

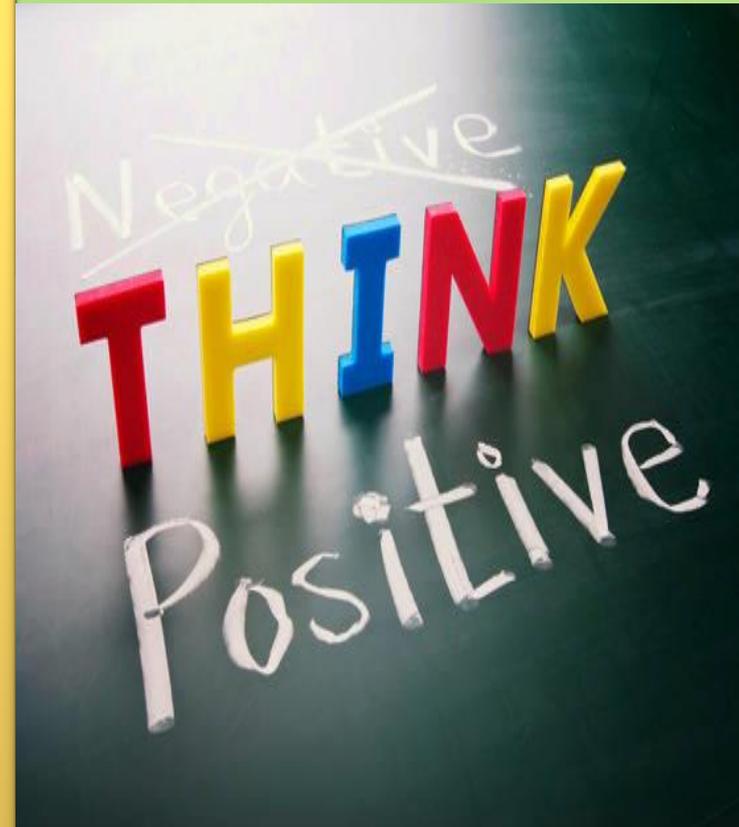
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*Developing Positive Thinking and Happy
Living in Parents having Children with Intellectual
Disabilities*

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What is Positive thinking?

- Positive thinking is a mental attitude in which you expect good and favourable results.
- It focuses on the bright side of life .





- **A positive person anticipates happiness, health and success, and believes he or she can overcome any obstacle and difficulty.**
- **It's important to pay constant attention to your inner thoughts and feelings.**



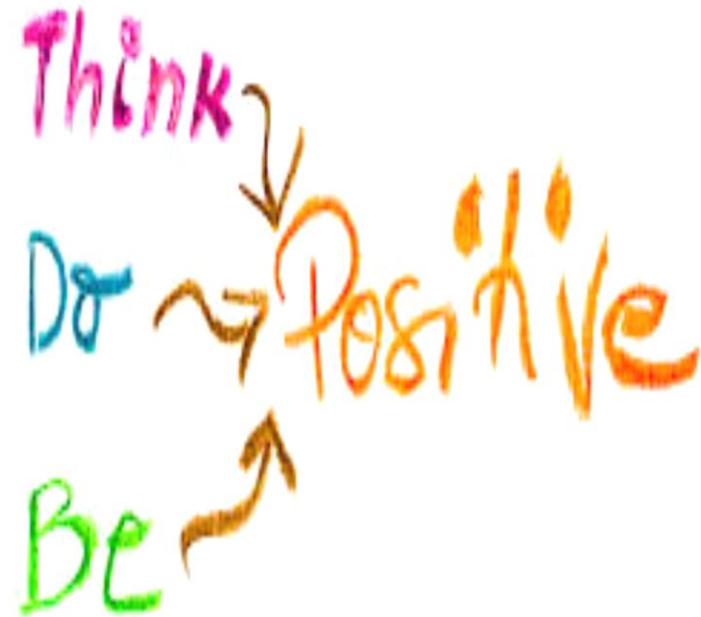
- Positive thoughts leads to **positive emotions like joy, contentment and love.**
- Positive emotions provide enhanced ability to build skills and develop resources for use in later life.
- You will see more possibilities in your life.

Positive thinking —————> Positive emotions

Positive thinking leads to thoughts, words and images which are required for growth and happiness.

When mind is positive endorphins are released into the blood, these are responsible for making us happy.

They generate “ Feel good” emotions that make us feel optimistic, capable and confident.



Negative thoughts —————> Negative emotions

Negative thoughts, words and attitude leads to **negative and unhappy emotions and actions.**

When the mind is negative, **toxins are released** into the blood, which cause more unhappiness and negativity.

This is the way to failure, frustration, and disappointment.

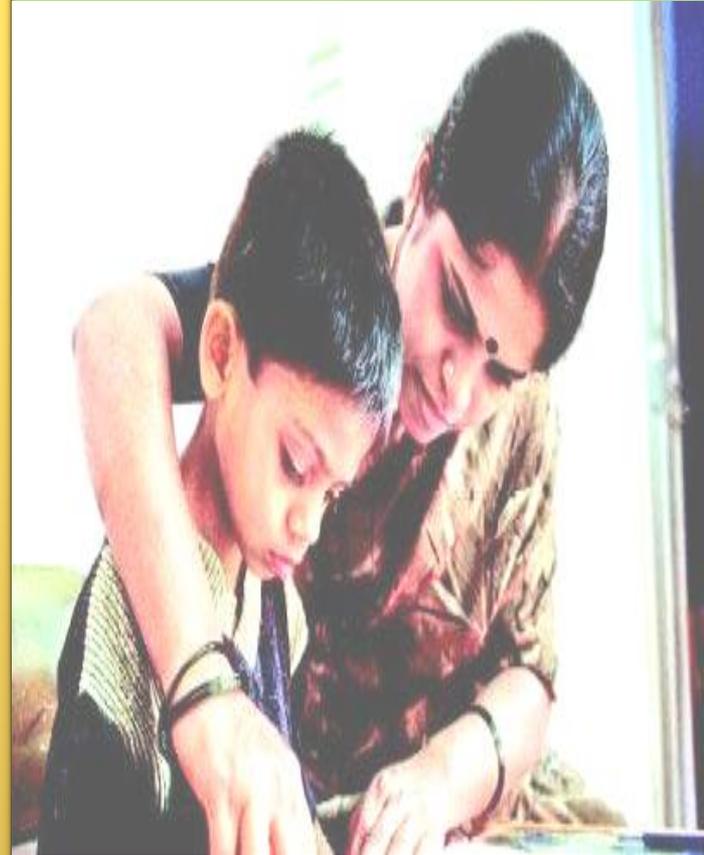




How Parents having children with Intellectual disabilities can Inculcate Positive thinking?

❖ Parenting is a huge responsibility and having a child with disability may impose more challenges.

❖ Parents may go through varied thoughts and emotions.



Parental Reactions

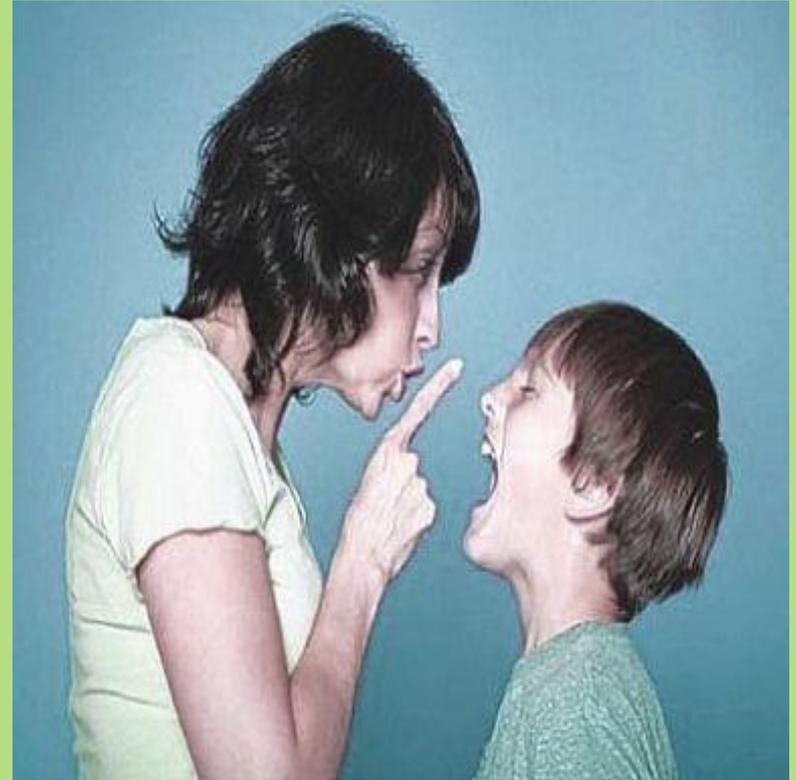
- “ My child is trainable, I will try my best to make him/her realize his potential” .
- “*This cannot* be happening to me, to my child, to our family” .
- “What is going to happen to this child when he is five years old, when he is twelve, when he is twenty-one”? .





- **Parents perceive disability in various ways.**
- **When parents approach the situation in a positive way their strengths will be optimized.**
- **It also leads to positive parent – child interactions.**

- **Inaccurate and negative Interpretations of thoughts influences the way one feels and affects the way we live our lives.**



Linking our thoughts and Interpretation to our own behaviour

Example:1

- **Event: Birth of a child with Intellectual Disability**
- **Interpretation: Tragedy: O God! My Life is waste. I will have to bear the burden of child life long.**
- **Emotions: Guilt, depression, sadness, anxiety and rejection.**



- **Example 2: Birth of a child with Intellectual Disability**

- **Interpretation: (Realistic Way)**

I have a special child. I can shape my child's future. If I train my child properly he/she can become independent.

- **Emotions: Calm/Relaxed**

Now we can see how example 1 and 2 vary in their result by changing the way we think the outcome differs and the result is one feels better.





**See
Ability**

**It is not the disability which matters,
but the way we look at it. We need to
see the abilities in disability.**

Modifying Thoughts



- By modifying your thoughts you can learn to control them, and can stay positive.





- **Negative/ Irrational thought:** “ Oh I have made a mistake , I am a failure”.
- **Rational thought :** Replace your negative thought with this “I have made some mistakes that I feel embarrassed about, but a lot of the time, I make good choices.”



- Irrational thought: “I must be a perfect parent”.
- Rational thought: “ I will try to be an ideal parent , but it’s ok if sometimes I fail”.

- **Irrational thoughts** : “ I made a mistake I should have tried to educate my child instead of vocationally making him/her independent” .

**I am making
The Right Choices**

- **Rational thought**: “ I feel satisfied that I could help my child to become vocationally independent” .

- **Irrational thought:** “Whenever I try to teach my child, I always fail”.



- **Rational thought:** “Children with intellectual disability will learn things gradually, it's acceptable if I fail sometimes, instead I will try new methods of teaching”.
- Children develop at their own pace, they respond uniquely to therapies or medications or treatments, they follow their own path.

Irrational thought: “My friend is not calling me now a days and avoiding me because I am having a child with Intellectual disability”.



- **Rational thought:** “ May be my friend is busy or might be facing some difficulty to get in touch with me”.



- **Irrational thought:** “That person is such a jerk for staring at my child”.
- **Rational thought:** “I wonder if that person has a child at home like mine and is trying to decide whether to speak up or not.”

Irrational thought: “As my child is having Intellectual disability, he can not be educated”.



- **Rational thought:** “Children with intellectual disabilities can be trained to function independently”.



To survive and succeed as a parent of a child with disabilities, we all need to get some support and learn some new skills.



Guidelines for Happy Living



Share your feelings with some one you trust more. Writing a diary or notes may help release feelings but do not re-read what has been written.

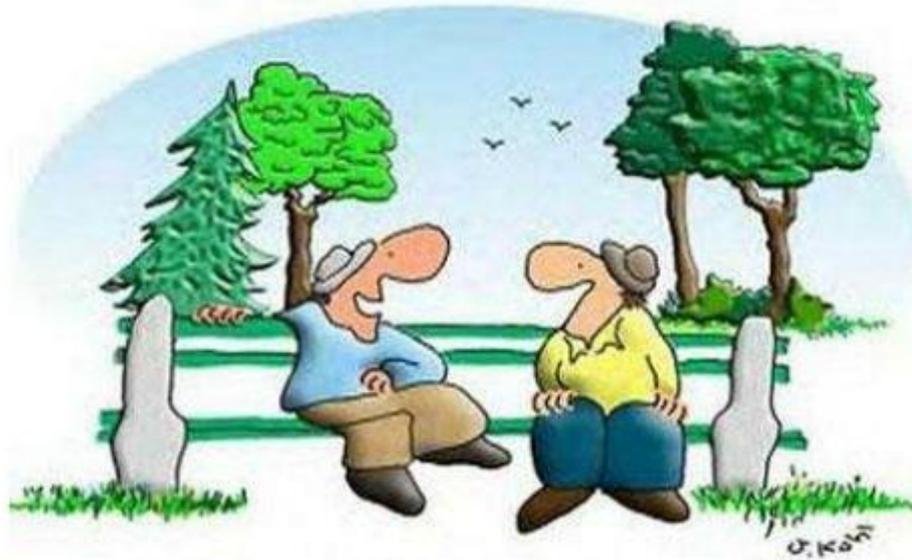


Be Assertive It involves standing up for your personal rights and expressing your thoughts, feelings and beliefs directly, honestly and spontaneously.



Diversion and Distraction-Get away from things that bother you. Take time to get away from things that bother you. It reduces stress levels, calms down and helps you think logically.

Humour: A must!



"My doctor told me to avoid any unnecessary stress, so I didn't open his bill."

Humour – It reduces stress, improves breathing and it is body's natural painkiller.



Adapt better life style- Inculcate physical exercise, yoga, relaxation and leisure activities.



- **Maintaining a positive relationship with the child can be helpful for parents.**
- **Parents can do this by communicating with and spending time with their child.**
- **One way parents can interact with their child is to find recreational and social activities in which the family can attend together.**



There's always hope. Life for people with disabilities has improved enormously over the last century, and there will be more progress.

*“This experience we did not choose has made us different,
has made us better... because out of it has come, for all of us, an unimagined life”.*





"You may not realize it today, but there may come a time in your life when you will find that having a daughter with a disability is a blessing."

One parent's reaction about having child with disability.