**10 year journey of in-line skates**

When it comes to roller skating, being a mother, I am doubted and asked myself : can my child Mina really do it ?

When Mina was in kindergarten, her mental retardation changed from mild to moderate.

Her childhood growth is called "big chicken crowing slowly" in the old population. So when she entered kindergarten, I thought her growth was only relatively slow, so I just let her grow up naturally. Until one day the teacher came to me to discuss Mina problem : He said that same age children could do some simple instructions by themselves, but Mina didn’t know where to start with same instruction.

So I started looking for pediatrics, psychiatry, and rehabilitation for examinations and psychological evaluations. All these things made me panic. I asked myself how these things happened to me...?

When the evaluation results were announced, the pediatrician look at my very sad face and gave me a pencil with An-An Slowly Flying Angel Family Care Association and phone number printed. The pediatrician told me that I can go to this association for consultation.

After returning home, I was anxious for many days. After discussing with my husband, I finally went to An-An Slow Flying Angel Association.

When talking about the child's learning status, a topic mentioned that sports are helpful to the child…I immediately thought that sports should be helpful to Mina! There was a small voice in my heart saying ; let Mina sign up ! Thus began the learning journey of Mina inline skating in primary stage.

First time I went to the practice field, I saw all students sprinting back and forth on the field. Is it really okay for Mina ? She has flat feet and severely collapsed arches. Further, her sense of balance is extremely poor... Can she put on roller shoes and run as other children ?

Since I am mother who extremely demanding of Mina daily life, her self-confidence is severely lacking. Mina can't accept anything she feels dangerous. Wearing a protective roller shoes is a big problem in the first class lesson. Finally we put on the protective gear successfully after persuasion and threats . My head is even bigger when I think the next : the roller shoes ! However, with the help of the coach, she finally put on a roller shoe. When she stood up and tried to walk, she felt extremely insecure and kept yelling : I will fall-I will fall... She couldn't take a step at all.

In the next class lesson, she just standing whole time. Mina’s practice goes very slowly. Sometimes because of her low mood, she will cry when she arrives at the practice field

Mina's arch collapse is extremely difficult and painful for wearing roller shoes! She has never done such an intense exercise like inline skating before. Mina, a girl who has no stamina and is easily feel tired, spending the whole class lesson under coaxing very often. After three to four weeks, the coach came up with a magic idea, he fixed the wheels of the roller shoes in order to build her confidence, and finally she was able to start walking.

But she couldn't see the results and wanted to give up after a few lessons which made me quite frustrated. Looking at the students in-line skating , they do practicing slowly day by day like Mina . With the help & cheering up of other mothers, we keep going but Mina can walk very short distance only.

Before the start of the second school year, I was thinking about how to improve Mina’s stamina. I took her and her sister to outdoor practice during holidays. Although she could walk a few steps only and had to stop and rest for a long time, it was amazing that she made progress slowly. This status continued three to four semesters. I start to let Mina wear protective gear and roller shoes by herself and I found that she is actually can do it by herself quite well! She can also walk slowly at her own pace, one small step at a time... her progress made mom and dad feel moved !

Time passed by at a fast speed. Mina has graduated from elementary school. She entered to a special education class in junior high school. The school curriculum has inline skating lesson and the coach is same person. I thought Mina is a kid who always took her time. One day during practice time, the coach suddenly yelled : Mina, you can go faster! You can go fast in school, why are you slow here? I walked to the coach with full of doubts and asked: Mina can really go fast? The coach replied with a smile face : Yes ! she skated super fast at school!

Mina is actually looking for her own way to improve during the practice. She is able to create her own infinite possibilities indeed.

Mina is very slow in studying. I am always anxious and push her learn quickly. Mina’s father always tells patiently that : "Mina is just a child who is flying slowly!" I start to slow down and follow Mina’s pace gradually.

Mina’s in-line skating lesson has entered to 9th year. I would like to thank Mina’s father for driving her to lesson every weekend and accompany her when she is down. I also thanks Mina’s sister who has been staying with her since the kindergarten class, she slipped out of interest and enter the advanced racing wheel training class

Finally, I would like to thank the An-An Slow Flying Angel Association for helping all the parents who are experiencing helplessness, listening to our needs, providing us with methods, helping us find an exit, and accompanying us to face various problems together.