

TOPIC: Natural Supports

## Promoting Resilience and Managing Stress:

### HOW PRACTITIONERS CAN ASSIST PARENTS OF CHILDREN WITH IDD

Gathering peer-reviewed, relevant quantitative and qualitative studies, researchers analyzed previous findings related to parenting stress, IDD, resilience, optimism, coping style, positive emotions, and social supports to generate common factors that support parental resilience and overcoming stress. Practitioners can support parents of children with I/DD by:

- Using a questionnaire, assess and identify how parents cope with stress, what type of social support they have, and what level of optimism they have about current and future situations.
- Provide parents with skill training and educational materials based on the types of supports they need.
- When necessary, make suggestions or referrals to support groups and work with parents to integrate natural supports into daily routines to alleviate stressors.
- Highlight the parents' strengths and provide them with a sense of hope for the future.



Peer, J.W & Hillman, S.B. (2014). Stress and Resilience for Parents of Children with Intellectual and Developmental Disabilities: A Review of Key Factors and Recommendations for Practitioners. *Journal of Policy and Practice in Intellectual Disabilities*, 11 (2), 92-98.

For more on this topic and article, read the Plain Language Summary at:  
[idd.vcurrtec.org](http://idd.vcurrtec.org)

VCU-RRTC on Employment of Persons with Intellectual and Developmental Disabilities is funded by the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant #90RTEM000301-00). NIDILRR is a Center within the Administration for Community Living (ACL), Dept. of Health and Human Services (HHS). If special accommodations are needed, please contact Vicki Brooke at (804) 828-1851 VOICE or (804) 828-2494 TTY.