

disability usually gives parents a sense of being trapped, with no possibility of escape (Będkowska-Heine, 2007). In this context, it is very important to recognise parents' potential of coping with their situation and using appropriate forms of help. Ego-resiliency may be helpful in optimising the way in which parents of mentally disabled children function in their parental roles. Further research in this area should focus, among other topics, on in-depth analysis of traits which play a protective role for mothers and fathers of children with Down syndrome in the adaptation process of their parental functioning.

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