Disability & Information Brochure
- Newsletters/Publications
- Mailing Lists/Newsletters/Resources
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## **Appendix A Other Training Materials**

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- Activities To Facilitate Friendship
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