**Twelve Tips for Caregivers**

1. Be your child’s best and most consistent advocate.
2. Assist professionals by sharing important information about your child.
3. Keep important information in writing.
4. Contact additional service providers if you cannot get the support that your child needs.
5. Keep important records.
6. Always seek out important information about your child’s condition.
7. You are allowed to be less than perfect.
8. Allow yourself to take a break and practice self care.
9. Always keep a sense of humor.
10. Remember to tell people when they are doing a great job.
11. Encourage your child to make their own decisions because one day, they will need these skills to be on their own.
12. Love your child even during difficult times.

*This is a revised version of “The 12 Commandments…” published by the Pacer Center (Parent Advocacy Coalition for Educational Rights) for children with physical and medical disabilities.*[*www.pacer.org*](http://www.pacer.org/)*.*