



Parent Resource Fair – EmpowerAbility through Kindness
November 3, 2023

Leo Tolstoy Quote on Kindness:

“The kinder and the more thoughtful a person is, the more kindness he can find in other people. Kindness enriches our life; with kindness mysterious things become clear, difficult things become easy, and dull things become cheerful.”

With kindness, mysterious things become clear. As a parent, does the IEP process seem mysterious? It has so many legal requirements and complexities. As Tolstoy said And starting this IEP journey can be difficult, foreign, and impossible to understand. Through small acts of kindness, we can help uncover the mystery of the IEP. As we build relationships of trust, it becomes easier for parents and families to ask questions and get the information they need to navigate this process.

With kindness difficult things become easy. As we work our way through the IEP process, it can be very difficult for parents and families. However, kindness can make all the difference and change our perspective. With kindness our difficult conversations do not feel as difficult. With kindness, building relationships of trust becomes easier. When we are greeted with kindness, we do not feel alone in the process.

With kindness dull things become cheerful. The IEP journey comes with a lot of meetings, and when we feel welcomed and feel kindness in the room, it is easier to be a part of those meetings. It is the goal of the East Valley SELPA to ensure all parents are treated with kindness and compassion.

