



## Letters to Other Parents

If there's one thing that bonds us together as parents, it's the love we have for our children. Yet, when your child is "different," it's sometimes hard to know what to say to help others understand what you and your loved one are going through.

For those caring for a school-aged child with Lennox-Gastaut syndrome (LGS), some have said that writing a letter to other parents has helped. In doing so, they've let others know about their child's condition and how to support their efforts in making his or her life as "normal" as possible.

A letter like this one is an example of some of the things other parents have written. If you're thinking about writing a letter of your own, consider using it as a starting point, but be sure to make your letter as personal as you can. As other LGS caregivers have found, being open and honest is the best way to help other parents and your loved one's classmates see your child in the same way you do.

Dear parent,

Hearing that our child "has special needs" were some of the toughest words we've ever faced. For us, that means that our [son/daughter] [NAME] has a rare and severe type of epilepsy called Lennox-Gastaut syndrome, or LGS.

LGS is a lifelong condition and, although there is no cure for LGS, doctors do have ways to help manage it. In addition to frequent seizures, [NAME] also has some other challenges like [EXAMPLE] and [EXAMPLE]. Despite these challenges, it is important that [NAME] has every opportunity to reach [HIS/HER] own potential and live a full, happy life. Some of the things that [NAME] enjoys are [EXAMPLE] and [EXAMPLE].

As a fellow parent, we hope you will encourage your child to get to know [NAME] and accept [HIM/HER] even though [HE/SHE] is a bit different. If you have questions, please ask. We welcome your curiosity and support.

Sincerely,  
[NAME]