

3 How to Talk About it (if you want to)

Talking about your parent's disability can feel kind of awkward sometimes. You might not always know what to say—and that's okay.

- You can share a little, a lot, or nothing at all—it's your choice
- It's okay to keep things simple
 - "My dad was in an accident and uses a wheelchair now"
 - "My mom has a condition that makes some things harder"
- If someone asks something that feels too personal, you can say:
 - "I don't really want to get into that"
- If your friends are kind and curious, it's okay to explain more if you feel comfortable

Sometimes people just don't understand because they haven't experienced it. That doesn't mean something is wrong with your family—it just means it's different.

4 Tips for Tough Days

Some days are just harder than others—and that's okay. Here are a few things that help me:

- Talk to someone you trust (a friend, parent, teacher, or sibling)
- Take a break and do something you like—music, a show, going outside, anything
- Write down how you're feeling (even if it doesn't make sense)
- Remember it's okay to feel upset, frustrated, or tired
- Try not to keep everything inside—it usually makes it worse

5 The Good Stuff

This experience has taught me that strength does not always look the way people expect. I learned that even when life changes in an instant, people can still grow, adapt, and keep moving forward. My dad has shown me what determination truly looks like, and because of him, I have learned the importance of resilience, patience, and hope.

Books about the topic



Sometimes it helps to read stories about kids who are a little different or going through hard things. These are two books I really liked:

- Insignificant Events in the Life of a Cactus by Dusti Bowling. This book is about a girl who was born without arms, but she doesn't let that stop her from doing things. She's funny and confident, and it made me feel like being different doesn't mean something is wrong—it just means your life looks different.
- Wonder by R.J. Palacio. This book is about a boy who looks different and is starting school for the first time. It shows how people can be kind (or not), and how much that matters. It made me think about how we treat others and how important it is to just be a good person.

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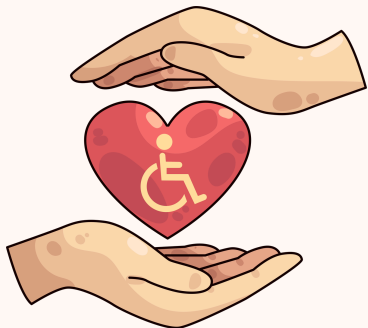
EVERY FAMILY'S STORY

Growing Up with a Parent
with a Disability



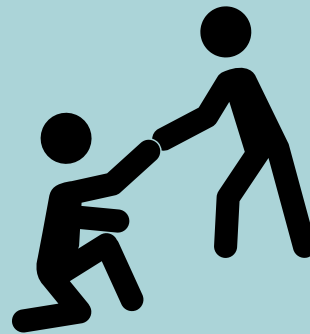
ABOUT ME, HANNAH

When I was 7 years old, my dad suffered a spinal cord injury in a car accident. Since then, our lives have changed in both difficult and meaningful ways. Watching my dad become paralyzed from the waist down was heartbreaking, but over the last 5 years, I have also watched him make incredible progress through his strength and determination. Along this journey, my family and I have met so many amazing people in the community who have supported and inspired us in ways I can't describe. Although this experience has brought challenges, it has also made a huge impact on who we are, and I truly believe my family and I would not be the same without it.



My best advice for kids

If you are another kid in the same situation, just know that you are not alone and there are people who can support you. Even though things may look different now, your parents are still your parents and they are still there for you. A disability may change daily life, but it does not change the love your family has for each other.



1 It's Okay to Feel All the Things

Some days you might feel proud, protective, or happy. Other days, you might feel frustrated, embarrassed, sad, or left out. All of those feelings are normal, and it's okay to have mixed emotions. You can love your parent a lot and still have hard days—whatever you're feeling is valid.

2

Ways I Help

There are some ways I help out at home because of my dad's disability.

Some ways I help:

- Grabbing things that are out of reach
- Carrying stuff or opening doors
- Helping with little everyday things

This is just part of being in a family—we all help each other in different ways. It can actually feel good to help and be part of a team.

But also—this is important - I'm still a kid. It's not my job to be the parent or fix everything. It's important to take breaks, hang out with friends, and just be a normal kid too.

