

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



Make the Summer Break Work for You

School may be out for the summer, but that doesn't mean we can't all continue to learn a few things to make our lives a bit easier. C'mon...it's way more productive than watching TV all day! And you might even have a little fun.

In this issue we're focusing on ways to take care of your child, including creating a personalized care guide, determining whether your child's CP was preventable, using yoga to keep them fit and relaxed, and tips to cope with a child (and parents) suffering from sleep issues.

As always, we'd love to hear from you, too! We want to learn about your journey with CP...life hacks, tough times, moments of triumph, and everything in between. Drop us a line at Lee@cpfamilynetwork.org and our next newsletter could feature your story!

Our [Facebook](#) page is still going strong, so come on down and meet the rest of the family!

FEATURE STORY

What Is the Cerebral Palsy Family Network Care Guide?

Looking for an easy and accessible way to consolidate and track your child's care instructions, medical records, important contact information, and more? Look no further! The CPFN Care Guide helps you stay organized and in charge of everything to do with your child, providing therapists, caregivers, and educators all the information they need to maintain the high level of personalized care you expect.

[GET YOUR FREE CPFN CARE GUIDE](#)



LEGAL

Cerebral Palsy Medical Malpractice

We expect doctors to make decisions that are in our best interest, and they often have to make them very quickly, especially when it comes to fetal distress or labor complications. While not every birth injury is the result of a negligent decision, doctors are trained to know how to react to known risks, and we trust them because of it. When a doctor or other medical professional negligently ignores their training and education in spite of the known risks, it might be medical malpractice.

[**GET HELP NOW**](#)



TREATMENTS and THERAPIES

How Kids' Yoga Can Help With Cerebral Palsy

Yoga has been shown to increase balance and muscle tone, decrease muscle tension, encourage a child to relax, and provide a sense of overall well-being. Yoga for kids with cerebral palsy may help to enhance a child's natural physical function in a safe and fun manner that they can look forward to participating in.

[**LEARN MORE**](#)



TIPS for PARENTS

My Child With Cerebral Palsy Can't Sleep

Sleeplessness is an inevitable part of parenting a newborn that most can—once they're past it—take lightly. It lasts only a few months, right? But what if it doesn't? What if, after six or seven months, a child doesn't show signs of ever being able to sleep more than a few hours? For many parents, their child's sleeplessness may be one of the first issues they discuss with their pediatrician.

[**LEARN MORE**](#)



JULY CP HERO

Say Hi to Madison!

This 19-year-old is no stranger to adversity, having overcome multiple surgical procedures, setbacks, and illnesses. Despite her daily challenges, Madison sets an example for positivity and resilience with her constant smile and heartwarming giggle! She enjoys books, baking with her mom, feeding animals at local farms, and raising butterflies.

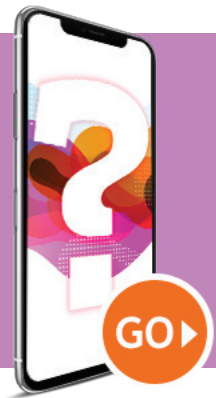
[**SHARE YOUR CP HERO**](#)



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](#)



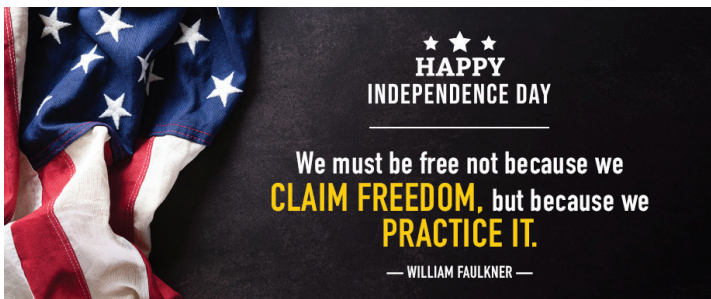
"If we are to achieve a richer culture, we must weave one in which each diverse human gift will find a fitting place.." —Margaret Mead

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.

[SHARE YOUR HERO](#)



MARK YOUR CALENDAR



[!\[\]\(95b425611cbd2b8716a140cf67c81822_img.jpg\) JOIN OUR EMAIL LIST](#)

[!\[\]\(b4eeff342f60cc7bcd67d869b4fedca2_img.jpg\) SHARE THIS EMAIL](#)



Copyright © 2009-2022 CPFamilyNetwork.org | Sponsored By CP Families in appreciation to the team of dedicated attorneys and medical professionals at [JJS Justice](#) for their continued diligence and work on CP cases.

