

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



## Moving Forward With Strength and Innovation!

Welcome to the first edition of 2026—an exciting year where we prepare for inspiring advancements, uplifting stories, and meaningful progress for the cerebral palsy community. In this issue, we're highlighting innovations that empower children's mobility, breakthroughs in medical understanding, and supportive therapies that make everyday life brighter. From adaptive bikes that spark independence, to ongoing conversations about medical safety, to forward-looking possibilities in stem cell cord blood research, and the transformative role of early physical therapy, this issue is all about hope, resilience, and momentum. Let's begin the year celebrating the people, ideas, and discoveries shaping a stronger future for every child.

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](mailto: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!

---

### EQUIPMENT

#### Adaptive Bikes for Cerebral Palsy

Certain physical therapies and pieces of equipment can help children with CP strengthen and control their muscles. **Adaptive bikes provide not only physical benefits but also social and emotional ones**, as well, providing a sense of freedom to children with cerebral palsy.

[LEARN MORE](#)



## LEGAL

### Medical Malpractice and Preventable Cerebral Palsy

Estimates are that 20% of cerebral palsy cases are caused by a lack of oxygen during the birthing process. Many of these cases are caused by medical negligence or malpractice, and **hospitals probably will not inform parents that their child's cerebral palsy was caused by medical error.**

[GET HELP NOW](#)



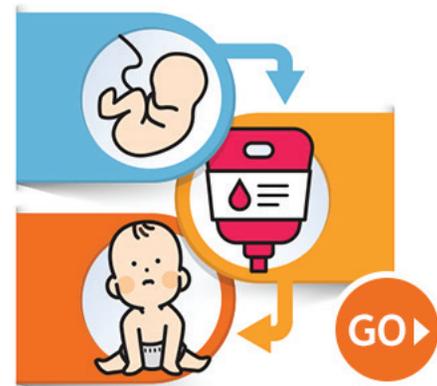
GO ▶

## ALTERNATIVE THERAPIES/TREATMENTS

### Cerebral Palsy Treatment: Exploring the Use of Stem Cell Cord Blood

Research has revealed the potential in cord blood treatment for children with spastic cerebral palsy. Depending on when it is given, **cord blood therapy may be an effective treatment for cerebral palsy**, potentially improving motor function.

[LEARN MORE](#)



GO ▶

## CP TREATMENTS

### Physical Therapy for Children with Cerebral Palsy

Physical therapy helps improve mobility and uses a variety of equipment and exercises to help patients achieve or improve abilities. Although there is no standard therapy that works for every individual with cerebral palsy, **many children with CP can benefit from physical therapy.**

[GET MOVING](#)



GO ▶

## JANUARY CP HERO

### Say Hi to Lincoln!

Lincoln is an amazing 6-year-old who suffered two strokes when he was around 4 months old, leading to a diagnosis of mild cerebral palsy with left hemiplegia. He has worked so hard and has been so determined to do the things the family was told he might not be able to do. He is highly active, with a love for hiking, running, swimming, and wrestling—he will even be starting soccer this year! Lincoln is extremely happy, brightening up every room he walks into.

[SHARE YOUR CP HERO](#)



GO ▶

## 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 you can't fly, then run. If you can't run, then walk. If you can't walk, then crawl. But, whatever you do, you have to keep moving forward.”

—Martin Luther King, Jr.

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



 JOIN OUR EMAIL LIST

 SHARE THIS EMAIL

**CPFamilyNetwork**<sup>SM</sup>

Copyright © 2009-2026 [CPFamilyNetwork.org](https://www.CPFamilyNetwork.org) | Sponsored By CP Families in appreciation to the team of dedicated attorneys and medical professionals at [JJS Justice](#) for their continued diligence and work on CP cases.

