

Do	Don't
<p>Congratulate the parents!</p> <p>Most parents experience fear and a bit of shock when they find out their child has a disability. When you acknowledge the child's worth, you help the parents move past that fear.</p>	<p>Say, "I'm sorry" to the parents.</p> <p>Instead ask a normalizing question that allows the parent to share as much or little as they like. Ask something such as "How are you doing? I know having a new infant is exhausting."</p>
<p>Focus on the positive.</p> <p>Examples of what to say:</p> <ul style="list-style-type: none"> <li>· Your child has the most beautiful smile.</li> <li>· She is such a hard worker and a great asset to her employer.</li> <li>· Seeing your child brings me joy.</li> </ul>	<p>Use the "R" word!</p> <p>Know that every time you casually use the "R" word in a conversation, even if it isn't directed toward a person, you hurt someone.</p>
<p>Interact</p> <p>If you're nervous about whether the person will respond, ask a caregiver or sibling to introduce you. Then you can say something like, "Hello, John! I love that color of blue on you."</p>	<p>Ignore or Stare</p> <p>Finding that balance can be hard, but ask yourself how you would interact with your neighbor, the lady in front of you at the grocery store, etc. Then emulate that behavior.</p>
<p>Compliment an Adult</p> <p>You shine in that color. It brings out the beautiful highlights in your hair.</p>	<p>Call an Adult Cute</p> <p>Babies are cute. Adults are beautiful or handsome.</p>
<p>Include</p> <p>Find activities or venues that everyone can enjoy such as a park with a paved walking path. Play games like lawn bowling that can accommodate a variety of skill levels.</p>	<p>Exclude</p> <p>Everyone needs friends and community.</p>

# Laura Shares

## Top Five Disability Do's and Don'ts

Nobody wants to say or do the wrong thing, but many of us walk away from interactions wishing we had done better.

Use this handy guide to avoid wishing you could have a do over.

