

Resources and support to help care for loved ones with cerebral palsy.



## Happy New Year from CPFN!

To celebrate the beginning of 2021, we're celebrating the word "new" and the many ways it enters our lives. In this edition we'll look at a recent diagnosis and all the new challenges it brings. We'll also discuss how early intervention shapes new ways to help your child thrive and a new mothers' childbirth experience. Don't miss out on a new CP Hero, tips on buying a first wheelchair, and more!

We want to hear from YOU! Tell us your stories of the holidays, ask our community for new ways to navigate CP, or anything else you'd like to see or share. Just shoot us an email at [Lee@cpfamilynetwork.org](mailto:Lee@cpfamilynetwork.org).

Our CPFN community is always ready to welcome new voices. If you know someone who would be a great addition to the family, invite them to join our mailing list and like us on [Facebook!](#)

### FEATURE STORY

#### Coping with a Recent Cerebral Palsy Diagnosis

For parents and families experiencing their child's recent cerebral palsy diagnosis, the world may feel frightening and uncertain. But no one is going to be a better advocate for your child than you. Knowledge will be your best tool in making the best life possible for your child. You've got this!

[START LEARNING](#)



### LEGAL

#### Samantha's Story

New mothers trust their doctors to keep watch over their babies, before, during, and after birth, and recognize when something is wrong. Samantha had a feeling that something was wrong with her son, Robert, but didn't get the care she needed from hospital staff, which resulted in a brain injury for the newborn. Read Samantha's story and find out how she was able to hold the doctor accountable and get Robert's medical bills covered for life.

[READ HER STORY](#)



## The Importance of Cerebral Palsy Early Intervention

A CP diagnosis can leave parents overwhelmed and not knowing where to begin. This article serves as a guide to help with milestones and diagnosis, early intervention methods, and important questions every parent should be asking about their child's CP.

[GET STARTED](#)



## JANUARY CP HERO

### Say Hi to Adilee

Adilee was born at 28 weeks and weighing only 2 pounds. She spent the first 53 days of her life in the NICU fighting for her life. Though she has faced many challenges growing up with both CP and epilepsy, she never lets her diagnoses stop her. Adilee is now in 1st grade and always has a smile on her face. She shows us what is possible with a positive attitude and the support of a loving family!

[SHARE YOUR CP HERO](#)



## What Are the Latest Advances in Cerebral Palsy Treatment?

When you're trying to enhance the mobility and quality of life for your child with cerebral palsy, it can be difficult to stay informed of the latest innovations in cerebral palsy treatments and therapies. Cerebral palsy researchers have made some huge advancements in recent years, though, giving us hope for even more scientific breakthroughs in the future.

[SEE WHAT'S NEW](#)



## Choosing Your Child's First Wheelchair

About a third of children with cerebral palsy are non-ambulatory and will require the use of a wheelchair for transportation outside, indoors, or both. Getting the right wheelchair at an early age helps a child gain independence and all the confidence that can inspire. Here's a few things you'll want to look for when shopping for that first wheelchair.

[CHECK OUT OUR TIPS](#)



## Got a Story Idea?

Some of our most popular blogs and articles have come straight from the CPFN community. Travel tips, new therapies, inspiring people... whatever you want to see on our pages. After all, this is your newsletter!

[TELL US WHAT YOU WANT TO READ](#)



Courage does not always roar. Sometimes courage is the quiet voice at the end of the day saying "I will try again tomorrow!" —*Mary Anne Radmacher*

We love celebrating amazing kids and helpers in the CP community, so if you want to see your child or loved one featured on our page and newsletter, we want to hear from you! Send us a photo, a short bio, and tell us why they're your CP Hero.

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