

The recognition and exploration of children with intellectual and developmental disabilities in China is later than in Western countries. Currently, with the gradual increase in the number of children with intellectual and developmental disabilities, this group is gaining widespread attention. However, in addition to the huge financial burden of initial diagnosis, daily care, rehabilitation, education and learning, and employment support, children with intellectual and developmental disabilities not only suffer from social stigma and exclusion, but also their families suffer from heavy psychological and social pressure, as well as negative cognitive and emotional distress such as grief, self-blame, shame, and anxiety. Since the Chinese government has put inclusive education on the agenda, how to enable children with intellectual and developmental disabilities to live independently and with dignity, and how to make children with intellectual and developmental disabilities and their families truly accepted by the society, have become hot topics for discussion by the public.