

Parenting Tips: Advocating for Yourself

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1 Find Your Confidence

It takes self-confidence, and a feeling that you are deserving to advocate for yourself. If you are struggling with self-esteem that will make it harder to self advocate. Give yourself those positive thoughts that you are worth it and you are not a burden!

2 Surround Yourself with Positive People

Surround yourself with people who will affirm your worth when you need it and can help advocate for you. It's helpful when people tell you you deserve it and you have value. That helps you find your confidence and then you can speak up for yourself.

3 Share your Experiences

Share your experience with people and places so they know and understand accommodations. You may get a follow-up survey where you can share your experience. I had an issue one time at the clinic, I was having trouble with my face shield (I can't wear a mask), and was adjusting it and the security people got mad and were threatening to not let me stay. I dealt with it, but also told the main office and explained, and they shared that info with the security staff so next time someone who needs an accommodation comes in they will understand.