



Parenting with a Disability Network Resources

These resources are focused on Toronto, the GTA and Ontario but include articles and suggestions that could be broadly applicable to parents with disabilities across Canada.

CILT is not affiliated with the resources listed here. They are presented for informational purposes and are not meant as endorsements but rather presented through the Independent Living Philosophy principle of the right to examine choices, make decisions and take responsibility for one's own life. This document is meant to support you with independently finding options that work best for you. Service providers will also find documents here that may expand your capacity to better support parents with disabilities.

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BACKGROUND: PARENTING WITH A DISABILITY

[One in eight birthing people in Ontario identifies as having a disability](#). Many report experiences of ableism when it comes to pregnancy, birth, and parenting.

Despite the prevalence of parents with disabilities in Ontario there are few specific resources for disabled parents. We often need to strategize around how to make supports for parents accessible or strategize how to make supports for disabled adults applicable to parenting needs.

This resource guide hopes to equip parents and service providers with a starting point for problem solving, self-advocacy, and ways to connect with relevant information and supports.

If there are resources you think should be included in this document please be in touch to let us know!

CANADIAN RESEARCH STUDIES

[Midwifery Care and Disability in Ontario](#)

[Pregnancy and Disability in Ontario-Study at UofT](#)

[Study Report](#)

Research Snapshot Video - [Rates of Recognized Pregnancy in Women with Disabilities in Ontario, Canada](#)

[Current Study: Promoting Family Inclusive Accessibility Standards Through the Experiences of Parents and Caregivers with Disabilities](#)

Toronto based researcher [Dr. Hilary K. Brown](#)

Toronto based researcher [Dr. Lesley Tarasoff's resource page](#)

FREE TRAINING RELATED TO ACCESS AND DISABILITY (not parenting specific)

[Access Forward Customer Service Training](#)

[Accessibility for Ontarians with Disabilities Act Training](#)

[Free Training Module: Serve Ability](#)

[How to Train your Staff on Accessibility](#)

[Sighted Guide Technique Video by Signal Centres](#)

CANADIAN ORGANIZATIONS FOR DISABLED PARENTS OUTSIDE OF ONTARIO

Alberta

[Connections for Families: Parents with Developmental Disabilities](#)

British Columbia

[eCourse: Caring for Pregnant and New Parents with Physical Disabilities](#) Provincial Health Services Authority BC Women's Hospital

This resource discusses common questions and concerns about parenting and spinal cord injury, highlighting adaptive equipment, resources and peer support networks.

[Parent Support Program Community Living Victoria](#) Support for parents with intellectual and developmental disabilities.

[Inclusion Langley Society](#) Support for parents with IDD.

[Your Rights as a Parent with a Disability in BC](#)

[UBC Research Parents with IDD](#)

Quebec

[ExAequo: Committee for parents with disabilities \(French\)](#)

[Parents Plus Clinic- Support and equipment rentals for parents with physical disabilities \(children 0-2 years\) \(French\)](#)

US BASED RESOURCES WITH APPLICABLE CONTENT

[Guide to Supporting Parents with Disabilities for Service Providers](#) Created by Arizona State University School of Social Work

[National Research Centre for Parents with Disabilities](#)

Many resources available here including:

[Advice for Professionals](#)

[Parenting Tips and Strategies from Parents with Disabilities](#)

[Through the Looking Glass](#)

DISABILITY/DIAGNOSIS SPECIFIC RESOURCES

[Being a Parent with Traumatic Brain Injury Fact Sheets](#)

[CAMH “What Kids Want to Know”](#) series of resources for children whose parents are navigating mental illness diagnoses (scroll to the bottom of the page)

[Childbearing with MECFS](#)

[EarlyON Centre at Rumball Centre for the Deaf Community](#)

[Fact Sheet: Disability, Pregnancy, and Maternal Mental Health](#), Maternal Mental Health Leadership Alliance (2023)

[Mamas Facing Forward](#) (US based online) Resources, support, and encouragement for moms and mom-to-be living with chronic illnesses

[Parenting with a Disability Network](#)

[Parenting After Brain Injury Publication](#)

[Parenting and Chronic Illness \(Fibromyalgia and MECFS\)](#)

[Pregnancy and Parenting with Arthritis](#)

[Pregnancy and Spinal Cord Injury Parenting with a Disability, Ontario](#)

[Pregnant and Neurodiverse \(Today’s Parent article\)](#)

[Silent Voice Deaf Parenting Tips Workshop](#)

[Spinal Cord Injury BC Spinal Cord Injury BC \(SCI BC\) Parenting Resource](#)

[Support Groups for blind/partially sighted parents, CNIB](#)

[Surrey Place Parenting Enhancement Program](#): Training and support for parents with intellectual and developmental disabilities

PREGNANCY, LABOUR, DELIVERY, POST-PARTUM

Resource Documents and Guides

[Guides to Good Maternity Care for Parents with Learning Disabilities \(UK based\)](#)

[Journal of Obstetrics and Gynecology Canada: Guideline No. 416: Labour, Delivery, and Postpartum Care for People with Physical Disabilities](#)

[Perinatal health framework for people with intellectual disability](#)

[Public Health Nursing Practice, Research and Education Program: Supporting People with Disabilities in Pregnancy, Labour and Delivery, and Postpartum](#)

Accessible Care Pregnancy Clinic in Toronto

[Sunnybrook Hospital's accessible care pregnancy clinic](#) is a specialized clinic that provides care for women, trans and non-binary people with physical disabilities who are pregnant or are contemplating a pregnancy. The clinic welcomes people with both visible and invisible physical disabilities and recognizes that some disabilities are episodic in nature.

The accessible care pregnancy clinic accepts referrals from inside and outside of Sunnybrook, from family physicians, obstetricians, nurse practitioners, social workers, neurologists, physiatrists and midwives.

[Referral forms](#) can be faxed to our clinic at 416-480-5616.

If you are outside of Toronto or not working with the ACPC:

You can share resources for healthcare providers on best practices for supporting parents with disabilities. You can request appointments with lactation consultants before your delivery so that you can ask questions and problem solve around positioning ahead of time. You can request appointments with occupational therapists to discuss positioning and any concerns, strategies or adaptive equipment recommendations for how to accomplish parenting tasks.

Pre-Conception Planning

The Accessible Care Pregnancy Clinic at Sunnybrook offers [pre-conception counselling appointments](#).

[March of Dimes: Planning for a Baby](#)

[Best Start: My Reproductive Life Plan](#)

Doulas

Doulas provide prenatal, labour and post-partum support. Many doula services are fee for service but there may be subsidized or sliding scale options in your area. Post-partum doula support can be particularly helpful for parents with disabilities.

Some examples of Doula service providers:

[Birth Mark Doulas](#)

-Subsidized doula (prenatal, labour, post partum) and lactation support

TORONTO Call us at 437-882-8545

or email us at info@birthmarksupport.com

[Ocama Collective](#)

-Subsidized doula (prenatal, labour, post partum) and lactation support for IBPOC folk

Ocama Collective is a community-directed group of birthworkers of colour, living and working in Tkaronto (Toronto), who are dedicated to the reclamation of traditional and holistic childbearing and birthing practices, amongst BIPOC folk.

Breast/Chestfeeding Articles and Resources

[Breastfeeding Following Spinal Cord Injury: Consumer Guide](#)

[Breastfeeding with a Disability \(UK\)](#)

[International Lactation Consultant Association: Supporting Clients with Physical Disabilities](#)

[Research: Breastfeeding positions and techniques used by Canadians with physical disabilities](#)

[Research: Disability and in-hospital breastfeeding practices and supports in Ontario, Canada: a population-based study](#)

[Research: Experiences of Breastfeeding among Disabled Women](#)

[Research: Facilitators and Barriers to Breastfeeding among Mothers with Physical Disabilities in the United States](#)

[Webinar: Lactation and Breastfeeding with a Disability](#) (US Lurie Institute for Disability Policy)

ADAPTIVE EQUIPMENT RESOURCES

There so many options when it comes to baby equipment you may find something out there that meets your needs. Below are some lists of products and resources for parents looking for accessible equipment as well as resources for organizations that will build and adapt equipment to suit your needs.

Lists of Products

[Article: Best Baby Products for Parents with Disabilities](#)

[Article: Accessible Baby Products for Parents with Disabilities](#)

[The Disabled Parenting Project \(US\) on Adaptive Equipment](#)

[French Resource: Répertoire des aides techniques exclusives destinées aux parents ayant une déficience physique \(Clinique Parents Plus\)](#)

Organizations

[Carry Me Close Baby Wearers](#) is a Toronto-based group that has disability expertise and helps people determine which baby carriers might work best for their bodies.

[Tetra Society](#) who will build or source accessible equipment for low cost:

NURTURING ASSISTANCE INFORMATION

[Nurturing Assistance](#) is additional funding in Ontario for Parents with physical disabilities already receiving attendant services. Attendants provide support with daily living tasks. Nurturing Assistants provide support for parenting tasks directed by the parent who is always present.

In order to access Nurturing Assistance Parents must meet all of the eligibility criteria the Direct Funding Program or be eligible for attendant services provided by agencies like those that can be applied to through the Attendant Services Application Centre.

CILT Publication- [Nurturing Assistance: A Guide to Providing Physical Assistance for Parents with Disabilities \(2001\)](#) PDF

Download word version here: <https://www.cilt.ca/cilt-resources/cilt-publications/>

Attendant Service Application Centre (Toronto and York Region)

Tel: 416-599-2458 extension 225

TTY: Dial 711 for Bell Relay Service

Fax: 416-599-3555

Email: asac.info@cilt.ca

[ASAC Application and Guide](#)

Nurturing Assistance referred to on page 7 and page 12

Direct Funding

Tel: 416-599-2458 extension 227

TTY: Dial 711 for Bell Relay Service

Fax: 416-599-3555

Extension 227 or Email dinfo@cilt.ca Direct Funding Hotline: 1-800-354-9950

[Direct Funding Website](#)

[DF Application and Guide](#)

[Find your local IL Centre outside of Toronto](#)

ADOPTION

From Steps to Justice: “Your age, health and financial situation are some of the things that are taken into account before you are approved to adopt a child. But you cannot be denied the right to adopt a child because of your race, gender, sexual orientation, physical disability, or because you are not married.”

[Steps to Justice: How do I adopt a child in Ontario?](#)

[Government of Ontario information about Adoption](#)

FINANCIAL SUPPORTS FOR PARENTS

[Fact sheet about financial supports available to parents in Ontario](#) created by Planned Parenthood

[Ontario Child Benefit](#)

[Canada Child Benefit](#)

PARENTING SUPPORT AND EARLY LEARNING

Get to know free drop-in supports nearby like EarlyON centres, community centres, libraries and community health programs. These programs can be useful, for example if a parent is having a high fatigue day if they can get themselves and their child to a drop-in centre, they may be able to rest while staff is supervising and supporting child.

[Find your local EarlyON Centre](#)

[Search to find your closest EarlyON Centre](#)

EarlyON centres are free community programs for families with children newborn to 6 years old. They run early learning programs as well as parenting programs. They exist in every community across Ontario and can be a great community resource for parents with disabilities.

[Parent Relief and Emergency Childcare](#)

Some EarlyON centres offer free or low-cost “Parent Relief” childcare for short periods of time. Call your local EarlyON centre and find out if they offer this support.

For example in Mississauga [LAMP Community Health](#) provides Home Visiting, Parent Relief and a variety of other parent support programs.

In South Etobicoke [Brighter Futures Coalition](#) provides Home Visiting, Parent Relief and a variety of other parent support programs.

There may also be culturally specific supports in your community. Your local EarlyON Centre is a good resource for referrals.

For example: [Settlement Assistance and Family Support Services](#) (formerly South Asian Family Support Services) Provides children and family programming.

Parent Relief in Home: There are very few options for in-home childcare support. The programs below may be able to support in an emergency.

[VHA Home Healthcare](#)

[Connected Families: Parenting Support](#) – Connected Families: Parenting Support provides short-term in-home childcare support for parent(s) experiencing severe stress, post-partum depression, other mental health issues and/or isolation. This program assists parent(s) by providing emotional support, teaching parenting skills and connecting parent(s) to the broader community support.

[Helping Hands: Home Support for Families](#) – The program provides short-term in-home childcare support for parent(s) caring for children (birth - 4 years of age) who require “hands-on” care while parent(s) are recuperating from a medical or crisis situation. This program allows parent(s) time to recover to bring their current situation back in hand.

[Safe Families Canada](#)

Safe Families Canada is a Christian organization that has volunteer “Family Friends” and “Family Coaches” who can provide support and guidance, such as helping to find work or secure an apartment. Or support during a crisis to care for both you and your children.

Healthy Babies Healthy Children

[Healthy Babies Healthy Children \(HBHC\)](#)

This is a free, voluntary and province wide home-visiting program that supports you and your family with:

- having a healthy pregnancy and birth
- connecting with your baby
- how you can help your child grow and develop
- breastfeeding, food and healthy nutrition
- taking care of yourself and your family
- services available for you and your child in your community

If you live outside the Toronto area and are interested in the HBHC program. Please contact your [Local Public Health Unit](#).

CHILDCARE

Find Childcare and Access Subsidies

[In Ontario](#)

[Financial Support for Childcare](#)

[Childcare fee Subsidy calculator](#)

[Toronto Childcare Finder](#)

[Questions to ask when interviewing childcare providers](#)

Nanny's and Babysitters

Get in touch with your local EarlyON centre to ask if they have a caregiver/babysitter registry or if they could make a connection for you with someone local who might be able to do the kind of childcare support you are looking for. You may also want to reach out to other parents in your child's class to see if they can make a referral or connection to someone specific or to see if anyone is interested in sharing a caregiver.

Service: [Canadian Nanny](#) where people post jobs and profiles

You can post exactly what kind of support you are looking for and also see what rates people charge. Based on people's experience/credentials rates may be higher but \$20-\$30 an hour is typical.

[Nanny/Babysitter Interview Checklist](#)

[How to Check References](#)

COMMUNITY SUPPORTS THAT MAY BE RELEVANT FOR PARENTS WITH DISABILITIES

Ontario Health atHome

If your support needs have changed during pregnancy or post-partum you may be able to access services quickly.

Tel: 310-2222 (No area code required)

Toll free: 1-866-243-0061

For message relay service, call 711

[Visit the website here to get started.](#)

Anyone can make a referral on your behalf and with your consent – a family doctor, friend, family member, caregiver, neighbour and even you, yourself.

When you contact, you may be asked some questions to better understand your needs. Then you will either be connected with a care coordinator, or we will refer you to a community program or service that may be right for your needs.

Some of the care and services Ontario Health atHome provides:

- Nursing
- Personal support (bathing, dressing, etc.)
- Physiotherapy
- Occupational therapy
- Speech-language therapy
- Medical supplies and equipment (some fees may apply)
- Long-term care placement
- Social work
- Nutrition counselling
- Other specialized programs and nursing services available as needed

Homemakers and Nurses Services

[**The Homemakers and Nurses Services Program \(HMNS\)**](#) is a community-based service operated by the City of Toronto. It provides homemaking services through community agency contracts to individuals who require assistance with household activities and who have limited financial resources.

Services include:

- light housekeeping
- laundry
- shopping
- meal preparation

A financial assessment completed by a program caseworker will determine your eligibility for service.

INFORMATION ABOUT CHILDREN'S AID SOCIETY (CAS)

Parents with disabilities can be over-represented with Children's Aid Society involvement. This is a concern for many disabled parents. Having resources about what to do if CAS becomes involved in your life can be a helpful way to feel knowledgeable prepared.

[Understanding what happens and what to do if CAS is involved](#)

[Ontario Women's Justice Network](#) has a resource on CAS involvement

[Steps to Justice](#) has resources on what do if CAS is involved

If you don't have a lawyer you should access one immediately to help support navigating the legal aspects of the CAS process. All of the resources above say "**If your child is removed by CAS, get legal advice right away.**" Make sure you find a lawyer who has experience in child protection law.

[Family Law Resources \(not disability specific\)](#)

[Family Law Education for Women](#)

[FLEW Accessible Format Resources for Women with Disabilities and Deaf Women](#)

[Justice Net](#)

[Legal Aid Ontario](#)

[Toronto Family Mediation Services](#)

Subsidized Disability Law in Toronto

[ARCH Disability Law](#) may be able to give advice but they don't specify working with family law related to CAS involvement

[Barbara Schlifer Commemorative Clinic](#) provides family law through a disability lens. They have both legal and mental health support

MENTAL HEALTH SUPPORTS

Low-cost Counselling/Therapy

[Affordable Therapy Network](#): A Directory of Therapists offering Low Cost & Sliding Scale Counselling Across Canada

[Family Service Toronto](#)

[Hard Feelings](#): (Toronto)

[Low-cost therapy for individuals with mild to moderate complexity.](#)

[OISE Psychology Clinic](#)

[Ontario Psychotherapy and Counselling College](#)

[Toronto Institute for Relational Psychotherapy low-cost list](#)

Free Counselling/Therapy

[Family Service Toronto Thursdays single-session walk-in counselling](#)

[Free Counselling Society Canada](#), a volunteer-run nonprofit that helps people across Canada access free counselling services.

[Life with a Baby](#) Counselling

[Lumenus What's Up Walk-in](#) counselling (ages 0-26)

[Ontario Caregiver](#) free resources, a 24/7 helpline, peer support programs, and educational tools to support caregivers across Ontario. (Not specifically for parents)

[Strides Toronto](#) Strides also offers free parenting programs.

Fee for service counselling

[Layla Therapist Matching Service](#) can help you find a fee for service therapist in Ontario that meets your needs.

[Psychology Today Database](#)

DISABILITY SPECIFIC FUNDING

Individuals may be able to access funding from organizations or foundations connected to their disability.

[The Ontario Federation for Cerebral Palsy](#) offers funding that could be used for parenting related supports.

In order to access funding, you must become a member of OFCP. Parents have used funding to support costs related to parenting.

[ODSP Pregnancy and Breastfeeding Nutritional Allowance:](#)

If you are receiving ODSP income support and you or a family member is either pregnant or breastfeeding, you may be able to get assistance with your nutrition-related costs.

CONNECTING PARENTS ON FACEBOOK

Toronto Facebook Groups:

[CILT's Parenting with a Disability Network](#)

[Crippling Parenthood \(GTA\)](#)

[Single Parents with Disabilities](#)

US-Based Facebook Groups:

[Disabled Parenting Project](#)

[Parenting with a Chronic Illness](#)

UK-Based Facebook Group:

[Enabled2Parent](#)

Australia-Based Facebook Group:

[Disabled Mums](#)

PARENT RECOMMENDED CHILDREN'S BOOKS

[Tough Like Mum](#) by Lana Button, Illustrated by Carmen Mok (2021)

[My Mom Is Like a Kite](#) by Lisl H. Detlefsen, Illustrated by Nathalie Dion (2026)

[Mama's Days](#) by Andi Diehn, Illustrated by Angeles Ruiz (2022)

[We Move Together](#) by Kelly Fritsch and Anne McGuire, Illustrated by Eduardo Trejos (2021)

[Educational resources for We Move Together](#)

[Mama Moon](#) Written and Illustrated by Noah Grigni (2025)

[Something Happened to Our Mom](#) by Ann Hazzard, Marietta Collins and Marianne Celano, Illustrated by Rita Tan (2026)

[The World We Can Build](#) by Eliza Hull and Sally Rippin, Illustrated by Daniel Gray-Barnett (2025)

[Come Over to My House](#) by Eliza Hull and Sally Rippin, Illustrated by Daniel Gray-Barnett (2023)

[Ups and Downs](#) by Nancy MacNairn, Illustrated by Doruntina Beqiraj (2024)

[Boyogi](#) by David Barclay Moore, Illustrated by Noa Denmon (2023)

[Up and Down Mum](#) by Maggie Robbins, Illustrated by Summer Macon (2019)

[Some Days: A tale of Love, Ice Cream, and my Mom's Chronic Illness](#) by Julie A. Stamm, Illustrated by Chamisa Kellogg (2021)

[This Is How We Talk: A Celebration of Disability and Connection](#) by Jessica Slice and Caroline Cupp, Illustrated by Kayla Harren (2025)

[This is How We Play: A Celebration of Disability and Adaptation](#) by Jessica Slice and Caroline Cupp, Illustrated by Kayla Harren (2024)

PARENT RECOMMENDED MEDIA

Books

[*Maternity Rolls: Pregnancy, Childbirth and Disability*](#) by Heather Kuttai (2010)

[*Unfit Parent: A disabled mother challenges an inaccessible world*](#) by Jessica Slice (2025)

[*We've Got This: Stories by Disabled Parents*](#) (Australia) Edited by Eliza Hull (2021)

[*We've Got this: Essays by Disabled Parents*](#) (International) Edited by Eliza Hull (2023)

Webinar, Interview and Panel Recordings

There are more and more webinars, research presentations and recorded programs and events related parenting with a disability. Here are a few examples:

[**Midwifery and Disability Panel Discussion at TMU**](#): What it's like to be pregnant with a disability

[**TEDx talk by Dr. Hilary Brown**](#), Interdisciplinary Centre for Health and Society, UofT

[**Webinar: Black, Disabled, Deaf and Proud**](#)

[**Webinar: Public Health Ontario Preconception health, pregnancy outcomes & care experiences of women with disabilities**](#)

[**Webinar: Supporting Disabled Parents: A Community-Led Research Study of Experiences, Service Needs, and Systemic Barriers**](#)

Articles and Blogs

[**Advocating for Parents with Disabilities**](#)

[**Disability Alliance BC Transitions Magazine: Parenting with Disabilities**](#)

[**She Just Sees Me as Dad**](#)

[**When Mommy Can't Dance: How to be a Chronically Ill Mom**](#)

Videos and Podcasts

When trying to problem solve around how to safely accomplish parenting tasks there are many videos and articles by disabled parents talking about how they care for children. Search to see if there is something relevant for you.

Podcast: [Disability Visibility Project with Eliza Hull and Heather Watkins](#)

Podcast: [Embodied: Parenting Wisdom from an Interabled Couple](#)

Podcast: [Good Life Project: Jessica Slice talks about Disability and Motherhood](#)

Podcast: [Parenting Done Differently](#)

Video: [Judith Heumann Parenting and Mentoring](#) with Jessica Slice, Sachin Pavithran, and Judith Rogers talking about their experiences being disabled parents.

Video: [Pregnant with a Spinal Cord Injury - Newborn Care Hacks](#)

Video: [Walking with a Parent with a Disability](#)