

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



Welcome to a New Year, CPFN Family!

Whether your holiday season was frantic and exciting, calm and relaxing, or a delightful mixture of both, we at CPFN hope you made it through healthy, happy, and ready to face the new year.

Most of us greet the year with some degree of expectations, plans, renewed or maybe even refashioned dreams...often with no real benchmarks for success. Without them we never really know if we're making progress, or how to alter course to reach our destination. In this edition we hope to pass along some info to help you develop those benchmarks and determine ways to navigate your way to the success you're working so hard to reach.

Our feature story touches on expectations, how they relate to any delays in your child's early development, and what a delay means to long-term outcomes. In our legal section, we'll talk about your options if those delays were caused by a preventable medical error, and how best to seek help in providing for your child. Finally, we'll cover some hands-on ways to ensure your child stays as healthy and fit as possible through proper nutrition and exercise tailored to the needs of those with cerebral palsy.

As always, we'd love to hear from you! Tips, tricks, warm stories, and family traditions...we want to hear it all! Drop us a line at families@cpfamilynetwork.org and our next newsletter could feature **you!**

If you haven't already, check out our [Facebook page](#). Over 113,000 strong, it's an active community full of inspiring news, CP Heroes, personal stories, and more!

FEATURE STORY

Why Isn't My Child Meeting Developmental Milestones?

If you're like many parents, you're keeping a close watch on your child's progress toward developmental milestones. You also may be wondering what it means if your child is not reaching those milestones at the predicted pace.

[LEARN MORE](#)



LEGAL

What Is Medical Malpractice?

Whether it is a misdiagnosis, hospital or medical error, medical malpractice can be committed by any party in the medical field, even your doctor. In most cases, patients are entirely unaware that medical malpractice occurred and are never informed of negligence.

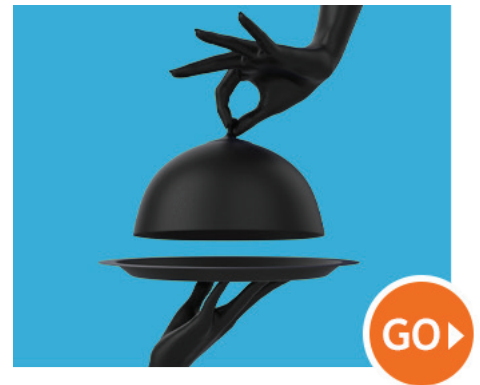
[**GET HELP NOW**](#)



Nutritional Evaluations and Cerebral Palsy

Proper nutrition is important for everyone, especially for children with cerebral palsy. However, it may be difficult to know what, when, and how to feed your child. Nutritional evaluations are a great way to see if your child could benefit from a cerebral palsy nutrition therapy plan..

[**LEARN MORE**](#)



Exercise and Cerebral Palsy

In addition to the typical treatments that children with cerebral palsy receive, such as medication and surgery, exercise is also important. Children who have CP can benefit both physically and mentally from an exercise program. Learn more about how a tailored exercise program can help improve your child's symptoms and well-being as well as what types of exercise are most impactful for children with CP.

[**LET'S GET MOVING**](#)



JANUARY CP HERO

Say Hi to Stella!

Stella truly is one of the strongest girls out there. She loves school, swimming, arts and crafts and, most recently, working out with her trainer. For the most part Stella uses a wheelchair to get around but is working extremely hard on her goal of walking with lofstrand crutches one day. She wants everyone to know that, although she uses a wheelchair and may learn a little differently, she is just another teenager. Stella reminds us every day not to sweat the small stuff and that we are stronger than we know.

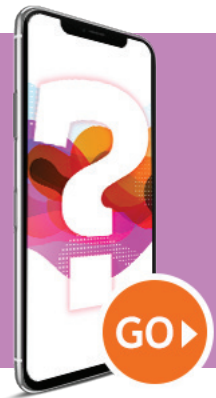
[**SHARE YOUR CP HERO**](#)



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](#)



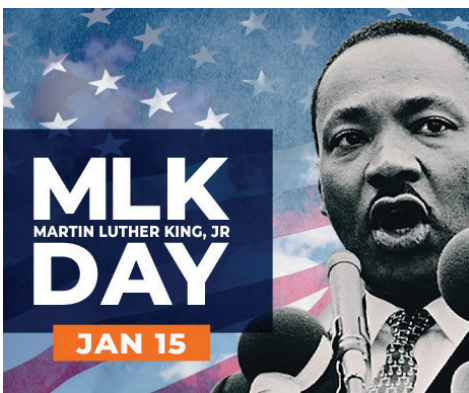
*"Do not let what you cannot do
interfere with what you can do." —John Wooden*

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



**MARK YOUR
CALENDAR!**



**MARCH
IS
CEREBRAL
PALSY
AWARENESS
MONTH**

 JOIN OUR EMAIL LIST

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