

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



Need a Break Before Your Holiday Break?

Once again, we're on the cusp of our favorite time of year—the time when we can start to think about unpacking sweaters and holiday decorations, we check our schedules for parties and family get-togethers, and a new year is peeking over the horizon. It's also a perfect time to take a deep breath and give yourself a brief break before diving into these enjoyable—but sometimes stressful—annual events by taking in our latest newsletter.

In this issue we're getting back to some basics such as how to know if your toddler has cerebral palsy, and what to do if you suspect your child's birth injury was caused by medical negligence. We'll also touch on treatment options like speech therapy and acupuncture and look at hypertonia as part of a cerebral palsy diagnosis.

Over the years, some of our most popular content has come from our readers so, as always, we would love it if you shared some of your CP experiences. Whether it's day-to-day tips, life hacks, special moments, inspirational people...we want to hear about what brings you comfort, joy, and laughs. Reach out to us at families@cpfamilynetwork.org so we can share with everyone!

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

How Do I Know If My Toddler Has Cerebral Palsy?

Cerebral palsy is most often diagnosed during early childhood, between 18 and 24 months of age. However, it may be discovered much earlier when parents know what to look for; because **early diagnosis is so beneficial for a child's development**, close monitoring is key.

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LEGAL

What Can I Do if I Suspect HIE Brain Damage Resulted from Medical Negligence?

Although financial assistance is sometimes available through government programs, public services, and support; it often fails to meet the full financial need that families of children with HIE face. In this article, we'll discuss what **options you have if you suspect your child's HIE was the result of medical negligence.**

[GET HELP NOW](#)



TIPS for PARENTS

The Importance of Speech Therapy for Cerebral Palsy

Many children with cerebral palsy experience some level of challenge with speech. Their challenges could be due to cognitive delays and learning disorders or might be the result of damage to the area of the brain that facilitates speech. Read on to discover how **speech therapy could help improve your child's communication.**

[LET'S TALK](#)



CP TREATMENTS

Benefits of Acupuncture for Kids with Cerebral Palsy

As one of the oldest types of medical practices, dating back to 6000 BCE, acupuncture has long been relied upon as a holistic way to help with a variety of ailments, including chronic pain. And more recently, **it's been incorporated into pediatric healthcare to help kids who live with cerebral palsy.** Keep reading to find out how it may be able to help ease symptoms and provide pain relief for your child.

[LEARN MORE](#)



Hypertonia and Cerebral Palsy

Hypertonia is a movement disorder where muscles in the body become stiff or rigid and involuntarily contract, causing repetitive, writhing movements. People with hypertonic cerebral palsy may also have difficulties with posture, experience fluctuations in muscle tone, and suffer from immobility. Click to learn more about its symptoms, treatment, and prognosis.

[READ ON](#)



OCTOBER CP HERO

Say Hi to Sophie!

Sophie is her family's hero—she never gives up and uses the biggest amount of determination every day to help overcome the challenges she faces. She does all of this with the biggest smile on her face!

[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](#)



"Start where you are. Use what you have. Do what you can" –Arthur Ashe

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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