**Inspirations**

 **This section contains:**

* **Tips for Helping Ease the Anxiety of Transitions**
* **Tips for Being an Effective Advocate**
* **Tips for Teaching Children to be Their Own Self-Advocate**
* **Information that is valuable for You and Your Youth’s Wellbeing and Self-Care**
* **You may access template for additional copies of forms, documents and articles at parent2parent.appstate.edu**

