**Sample Letter to the Editor:**

**DD Awareness Month is a wonderful opportunity to share your personal story or an accomplishment that your loved one has made in a letter to the editor. Below is a general letter to help you get started. If you have questions or would like help writing a letter to the editor, please contact us at disabilityawarenessnj@arcnj.org.  
  
Please note: Most newspapers and magazines have guidelines and word count limits that must be followed in order to submit a Letter to the Editor. Check with your local paper for its guidelines before submitting.**

This month my family and I are proud to celebrate March as Developmental Disabilities Awareness Month. During this month, we focus on progress made improving the lives of people with intellectual and developmental disabilities (I/DD), and highlight the challenges that still remain in achieving full inclusion.

When President Ronald Reagan signed a proclamation officially declaring March as National Developmental Disabilities Awareness Month, he affirmed that “Americans are becoming increasingly aware that such disabilities need not keep individuals from realizing their full potential in school, at work or at home, as members of their families and of their communities.”

My [son/daughter] is [age] and has [intellectual disability, developmental disability, Down Syndrome, etc.]. [He/she] lives [at home, in a group home, etc.] with [me, sister/brother, etc.]. My [son/daughter] spends his days [working, at a day program, volunteering, etc.].

*Next, describe your loved one. Describe what life is like for your family and for your loved one. What does your day consist of and what does their day look like (work, day program, volunteer work, time with friends). What are your loved one’s dreams for the future? How can the community help make those dreams a reality (more understanding, local or state government changes, more acceptance and warmth from local businesses]? Make sure to mention some of your loved one’s accomplishments.*