

MICROAGGRESSIONS EXPERIENCED BY DISABLED PARENTS

Type	Description	Example
Invasion of privacy	People may invade personal space and ask personal questions because you have a disability.	"What happened to you?" "Oh here let me pick her up for you." (Picking up child without asking.)
Helplessness	People may frantically try to help and treat you like a child.	"Oh let me do that for you!" Running to open doors.
Patronization	People praising you for almost anything and finding it surprising you do ordinary things.	"It is so good to see you out and about!"
Denial of disability	Disability is ignored-or claimed to be ignored.	"I don't even think of you as having a disability"
Questioning our children	People may ask children personal questions about their parents or how their family works.	"You are so kind to help your parents." "Who takes out the trash in your house?"

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