

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



Let's Get Ready for a Great 2025!

Here's hoping everyone had a safe and happy holiday season!

The theme of this issue has been guided by the message in our inspirational quote (check it out below). It concerns challenges and how meaningful the battle to overcome them can be. At CPFN we firmly believe in being as well-prepared as possible to meet adversity and how the preparation can be as rewarding as the battle itself. This time around, we'd like to share some content about preparing yourself and your family for some of the daily challenges life with cerebral palsy can throw your way.

First, we'll explore how to manage the many tasks you'll face in raising a child with CP and how to find beneficial clinical trials that can be an important factor in that management. We'll also touch on legal options for children who've suffered a hypoxic ischemic encephalopathy (HIE) injury caused by negligence. For readers new to the world of CP, we'll get back to the basics of what causes CP and what symptoms to look for in 5-6-month-old children.

If you have a story to share about how manage life with CP, or have a CP-related question that needs to be answered, just give us a shout at families@cpfamilynetwork.org and we'll get right on it!

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 You Manage a Child with Cerebral Palsy??

A cerebral palsy diagnosis is a shock to the entire family, particularly parents, guardians, and others who are the primary caretakers of the child. Caring for a child with CP will not be easy, but there are some **helpful strategies you can employ as you navigate parenting your child with CP.**

[LEARN MORE](#)



LEGAL

What Can You Do if Your Child Suffers a Hypoxic Ischemic Injury?

For parents of children with hypoxic ischemic encephalopathy, treatment is key to ensuring **the best possible outcome and improving their child's quality of life**. Here, we'll discuss the condition, HIE treatment options, and what options are available to parents who believe their child's HIE was caused due to malpractice or negligence..

[GET HELP NOW](#)



TIPS for PARENTS

How Do I Find Out About Cerebral Palsy Clinical Trials in My Area?

There are hundreds of clinical trials being conducted in universities and hospitals around the world in a quest to find medications, therapies, and surgical interventions that will improve the quality of life of children and adults with cerebral palsy. But how do you find them?

[START SEARCHING](#)



CP DIAGNOSIS

What Are the Potential Signs of Cerebral Palsy in 5-6-Month-Olds?

Understanding what typical developmental milestones are for this age can help parents and caregivers approach doctors with their concerns and **get their child the interventions they need**.

[WHAT TO LOOK FOR](#)



What Causes Cerebral Palsy?

Cerebral palsy is caused by abnormal development of the brain, which can occur during the early stages of a child's life. Abnormal development can occur after sustaining brain damage through illness or injuries. **Click below to discover the common causes of cerebral palsy.**

[READ ON](#)



JANUARY CP HERO

Say Hi to Jamie!

Born at 27 weeks, Jamie inspires his family daily! He shows them over and over again how to overcome hard things and how to be joyful in the midst of that. He lights up any room and brings a smile to everyone he comes across. Jamie is the sweetest big brother and a loving friend—very caring, tender, and with a great sense of humor. He is truly a most amazing hero!

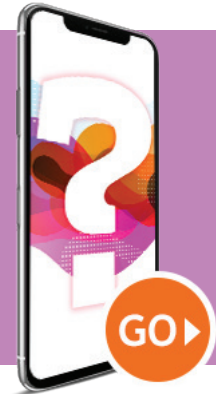
[**SHARE YOUR CP HERO**](#)



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**](#)



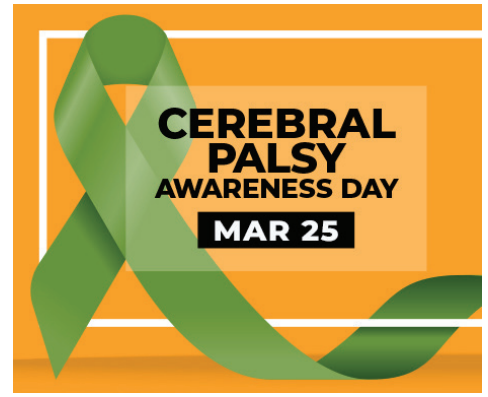
“Challenges are what make life interesting. Overcoming them is what makes life meaningful.” —*Joshua J. Marine*

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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