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PROBLEMS OF FAMILY ADAPTATION FOR CHILDREN WITH SPECIAL NEEDS

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Abstract: This article analyzes the social adaptation of children with disabilities and those in need of special assistance within the family, their relationships with family members, and the psychological barriers that arise.

Keywords: inclusive education, adaptation, psychological correction, integration, rehabilitation.

Children in need of special assistance are children with congenital or acquired defects in physical or mental development who require special educational, upbringing, and correctional assistance. This category includes children with intellectual disabilities, speech, hearing, vision, and musculoskeletal disorders, as well as emotional and volitional disorders.

Categories and characteristics of children in need of special assistance: Children with intellectual disabilities—comprehension, memory, attention, and thinking processes are slowed down.

Children with hearing impairments: The formation of hearing impairments is difficult, and there are limitations in perceiving the environment. Children with visual impairments face difficulties in perceiving the shape and distance of objects, and their sensory abilities develop in a unique way.

Children with speech disorders exhibit incorrect pronunciation of sounds, a small vocabulary, and speech communication disorders. Children with musculoskeletal developmental defects have limited motor activity, which is often associated with cerebral palsy. Children with emotional-volitional disorders have difficulty in social adaptation, behavioral peculiarities, and communication difficulties.

Every member of society, regardless of their physical or mental abilities, has the right to a decent life and the realization of their identity. For children with special needs, this process begins, first and foremost, with the family.

The family is the first window to the outside world for a child, and the environment within it determines the child's subsequent position in society. However, the family adaptation of such children is accompanied by several difficulties.The main problems include:

1. Psychological barriers and their acceptance. Often, parents go through the "psychological denial" stage when acknowledging a defect in their child. During this period, communication with the child becomes unsystematic, resulting in a slowdown in the child's emotional development and adaptation to their environment. Failure to properly understand a child's needs creates internal tension within the family.

2. Social isolation: Most families with children in need of special assistance tend to isolate themselves from society. The fear of "pity" or "misinterpretation" by the external

environment causes the child to remain only within the walls of the house. This is the main factor hindering the formation of a child's communication skills.

3. Lack of a correctional-pedagogical approach: The lack of specialized pedagogical knowledge among parents during the adaptation process further exacerbates the problem. From teaching a child basic domestic skills to supporting their interests, a scientifically grounded methodology is necessary.

To find a solution to the problem, it is necessary to pay special attention to the child's successful adaptation in the family. First of all, it is necessary to create a positive environment for the child. An important factor is viewing a child as a person, rather than from the perspective of their "illness" or "defect." Creating opportunities for the child's independent movement and creativity at home.

Engaging in game therapy and movement methods. The use of visual and tactile methods in communication with children with speech or movement impairments. For example, explaining proverbs and texts through gestures or colored images.

By gradually introducing the child to small social groups, as well as relatives, kindergarten, and special clubs, instill in them the belief that "I can do it like everyone else." To deny the problem or to convince oneself that it will "get better." Parents blaming themselves or each other.

A realistic assessment of the child's capabilities and the formation of an appropriate lifestyle for them. Main obstacles to adaptation: lack of communication. The child's inability to explain their needs or the inability of family members to understand the child's "language." A family's isolation from the outside world, withdrawal from guests or public places. Excessive care. Suppressing a child's independence by helping them with everything. This prevents the child from adapting as an active member of the family.

Essential tips for a child to feel comfortable in the family:

- Establishing a daily routine: For children with special needs, a clear and consistent daily routine provides a sense of security during meals, sleep, and play.
- Assign minor responsibilities: Assign tasks within the child's capabilities, such as collecting toys or watering a flower. This makes him feel like an equal member of the family.
- Adapting the environment: Adapting the interior furnishings to the child's movements and needs. If there are other children in the family, it is very important to explain the situation correctly and distribute attention equally.

The process of adaptation should not be limited to the home. Identify the child's strengths and assign activities accordingly. Psychological training for parents and play therapy with children. Gradual inclusion of the child in small social groups, kindergarten, and special clubs. The key to successful adaptation is to accept the child as they are and focus on their potential rather than their shortcomings.

The family adaptation of children in need of special assistance is determined not only by the child's condition but also by the attitude of family members toward them and the readiness of the social environment. It is necessary to develop the child's independent movement and self-care skills in the home environment.

The formation of an inclusive culture among the neighborhood and relatives plays a key role in bringing a child out of a closed environment.

The family adaptation of a child with special needs is not only the adaptation of the child but also the adaptation of the entire family. A healthy psychological climate in the family and a correctly chosen pedagogical methodology are the most solid foundation for

preparing a child for independent life in the future. Our task is not just to help them, but to believe in their potential.

In conclusion, the adaptation of children with special needs in the family is not just a social process, but a fundamental stage that determines the quality of the child's future life. A child's adaptation within the family should not be limited solely to medical procedures. In it, the combination of pedagogical correction and psychological support is of paramount importance. No modern technology or specialized school can replace a warm family atmosphere and professional parental support. A child's self-confidence is shaped precisely by the attitude of their loved ones toward them. To raise children in need of special assistance as full members of society, it is first necessary to strengthen their place within the family. After all, a child who grows up in a family with a healthy adaptation environment will become a person who can benefit society, despite their limited capabilities. It is advisable that assistance provided by state and public organizations be directed directly toward increasing the internal potential of the family.

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