

Parent advocacy

Being an effective advocate is one way to work towards getting the best for your child and family

It isn't easy being an advocate for your child. Sometimes emotions take over.

Advocacy can also be exhausting!

But with persistence and the right support, parent advocacy can help you get what you and your family need.

To be an effective advocate:

- Be clear about what you want
- Find out who is responsible or accountable for the decision and action you seek
- Listen to other people's points of view
- Think about the points that others may raise and how you might respond
- Don't always expect conflict but be prepared with a positive strategy if you do strike conflict
- Be open-minded, others might suggest solutions that you may not have thought of or different ways of doing things that may be just as effective
- Draw on strong emotion if you need to
- Ask a friend or professional to help you with advocacy if you need some support



"I made sure I had a clear plan of what we needed. They seemed to listen more after that."