

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



## It's a New Year, CPFN Family!

With the holidays firmly behind us, it's time to dive back into our normal routine which, let's be honest, is rarely all that normal or routine. Let's begin at the beginning, and start the new year with a piece on prenatal testing and care, and how best to prepare for a safe pregnancy and delivery.

And because things don't always go as planned, we'll also share with you a few articles on dealing with situations where the plan simply refused to cooperate. From tips on finding a CP lawyer, to how CP is diagnosed, to how a common issue like jaundice can lead to CP, we'll give you some tools to revise your plan to your best advantage.

As always, we'd love to hear about your best-laid plans and whether they worked as well as...um...planned. Drop us a line at [families@cpfamilynetwork.org](mailto:families@cpfamilynetwork.org) and we can pass them along to the rest of the CPFN family!

If you haven't already, check out our [Facebook page](#). Over 110,000 strong, it's an active community full of inspiring news, CP Heroes, personal stories, and more!

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### FEATURE STORY

## Prenatal Testing and Care: How to Earn an "A"

There's so much to prepare for during your pregnancy and, while most of that preparation is exciting, it can be a bit nerve-wracking to think about all the medical tests and doctor visits ahead. Here's what you need to know about the kind of care you should receive to keep yourself and your baby in good health throughout your journey.

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## LEGAL

### How to Find a Cerebral Palsy Lawyer

Unfortunately, you may be hard-pressed to find a hospital administrator or doctor willing to admit to a medical error. An experienced cerebral palsy lawyer can sort out the circumstances that resulted in the cerebral palsy and fight on behalf of victims of medical malpractice to get the compensation they'll need for lifelong medical treatment and specialized care.

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



### How Is Cerebral Palsy Diagnosed?

Events that cause a child to develop CP, including medical malpractice, frequently occur around the time of birth. But typically, CP is not diagnosed until significant motor impairment shows itself, which may take more than a year. Though there's not a single test or scan that can definitively confirm CP, several types of diagnostic tests can help provide evidence that your child may have CP.

[\*\*LEARN MORE\*\*](#)



### Jaundice, Kernicterus and Cerebral Palsy

Jaundice is a condition that an estimated 60% of all babies experience. While this condition is certainly common, especially among newborns, it's important to know the signs and treat jaundice as soon as possible to prevent the development of kernicterus, which could lead to permanent conditions such as cerebral palsy.

[\*\*GET ANSWERS\*\*](#)



## JANUARY CP HERO

### Say Hi to Erica!

Erica was a member of the class of 2021, and did social graduation with her friends, but deferred her diploma to take advantage of the great transition program at her high school for two more years. Her favorite subject is Science, and she loves using her iPad to stay connected with friends and listen to music. Erica participates in Special Olympics bowling and Miracle League baseball.

[\*\*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](#)



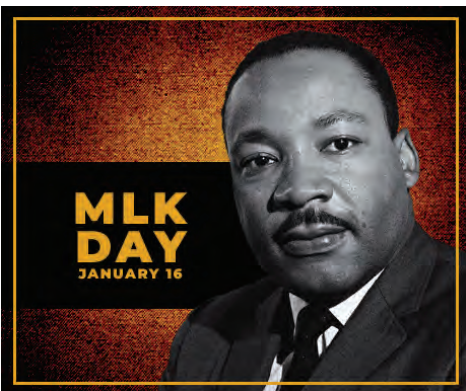
*"I am different, not less." —Temple Grandin*

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



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