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KEYWORDS	ABSTRACT
Parenting styles, Children, visual Impairment, Society, and Responsibility.	Parenting is an essential responsibility of the parents especially when it is concerned with visually impaired children. Parents have to perform exceptionally in life for children with visual impairment to prepare them for various challenges in their lives. This study was qualitative and exploratory. Through the purposive sampling technique, five (05) parents aged 35 to 55 were selected as a test for this study. A self-developed semi-structured interview protocol was administered for in-depth interviews of the participants. The researchers administered an open coding technique to generate codes and categories. The researchers employed thematic analysis to discern meaningful patterns among the narratives of the participants of the study. Four (04) major themes emerged from the thematic analysis i.e., perception for visual impairment, parenting for visually impaired children, problems for parents, and strategies for good parenting. The findings of the study revealed that parents accept the visual impairment of their children as a natural problem and they feel helpless. However, the results showed that some of the parents use authoritative parenting styles with their children and some of the parents use friendly behaviour with the visually impaired children. This study suggests that parents of visually impaired children should be provided with mental health resources and counselling services to cope with the stress and emotional challenges. Moreover, regular orientation sessions should be conducted to educate the parents of visually impaired children.
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Introduction

Parenting a child with visual impairment necessitates adaptive strategies that combine nurturing care with fostering independence. These strategies are essential in shaping a child's emotional, cognitive, and social development. Despite the persistent distrust and discrimination, parents with

sighted children and parents with visual impairments can coexist peacefully if the right conditions are met (Tören & Gökçearsan, 2024).

Visual impairment of the children requires particular attention from the parents as it is the utmost responsibility of the parents. The visually impaired child also has an impact on the parents' behavior, self-efficacy, and control mechanisms (Kucharczyk, 2024).

Various parenting styles exist to deal and guide the children with visual impairment. Research says that the effectiveness of the authoritative parenting style integrates warmth and structure to promote self-reliance and resilience (Broek et al., 2017). Whereas, authoritarian parenting is strict and has low emotional engagement, and permissive parenting, offers excessive freedom with minimal guidance, which hinders the child's growth and leads to dependency. Most often, mobility, life in family, interpersonal relations, and leisure activities create participation issues for people with vision impairments (Salminen & Karhula, 2014).

Despite advancements in awareness for the society and support systems, parents of children with visual impairment continue to face social stigma and limited resources. These barriers increase stress levels and can affect the adoption of effective parenting strategies (Salt & Sargent, 2014). Significant predictors of externalizing and internalizing behaviors are the children's sex, lack of self-control, and authoritative parenting style (Almeida & Santos, 2024),

Parents are required to learn and understand the special needs of their children with visual impairment. For this, parenting play a crucial role in handling the children with visual impairment. Therefore, it is significant to explore the parenting styles of the parents for children with visual impairment through this study.

Rationale of the Study

Parents of visually impaired children experience the visual impairment of their children during their parenting life. These children have unique challenges like difficulty in mobility and social inclusion. This study is unique in its nature as this study is being conducted first ever in the context of Punjab Pakistan. This study delivers a comprehensive understanding how parents of visually impaired children perceive the visual impairment of their visually impaired children. The study also highlights the challenges that parents are facing and offers practical approaches to improve parenting techniques. This study fulfils the gap in the literature with regard to the parenting styles for children with visual impairment. In addition to the change in the entire family functions, the arrival of a visually impaired child also has an impact (Kucharczyk, 2024).

Statement of the Problem

Studying parenting styles for visually impaired children is very important as it can help parents understand how to support their children's development and well-being. These children have high levels of behavior problems including irritability, stereotypic behavior, and inappropriate speech when compared with healthy controls.

Objectives of the Study

This study intends to:

1. Seek the perception of parents of visually impaired children.
2. Explore the parenting styles used by the parents.
3. Identify the challenges that parents are facing when implementing parenting styles.
4. Highlight the suitable strategies to adopt the best parenting styles for children with visual impairment.

Questions of the Study

This study seeks to answer the following questions:

1. What is perception of parents about visual impairment of their visually impaired children?
2. Which parenting style is commonly used for children with visual impairment?
3. What are the challenges faced by parents in parenting styles?
4. What are suitable strategies to adopt the best parenting styles for children with visual impairment?

Literature Review

Parenting styles play a pivotal role in shaping the development and well-being of children with visual impairments. Research says that these children benefit from parenting approaches for independence and social integration. The authoritative style has been shown to bolster self-esteem and resilience in visually impaired children. Authoritarian parenting is characterized by strictness and it limits the emotional connection, it may also hinder emotional and social growth. Character of the child is form through the crucial role of the parents (Oktaviani et al., 2023). Similarly, permissive parenting provides minimal guidance and leads to dependency and weaker self-regulation skills (Williams & Zhang, 2024).

Parents of visually impaired children experience stress compared to those with typically developing children. This stress arises from managing mobility challenges, educational inclusion, and countering societal stigma. Limited access to resources further adds to these difficulties, making effective parenting strategies difficult to implement (Hossain & Lee, 2023). Discrimination and social isolation added to the strain. According to Alhaj et al., (2024), barriers to information access, limited mobility and transportation, social stigma and stereotypes, dependence on family, inequalities in healthcare services, a lack of inclusive education, mental health issues, advocacy and legal restrictions, technological limitations, and employment

discrimination are just a few of the many challenges that people with visual impairments (VI) may face when trying to exercise self-determination and full autonomy.

Addressing these will require systemic changes to ensure all families can benefit from such innovations. Educational and psychological support is equally essential in guiding parents toward effectiveness. Parents training programs reduce stress and enhance confidence (Williams & Zhou, 2023). The transition to adulthood presents different challenges that demand adaptive parenting styles. Families, care providers, and service systems face significant difficulties as a result of mandatory participation in parenting programs (Shapiro et al., 2024). Parents report feeling unprepared for this phase, and the need for structured guidance. Child development is primarily influenced by the parenting (Awiszus et al., 2022). Therefore, it is important not to underestimate the impact on the psychological health of parents and families and on the developmental outcomes of children, particularly during the early years of life (Ragni et al., 2022).

Parents' participation fosters a sense of solidarity, offering emotional support, practical strategies, and resources. An efficient way to support children's and adolescents' mental health and academic performance at the whole school level is through parent education programs provided through family-school partnerships (Sim et al., 2021).

Tailored parenting styles are good for the betterment of visually impaired children. Good parenting proved particularly beneficial, yet parents face significant challenges that require systemic support and better resource access. Efforts for these issues through provision of resources, education, and community engagement are key to improving outcomes for both parents and children. The way parents deal their children has a significant impact on the development and well-being of the child (Catalano et al., 2024).

Methodology

Research Design:

A qualitative research design was employed to explore the parenting style to deal with children with visual impairment.

Research Paradigm

Constructivism research paradigm was used to explore the parenting styles of the parents of children with visual impairment through interviews and then thematic analysis. According to Mohammed & Kinyo, 2020), the focus on the learner's active participation in knowledge acquisition and comprehension is what distinguishes constructivism.

Population of the Study

The population of the study were parents of visually impaired Children. The population was selected as per the nature of this particular research problem.

Sample & Sampling Technique

The sample of the study was the parents of visually impaired children ($N = 05$). The sample of the study belongs to various districts of the Punjab i.e., Lahore ($N = 03$), Dera Ghazi Khan ($N = 01$), and Gujranwala ($N = 01$). The sample of the study belongs to the age group of 35 to 55 having different socioeconomic status.

The sampling technique especially for this particular study was purposive.

Instrument for Data Collection

A semi-structured interview protocol was administered by the researchers as an instrument of this study. This tool was developed based on a literature review and the objectives of the study.

Validity & Reliability of the Instrument

The validity of the instrument was confirmed by the skilled opinion ($N = 03$). The reliability of the instrument was examined through an extensive literature review.

Data collection procedure

After finalizing the validation process of the instrument, the researchers ask questions from the parents of children with visual impairment. The researchers complied ethical guidelines of the research and applied informed consent for the respondents to collect data. The respondents were informed about the research topic explicitly. The data was collected through the interviews of the parents of children with visual impairment. Each interview took 10 – 14 minutes. The interviews were recorded with the consent of the participants and were transcribed accordingly.

Data Analysis

After the interview was taken open coding technique was administered and codes and categories emerged. Thematic analysis was given by the researchers to generate major themes. 4 major themes have emerged from the categories and sub-themes.

Ethical Considerations of the Study

Ethical considerations are very important in research as it is pivotal to prioritize the well-being and rights of members. It means taking informed permission ensuring confidentiality, and privacy, and minimizing any potential harm. Researchers should also strive for transparency, honesty, and fairness throughout the entire research process. The respondents of the study were also assured that the information about them will be kept personal and the data will be used for research purposes only.

Qualitative Data Analysis

Thematic analysis resulted in four (04) major themes. The themes emerged from the categories mentioned below to each theme. Each category is supported by the various chunks of the participants related to the categories and major theme. The themes are perception about visual impairment, parenting for visually impaired children, problems for parents, and strategies for parents.

Perception about Visual Impairment

This theme is associated with the perception of the participants of the study about the visual impairment of their visually impaired children. The theme emerged from the natural problem, people's behavior, and helplessness in visual impairment. It appears that the potential of the personnel assisting children with visual impairment in their academic achievements affects parent's perceptions (Cummins & Hayton, 2023).

Category 1: Natural Problem

This category tells the responses of the participants about their perception of the visual impairment of their visually impaired child. The participants of the study narrated that the visual impairment of their child is due to nature. This is blessed by God. Additionally, one of the participants 2 said that.

"I think that this is not a biological issue. I think this is the problem by nature."

Category 2: People's Behaviour

This category is associated with the responses of the participants about the behavior of people that occurred due to the visual impairment of the children. The participants of the study expressed that they don't feel any problem from the visual impairment of their children but the behaviour of the people hurt them a lot. The seeing style of the people when moving in any social setting with visually impaired children makes it quite difficult for them to stay there. Participant 4 said that

"People's behavior hurt me a lot. Once I went to purchase books from the market, and One uncle told me to say that why I would do this. The shopkeeper hurt me. People do not think before speaking. Last time, I got the same experience."

Category 3: Helplessness due to Visual Impairment

The category shows the participants' responses about their perception of the visual impairment of their children. The participants of the study explained that they feel helpless when they see the visual impairment of their blind children. The participants of the study further endorsed that they cannot do anything to tackle the visual impairment of their children. Moreover, participants 1 expressed that

"I think that am I responsible for their disability? I think about their future but I cannot do anything for them."

Parenting for Visually Impaired Children

The theme contains the participants' responses about their parenting styles with visually impaired children. The theme has emerged from the categories of strict parenting, fair parenting, and friendly behavior. According to Vasiou et al., (2023), parents who combine the highest levels of permissive and authoritarian parenting with the lowest level of authority, which is nevertheless high.

Category 1: Strict Parenting

This category shows that participants of the study focus on strict parenting with their children with visual impairment. The participants of the study stated that they sometimes listen to their children but mostly they try to keep their children within their limits. These participants consider strict parenting to deal with their children. One of the participants of the study narrated that

"I consider that we should be very strict in a sense of parenting. We should listen to our children but we should be limited to the children's growth and development only."

One more father added that

"Sometimes, we have to be strict and it is fair enough that we should decide what our children will do."

Category 2: Fair Parenting

This category depicts the participants' responses about their parenting styles with their visually impaired children. The study participants narrated that they deal all their children with fairness or equity. These participants of the study further endorsed that they see all their children equally whether they are visually impaired or not. Moreover, participants 5 expressed that

"I have an equal parenting style for my both kids. I don't differentiate my parenting style from my both children."

Category 3: Friendly Behaviour

This category highlights the participants' responses about their parenting styles with their visually impaired children. The participants of the study responded that they keep friendly behavior with their children with visual impairment. This is the way to develop a friendly environment in the home, especially for children with visual impairment. Additionally, Participant 5 said that

"Sir, I think of myself as a friend. I prefer my children as very loving."

One more participant further expressed that

“I feel myself very sensitive for my children with visual impairment. I don't have any restrictions with my visually impaired children.”

Problems for Parents

This theme identifies the responses of the parents about the problems that they experience while handling their children with visual impairment in their existing parenting styles. The theme has emerged from the categories i.e., child's protection, minor difficulties, financial deficits, and social negativity. Positive parenting techniques, which are defined by support and warmth, have been repeatedly shown in previous studies to be linked to a decrease in problematic behaviors in children (Fu et al., 2019).

Category 1: Child's Protection

This category shows the problem of parents that they face due to their parenting. The participants of the study highlighted the major problem that their children with visual impairment do not try to protect themselves and their children try to put everything in their mouths that they find around them. This problem is common among children till an early age. Participant 2 stated that

“Yes, we face problems or challenges in our lives. Children don't know about anything and they eat or try to put everything in their mouths and this is a great challenge for every parent.”

Category 2: Minor Difficulties

The category mentioned above depicts the responses of the participants about the problems they face during the parenting of visually impaired children. The participants of the study narrated that they face small difficulties but they have the trick to solve these problems. These participants further narrated that they provide training to visually impaired children at home and in this way, their lives become easier for them. Participant 4 added that

“Mostly we face small difficulties. My daughter was very interested in seeing the moon on Eid ul Azha. I gave her the concept of the moon and other small home tasks and now she lives independently in my home.”

Category 3: Financial Deficits

This category is associated with the responses of the participants about their problems while handling their children with visual impairment. The participants of the study explained that financial burden is their major problem in handling their children with visual impairment with their present parenting style. Participant 3 said that

“In my present life, one or two years, I was doing a job in a private company, and I was financially depressed.”

Category 4: Social Negativity

This category is concerned with the participants' responses about the negative attitudes and behaviors of the society of the parents of children with visual impairment. The participants of the study stated that people use such sentences that tease them because of the visual impairment of their children. Participant 4 narrated that.

"People tease me because of these three blind children. People are very cruel after the death of my husband."

Strategies for Good Parenting

The above-mentioned theme shows the collective responses of the participants about the strategies that they use as a part of good parenting with their children with visual impairment. The theme has emerged from the categories of respecting visually impaired children, an optimistic approach, and meeting financial needs. Fute et al., (2024) highlighted through their study that individuals' academic results are significantly shaped by parental participation and constructive interactions.

Category 1: Respecting Visually Impaired Children

This category shows the responses of the participants about suitable strategies to adopt the best parenting styles for children with visual impairment. The participants of the study narrated that respect is an important factor for their children with visual impairment. These participants further endorsed that visually impaired children should not be disrespected or discouraged in front of other people. One of the participants of the study expressed that

"To be good parents, in Pakistani society, we should see the behaviors of the relatives, we should give respect to our children."

Category 2: Optimistic Approach

This category depicts the responses of the participants about their dealing with children with visual impairment. The participants of the study expressed that parents should not be so empathetic to their children. They should be practical with their visually impaired children. Participant 1 narrated that

"Take your all children quite normal. This will be good to maintain equality among all children."

Category 3: Meeting Financial Needs

This category contains the participants' responses about suitable strategies to adopt the best parenting styles for children with visual impairment. The participants of the study expressed their financial deprivation to support their visually impaired children. One of the participants of the study said that

“I think poor parents do not think about parenting in Pakistan. Rich parents think about various choices of their children in good manners as a part of the luxurious support in parenting towards their visually impaired children.”

Results

In light of the data analysis of this study, the following are the findings from this study:

1. Perception about Visual Impairment

This study found that parents of visually impaired children perceive the visual impairment of their child as a natural problem. However, few parents are worried due to the behavior of the people around them. The findings also revealed that parents showed their helplessness in the visual impairment of the visually impaired children.

2. Parenting with Visually Impaired Children

This study found that few parents use strict parenting styles with their children including those with visual impairment. The findings of the study also revealed fair parenting among some of the parents for their children including those with visual impairment. Friendly behavior was also found among the parents of visually impaired children.

3. Problems for Parents

This study found the problems faced by the parents of children with visual impairment include child protection, a few minor difficulties, financial difficulties, and social negativity.

4. Strategies for Good Parenting

This study found few strategies for good parenting. These strategies include respecting visually impaired children, an optimistic approach, and meeting financial needs.

Discussion

Parenting for visually impaired children is quite different from the parenting of children without visual impairment. Parents of visually impaired children perceive the visual impairment of their child as a natural cause but feel it difficult due to various social behaviour that exist in their matrix. Parenting of visually impaired children is influenced by the factor of social behaviour. Parents feel helplessness due to such behaviours of the society. Salt & Sargent (2014), found that such parenting approaches often causes dependency and weakens adaptive skills.

Various parenting styles are used by the parents of visually impaired children. Few parents use authoritative parenting, few parents use fair parenting and few of them use friendly parenting styles with their children with visual impairment. Permissive parenting, which allows excessive freedom without sufficient guidance, is associated with deficiencies in self-regulation and

problem-solving abilities (Lupón et al., 2018). Parents of visually impaired children face the difficulty of their child protection that leads them towards insecurity in the life. Many studies have focused on the dynamics of single-parent families; especially how parenting practices affect children's coping mechanisms (Ali et al., 2024). Parents of visually impaired children believe that visual impairment of their children is not an easy thing to tackle and it comes with other various difficulties. Javaid et al., (2024) found that it is transmitted generation to generation. The major problem that parents of visually impaired children experience is the financial difficulties that has obstructed their lives to fulfil the basic needs of their children with visual impairment. Few studies have looked at how parents deal with these difficulties and the meanings they get from their parenting experiences, despite evidence showing that raising a child with a vision impairment may bring special obstacles (Cao et al., 2023).

The best strategies to maintain a balancing and good parenting for visually impaired children include respecting visually impaired children. As the visually impaired children depends most of their listening skills then respect is the key to develop good parenting habit. Earlier research highlighted the importance of positive reinforcement and nurturing self-reliance in visually impaired children (Broek et al., 2017). Although, this is the reality to face the visual impairment of the children but having an optimistic approach in life can become the good strategy to develop good parenting style for the parents of visually impaired children. Having an optimistic approach in developing good parenting means to care the children with visual impairment by supporting their strengths especially in education, social and moral life. To improve the quality of positive parenting, public and private partnership to conduct regular trainings for the parents are significant (Kamran et al., 2023).

Finally, if the financial needs are met properly with good parenting patterns then they may be able to fulfil their desired to live a happy life with their children with visual impairment. A good parenting pattern must be chosen by the parents because they become the role model for their children. a good parenting pattern (Oktaviani et al., 2023).

Conclusion

This study reveals the importance of effective parenting styles for children with visual impairment. Parents perceive the visual impairment of their children as the natural problem but it come with difficulties in life. Parenting for visually impaired children require adequate resources i.e, financial and education to make parenting more better for visually impaired children. Parents face significant challenges such as societal stigma, emotional stress, and financial strain. Providing them with adequate support, education, inclusive community resources are essential to empower families and improves the well being of both parents and children. Visually impaired children can become the assets for the nation if parents are trained and guided well through the collaboration of public and private sector for the strengthening of the society.

Recommendations for Future Implications

By keeping in view, the findings and discussion of this study, the following are the suitable recommendations from this study:

1. Parents of visually impaired children should be given mental health resources and counseling services for stress and emotional challenges by the public and private departments.
2. Regular guidance and counselling sessions should be conducted by the expert and practitioners to support the parents of children with visual impairment.
3. Parents of visually impaired children should have financial support on monthly grounds as parenting allowance from the Government for the betterment of their visually impaired children to meet their financial needs.
4. Media should play its role in social awareness of visual impairment and its impact on individuals' lives.
5. Researchers in the future should research to explore the same phenomenon more deeply with different research paradigms.

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