

S.C. Department of Disabilities and Special Needs

STEPS: Parenting Resource Guide

2nd edition prepared by: Margaret Holland, MSW and Suzanne McDermott, PhD
USC Arnold School of Public Health, Department of Epidemiology &
Biostatistics

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Prepared by: Suzanne McDermott, PhD
USC School of Medicine, Department of Family & Preventive Medicine
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INTRODUCTION

This curriculum is written for individuals with intellectual disability who have a need for additional resources related to parenting.

This curriculum was developed to meet the needs of thousands of individuals with intellectual disability who have social lives but have different needs for information and support. In many instances, there are not enough resources available to people with disability in the areas of hygiene, decision-making, fitness and nutrition, and stress management. The limited services can be due to difficulties with application procedures, eligibility criteria, transportation to the services and, most importantly, the level at which information is presented. This curriculum was written for people with intellectual disability who live in the community.

The central theme of the curriculum is that parenting is an extremely hard job and most people need support from others who have positive experience with parenting to be successful. The information needed to be a good parent should be conveyed using a level of support and a learning style that best suits you.

We know that people with intellectual disability are more successful as parents if they get help from others who have been good parents themselves. This curriculum was written to help individuals and professionals build upon information and behaviors related to parenting.