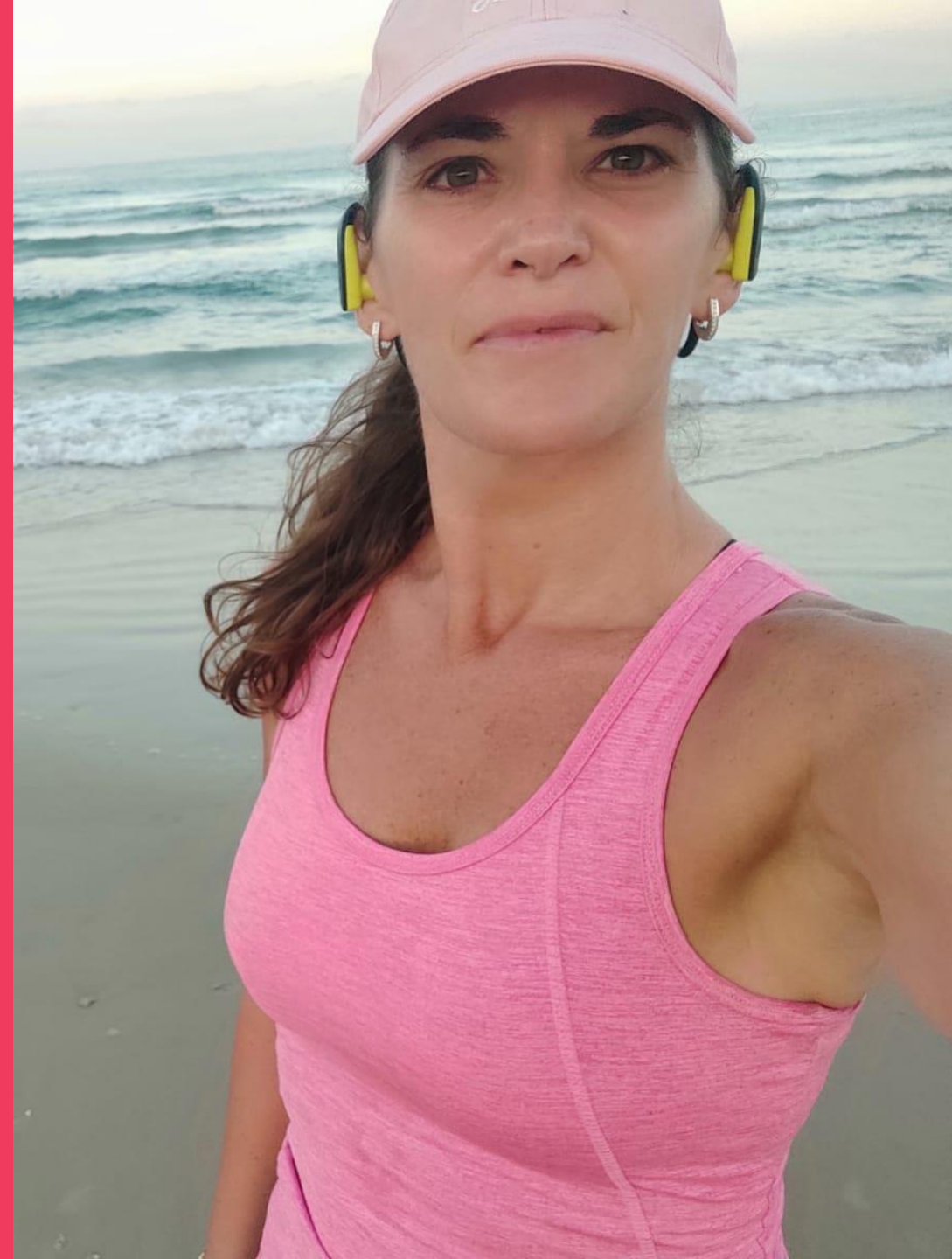


Raising an MSUD child  
can be a  
**successful (Life)  
marathon**

**Shiri Pekerman Widezki**

Mother, Life Coach and Marriage Counselor



**2,347**

**Her Leucin**

**Level**

Living a fruitful regular life with MSUD  
isn't "**Mission Impossible**"



# My presentation will focus on **6** main points:

- 1) Making the abnormal, normal**
- 2) Building resilience**
- 3) Together we can be a multiplying factor – a special parenting relationship**
- 4) Devoting time to ourselves as parents and as a couple**
- 5) Sports, physical activity, and movement make us stronger - both physically and mentally**
- 6) The importance of a support community**



**Where in my  
story do**

**YOU**

**meet  
yourselves?**

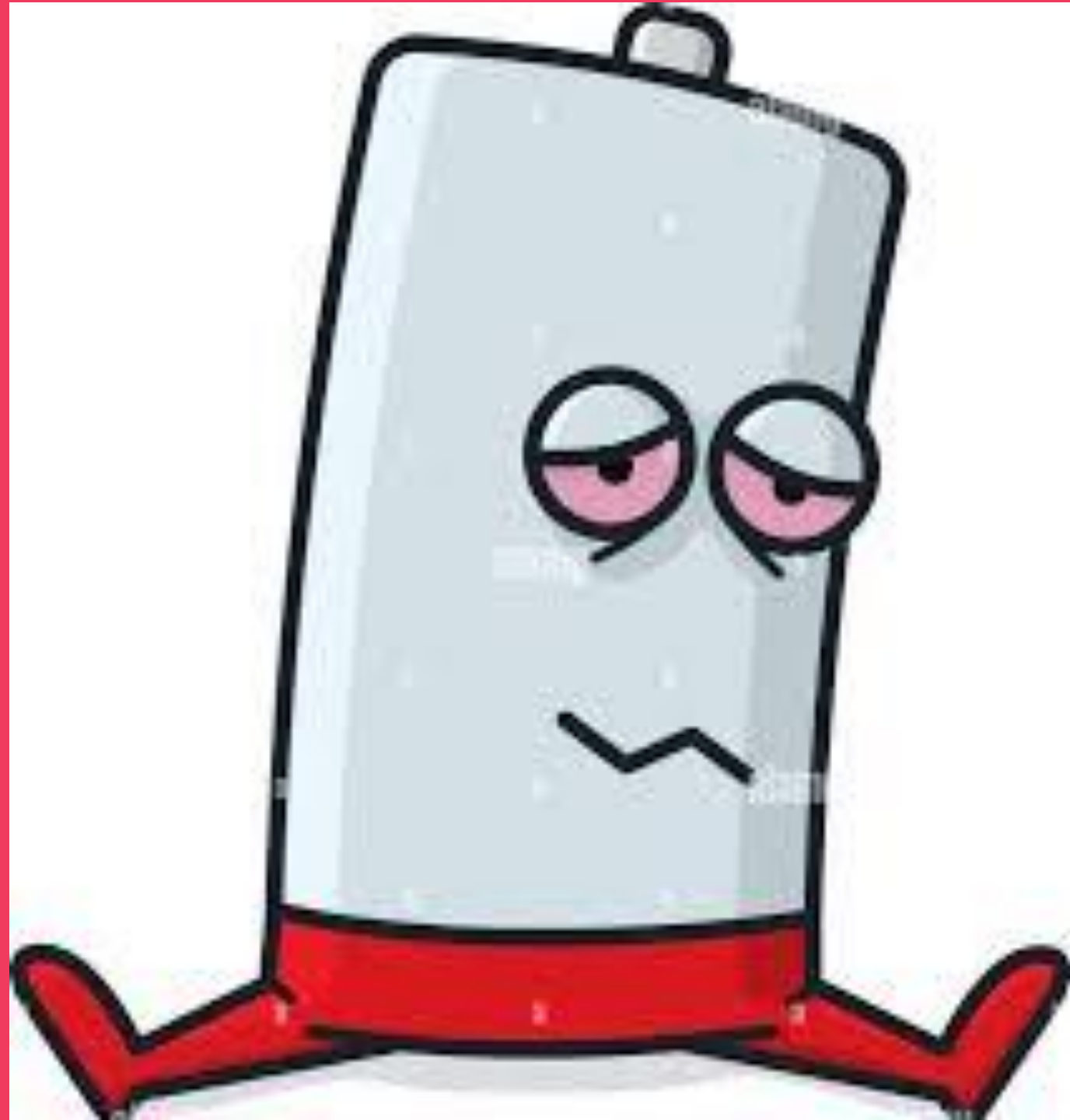
I'm going to  
become **MOM**





Nice to meet you

**NOY**

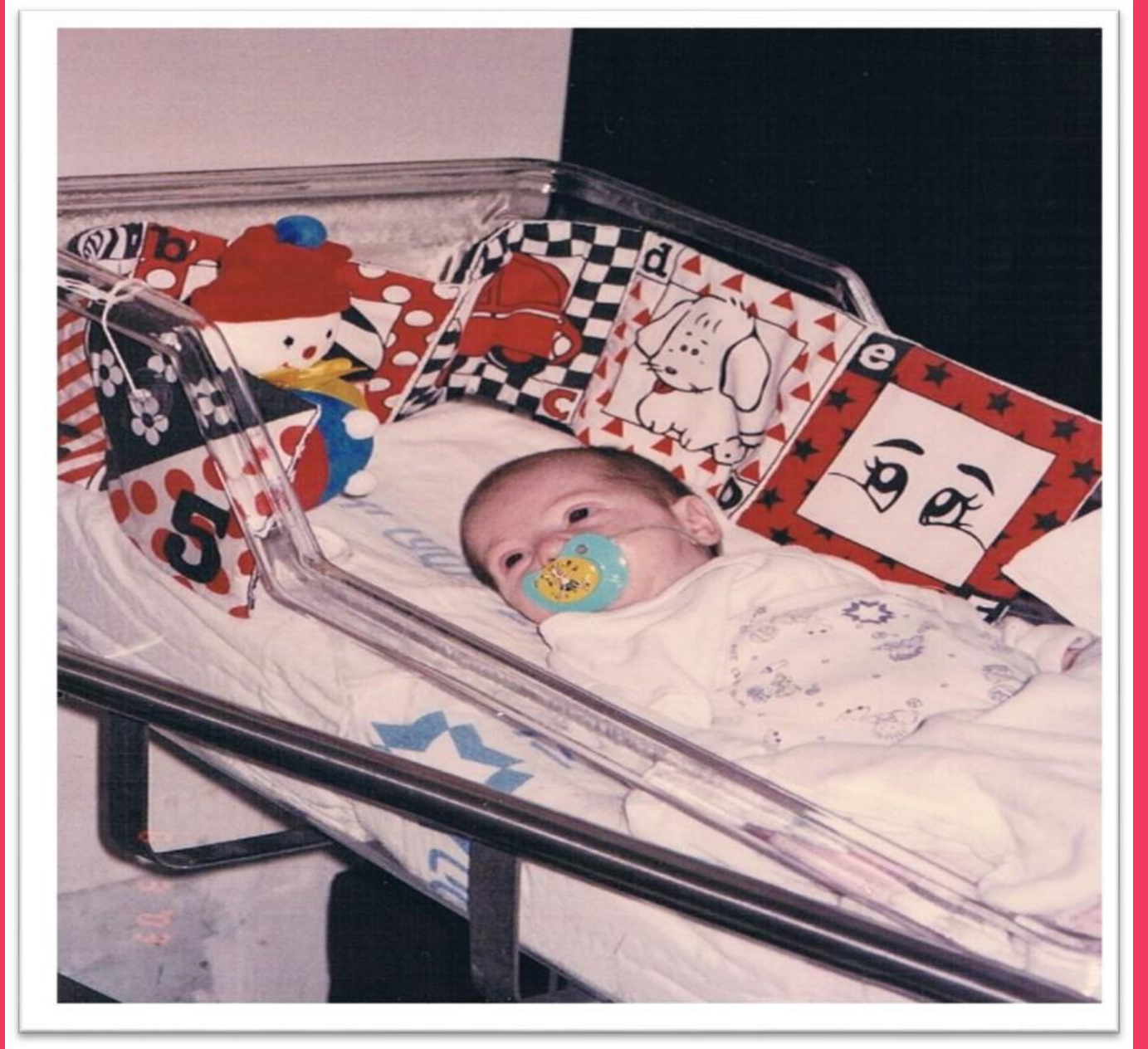
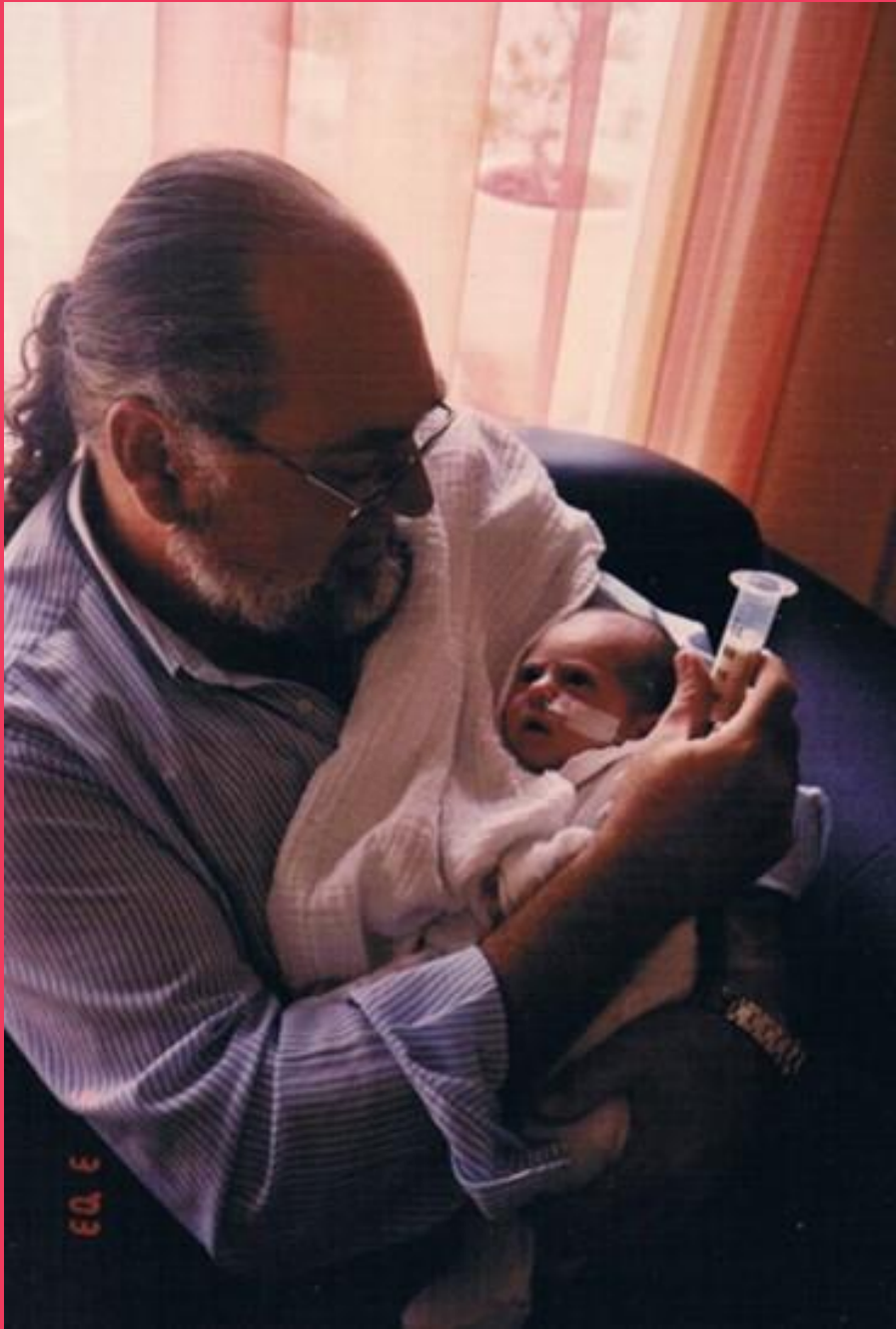




**My newborn baby,  
is in the  
intensive care 😞**







**Our permanent new guest**  
**The MSUD FORMULA**



Hemodialysis

MRI

fear

hospitalizations

proteins

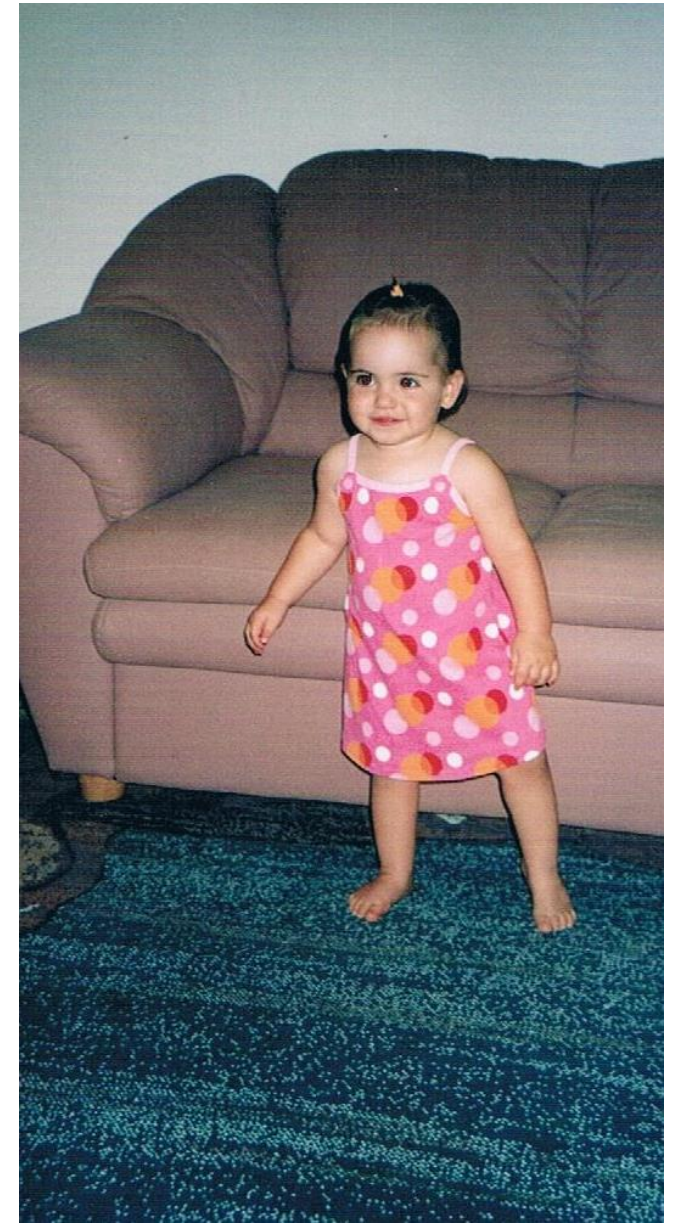
amino acids

**MSUD**

How do you  
cope?

blood tests

formula



(Symposium Reflections cont. from page 1)

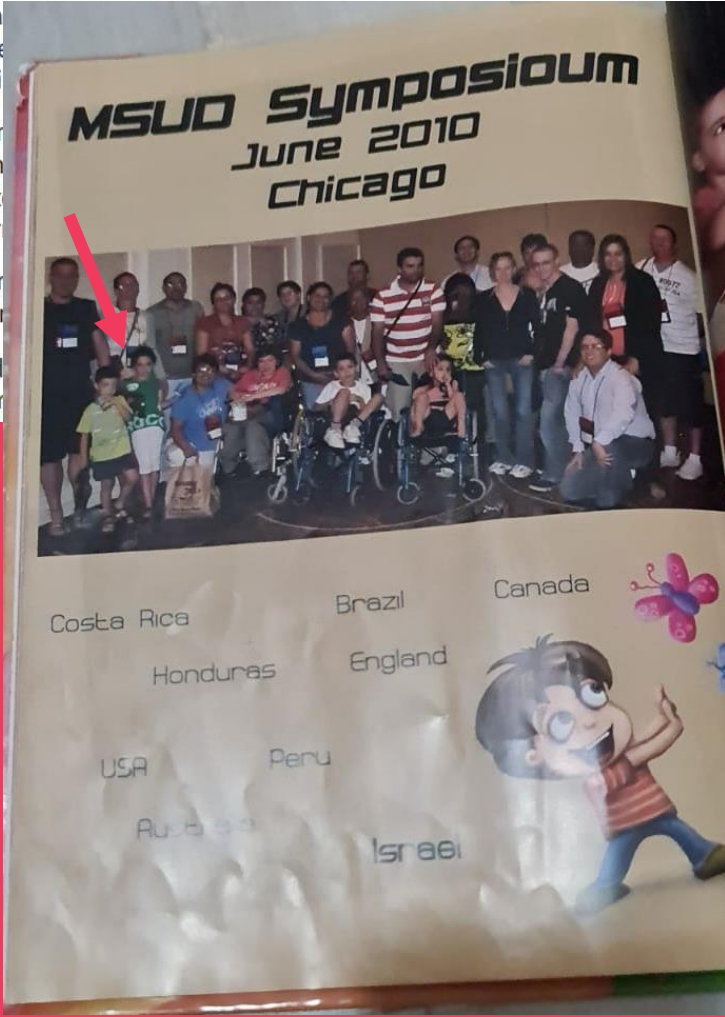
better I feel about Ruby's future." – Colin Kirwan, Australia

"I lea  
some  
inspi

"I can  
learn  
excit  
infor

"Wor  
plan

"Had  
Garm



2010



# MSUD Symposium

2004





We need to  
lead this  
**Journey**





These are  
**the**  
**cards**  
We received



## What helped me?

- Developed out of difficulties
- Focused on the positive
- Established routine and balance

I chose

**We can all choose**



We can be transformed from a “victim”  
to the **creators of our reality**

What matters  
most is

how we  
see  
ourselves



















# The Parents and their Romantic Relationship



# What is the Challenge?

Make a good match from 2 parts  
Of 2 **different** puzzle boxes.

Each one is coming with his differences and needs,  
and we want it to fit perfectly,  
even though, our shapes and sizes continuously  
change over the years.





A successful  
romantic  
relationship,  
needs us to  
managed it

Because ...



All our focus and  
energies are  
devoted to  
them



**What about us?**



we can  
choose  
to Remain  
close

and to  
become a  
team  
that faces  
challenges  
**together**





**1**

**Create couple time  
It's not NICE to have  
It is a MUST!**



2

**Share each other's fears,  
worries and difficulties**



3

**Focus on the good**



What else is there?

The psychologist Martin Seligman, the founder of positive psychology, says that:

**Meaning in life, comes from  
Belonging and Serving  
something that is greater than  
yourself**



Be **Happy**

Having a Life  
with  
**Purpose**

Giving leads  
to happiness







Raising an MSUD child  
can be a

**successful (Life)  
marathon**







# Combining Emotional and Sports training, helps us:

- **Release** from controlling thoughts
- **Express** feelings through motion
- **Adapt** to changes – everything is transient
- **Meet** the goals that we set for ourselves
- **Give** us a sense of competence



My mission

# Israel MSUD family





# PARADIV

השמורה האווירית





The way to  
success  
Is

to hold  
hands  
together,  
as couple,  
as partners  
and as a  
community





If there is a will  
There is a way

**Thank  
you**



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