

Monica and Logan: Support Matrix and Tips

FQOL Domains	For Parents	For Service providers
Family Interaction	<ul style="list-style-type: none"> • <i>Surround yourself with a strong support system</i> – It takes a village to raise a child. Share your and your child’s needs, accomplishments, and joys with family, friends, and service providers. Your strength comes in working towards the same goals. 	<ul style="list-style-type: none"> • <i>Encourage family involvement</i> – The family is part of a village. Share ways that everyone can be involved with supporting the child’s growth and development.
Parenting	<ul style="list-style-type: none"> • <i>Be optimistic</i> - When the vision you have for your child is positive and hopeful, he or she is more likely to reach the goals you set for them. • <i>Take ‘can’t’ out of your vocabulary</i> - It is a very limiting term. With an ‘I can’ attitude, you can face any challenge. 	<ul style="list-style-type: none"> • <i>Listen to the family</i> – Early intervention should be based on what a family wants for their child and what their interests are as a family. If you have your own agenda and your own ideas of what you want to do then that really interferes with supporting the family and their goals for their child.
Emotional Well-being	<ul style="list-style-type: none"> • <i>Ask questions</i> – Don’t be afraid to ask questions. If you don’t ask, you’ll never know. • <i>Be flexible</i> - Things don’t always go as planned. That’s ok. Be open to new directions and opportunities. 	<ul style="list-style-type: none"> • <i>Accentuate the positive</i> – Support the family in developing their strengths and building on their successes. • <i>You are part of the village, too</i> – The support you provide to a family ultimately helps the child.
Disability-related Support	<ul style="list-style-type: none"> • <i>Don’t get lost in the process of diagnosis</i> – Remember that what you do to support your child’s growth and development that often more important than a specific diagnosis. • <i>Speech is only one form of communication</i> - Be willing to learn sign language or other forms of communication if your child has a significant communication delay. • <i>Be open about what works and doesn’t work with your service provider</i> - Remember you learn from each other and share the same goal - to help your child develop and learn. 	<ul style="list-style-type: none"> • <i>Be aware of community-based resources</i> - Provide families with as many local resources as possible. When at all possible, facilitate the contacts between the necessary resources and the family.