



Being Good Parents

A guide for parents with intellectual disabilities

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THE HELLER SCHOOL
FOR SOCIAL POLICY
AND MANAGEMENT
Lurie Institute
for Disability Policy



National Research Center for Parents with Disabilities
Parents Empowering Parents
Padres Empoderando a Padres



Norah Fry Research Centre
University of Bristol

1. Parents with intellectual disabilities



More and more people with intellectual disabilities are becoming parents.



People with intellectual disabilities can be good parents if they are given the right support.



Sometimes people think that people with intellectual disabilities can't be good parents.



The government says that parents with intellectual disabilities should be given support to help them be good parents.



Some services around the country are supporting adults with intellectual disabilities to be good parents.



Parents are often scared to get help from services. They think that people will say they can't be good enough parents and their children will be taken away.



Lots of parents with intellectual disabilities do have their children taken away.



Parents with intellectual disabilities get very upset and angry when their children are taken away. They miss their children and can get very depressed.



Lots of workers still need to know more about parents with intellectual disabilities. They need to know how to work with them. In some places parents with intellectual disabilities are teaching workers.

2. Parenting with support



Some parents with intellectual disabilities get support to help them be good parents.



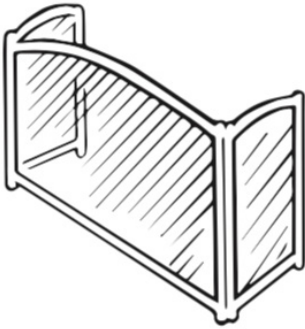
Some parents get easy information about how to be a good parent.



Some parents get help to learn the skills they need to take good care of their children. They get help to learn how to fill their babies' bottles, or how to play with their children.



Some parents get help at home.
Some get help to manage their money and to cook healthy food.



Some parents get help to keep their house safe and clean for their children.



Some parents go to groups where they meet other parents.

They can talk about being a parent and learn about things together. They talk to each other online, too.

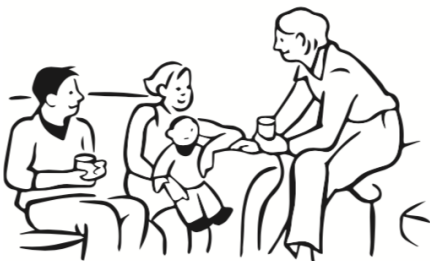


Some parents get support to go to meetings or go to court to try to keep their children.



Some parents take classes about being a good parent.

Some parents are learning about cooking healthy food for their children.



Some parents have one worker who they trust and talk to a lot.

This worker talks to all the others involved with the family.



There can be lots of workers involved in a family's life, like social workers, child welfare workers, and people from other agencies.



Some parents have one meeting with all the workers who help them. This helps parents know exactly what they should be doing. It helps the workers to all work in the same way with the parents.



Some parents will need support until their children are grown up.



Other parents get more confident as they learn skills and need less support.



Parents should be able to get support when they need it.

Learn more



Visit the [**National Research Center for Parents with Disabilities**](#) online for more resources, like how-to videos, easy-to-read guides, and more.

Adapted from *Plain Facts: Being Good Parents* by the Norah Fry Research Centre, University of Bristol, UK.

This booklet uses graphics from *Plain Facts* and Vecteezy.