

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



We're Diving Headfirst into Spring!

It's that time of year where we put away the winter clothes, stock up on allergy medicine, and start prepping ourselves for the end of another school year. Things can get awfully busy with holidays where we celebrate parents and veterans, and many of us are starting to plan summer activities for the family. As you already know, these activities and plans can get a bit more involved when a family member has special needs. In this issue we'll visit some of these needs and how you can address them to keep your day-to-day running as smoothly as possible.

First, let's talk about what you should do if your child's CP diagnosis came in a bit later than others. Then we'll touch on the questions you need to be asking if you think your child's CP was the result of negligence on the part of a healthcare provider, and what you can do about it. Finally, we'll investigate the causes and treatments for some of the physical and cognitive challenges facing those with CP.

Feel free to reach out to us with your stories and ideas on making the season the best it can be, as well! Drop us a line at families@cpfamilynetwork.org and our next newsletter could feature **you!**

Don't forget to 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

My Child Received a Late Diagnosis of Cerebral Palsy—What Do I Do?

Cerebral palsy may be diagnosed early in a child's life but, in many cases, parents don't learn that their child has cerebral palsy until later. A cerebral palsy late diagnosis can be difficult, but **this condition is manageable** at any age when you know what to expect and how to handle these challenges.

[LEARN MORE](#)



LEGAL

How to Determine if Your Child Suffered a Birth Injury

CPFN Legal Advisor, Howard A. Janet, shares the **questions you should be asking** if you believe your child's cerebral palsy diagnosis is the result of a preventable medical error.

[GET HELP NOW](#)



Constipation and Cerebral Palsy

Some children with cerebral palsy are susceptible to an array of digestive problems, one of which is constipation. It's important for parents and caregivers of patients with cerebral palsy to **identify and manage the symptoms of constipation as early as possible** to prevent them from becoming severe complications.

[WHAT YOU NEED TO KNOW](#)



Poor Judgment / Judgment Issues and Cerebral Palsy

Cognition refers to the ability to use your intellectual capacity to learn, perceive, and reason with others. When an individual suffers from **cognitive impairment**, they may find it difficult to perceive and understand reality, judge certain situations, and communicate effectively with others.

[LEARN MORE](#)



Spasticity and Cerebral Palsy

Spasticity is one of the common symptoms of cerebral palsy. It refers to an **abnormally high level of muscle tone or stiffness**, which can cause movement difficulties or even discomfort or pain. As such, this condition could prevent a person from performing daily tasks and living a normal life.

[START MANAGING SPASTICITY](#)



APRIL CP HERO

Say Hi to Lucas!

Lucas has worked both in and out of school with many specialists and educators to help him overcome both physical and learning disabilities. He is now a straight-A student, in the school choir, rides BMX at the local track, is working on his black belt in karate, and is starting on the school track team in the spring!

[**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 people are doubting how far you can go,
go so far that you can't hear them anymore." —Michele Ruiz

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**](#)



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