



Parenting with a Disability



There are an estimated 4.1 million parents who have disabilities, and 1 in 10 children has a parent with a disability. Unfortunately, stereotypes and misconceptions about disability often mean that people with disabilities face discrimination as parents and prospective parents in child welfare, family court, reproductive health care, and in other family laws and policies. This fact sheet is intended to provide resources on parenting. For specific resources on how disability law protects you as a parent, see Reeve's Parenting with a Disability Know Your Rights Toolkit below.

Websites

ADA National Network: Parents with Disabilities in Child Welfare Agencies and Courts

<https://adata.org/factsheet/child-welfare>

ADA.gov: Rights of Parents with Disabilities

<https://www.ada.gov/topics/parental-rights/>

Center for Advanced Studies in Child Welfare

<https://cascw.umn.edu/>

This page provides up to date information on how states are including parental disability language in their state statutes, and resources about the intersection of parents with disabilities and child welfare.

Christopher & Dana Reeve Foundation: Parental Rights for People with Paralysis Toolkit

<https://www.christopherreeve.org/wp-content/uploads/2025/05/Parenting-Rights-Booklet-2-2025-online-A.pdf>

This booklet is available for free download at the link above or call a Reeve Foundation Information Specialist at 800-539-7309 for a print copy. Forty-two states include disability as grounds for termination of parental rights. The booklet covers reproductive rights, adoption, foster care, child welfare, custody, visitation, family law, and advocating for change in your state.

Christopher & Dana Reeve Foundation: Parenting with Paralysis

<https://s3.amazonaws.com/reeve-assets-production/Parenting-Booklet-second-ed-online-8-27-21.pdf>

The booklet designed to spotlight and support potential challenges encountered by families living with disabilities. It provides parents with an array of detail specific advice and guidance, from what to expect during pregnancy to enjoying life as a grandparent.

Disabled Parenting Project

<http://www.disabledparenting.com/>

The Disabled Parenting Project (DPP) is an online space for sharing experiences, advice, and conversations among disabled parents as well as those considering parenthood. The DPP also serves as an information clearinghouse and interactive space for discussion and connection. The DPP hopes to inform social policy concerning this underserved population through the development of scholarly research, fact sheets, and training resources, as created by and for the community, and will set the stage for additional research and social action to address the important issues of discrimination and disparities.

National Council on Disability's Rocking the Cradle: Ensuring the Rights of Parents with Disabilities and Their Children

<https://www.ncd.gov/assets/uploads/reports/2012/ncd-rocking-the-cradle.pdf>

NCD's report on the rights of parents with disabilities.

National Research Center for Parents with Disabilities

<https://heller.brandeis.edu/parents-with-disabilities/>

Located at Brandeis University, the national center conducts research and provides training and technical assistance on the topic of parents with disabilities.

New Mobility: Baby on Board--Tips for the First Year of Parenting as a High-Level Quadriplegic 5/1/23 issue

<https://newmobility.com/baby-on-board-behind-the-first-year-of-parenting-as-a-high-level-quadriplegic/>

Parental Rights

www.parentalrights.org

P.O. Box 1090

Purcellville, VA 20134

Phone: 540-751-1200

Their mission is to protect children by empowering parents through adoption of the Parental Rights Amendment (<http://www.parentalrights.org/amendment>.) to the U.S. Constitution and through state laws supporting fundamental parental rights.

Parents in Wheelchairs blog by Ali Gibson

www.parentsinwheelchairs.com

SCI Parenting

www.sciparenting.com

Information on parenting with a spinal cord injury from the Spinalis Foundation. Info is available in Swedish and English.

Talking to Your Children about Spinal Cord Injury – A Practical Guide for Families

https://www.aci.health.nsw.gov.au/_data/assets/pdf_file/0008/194399/Talking_to_children_about_SCI_-guide_for_families_A4_book_LR.pdf

A 30 page booklet in pdf available for free download from the NSW State Spinal Cord Injury Service (Australia)

This unique resource provides parents who are experiencing a spinal cord injury with a developmentally appropriate guidance and very practical advice about effective ways to support and communicate with a child about their own spinal cord injury.

Through the Looking Glass

<http://www.lookingglass.org/>

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TTY: 510-848-1005

Email: tlg@lookingglass.org

Through the Looking Glass is a nationally recognized center that has pioneered research, training, and services for families in which a child, parent or grandparent has a disability or medical issue.

Internet Forums and Blogs

National Parenting with a Disability

<http://parenting-with-a-disability.blogspot.com/>

This blog, published by Through the Looking Glass, aims to help parents with disabilities communicate with each other.

The information contained in this message is presented for the purpose of educating and informing you about paralysis and its effects. Nothing contained in this message should be construed nor is intended to be used for medical diagnosis or treatment. It should not be used in place of the advice of your physician or other qualified health care provider. Should you have any health care related questions, please call or see your physician or other qualified health care provider promptly. Always consult with your physician or other qualified health care provider before embarking on a new treatment, diet or fitness program. You should never disregard medical advice or delay in seeking it because of something you have read in this message.

This publication is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$10,000,000 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.