

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



April Newsletter: Growing Knowledge, Strengthening Community

As spring brings a season of growth and renewal, it's the perfect time to focus on building understanding, confidence, and connection within our CP community. This month, we're highlighting information that empowers families with knowledge and practical tools for the road ahead.

Join us as we explore key topics that support families navigating cerebral palsy (CP) with insight and clarity. Learn why **earlier diagnosis can lead to a better quality of life** for children and caregivers, how to recognize **early warning signs of CP in infants**, and the impact of **dystonia — a movement disorder many with CP experience**. We're also breaking down **constraint-induced movement therapy**, a therapeutic approach that can make a meaningful difference in motor function. Each article is packed with evidence-based info and practical takeaways to empower you and your loved ones on this journey. .

Have a personal story about living with CP or a question you'd like answered? We want to hear from you—send it to families@cpfamilynetwork.org and we'll get right on it!

If you haven't already, check out our [Facebook](#) page. Over 113,000 members strong, a vibrant community filled with inspiring news, CP Heroes stories, and more!

CP DIAGNOSIS

Early Warning Signs of Cerebral Palsy in Infants

Spotting the early warning signs of cerebral palsy in infants can make all the difference in getting timely support and care.

From unusual muscle tone and posture to delays in reaching developmental milestones, recognizing these cues sooner helps families and healthcare providers act earlier. This article breaks down key indicators to watch for at different stages of infancy — empowering parents with knowledge that matters most.

[WHAT TO LOOK FOR](#)



LEGAL

Earlier Cerebral Palsy Diagnosis Improves Quality of Life

Getting an earlier cerebral palsy diagnosis can meaningfully improve a child's quality of life by opening the door to timely care, therapies, and support. Recent efforts by hospitals to implement international diagnosis guidelines have significantly lowered the average age of diagnosis, helping families begin tailored interventions sooner and better plan for their child's health and development. Learn how early identification impacts outcomes and access to services.

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



TYPES OF CP

Dystonia and Cerebral Palsy

Dystonia is a movement disorder that often occurs in people with cerebral palsy and can cause twisting, repetitive, involuntary muscle contractions that interfere with everyday movement, posture, sleep, and comfort. Our latest article explains what dystonia looks like in CP, how it differs from other movement issues, and options for managing symptoms so individuals and families can better understand and address this challenging condition.

[**LEARN MORE**](#)



CP TREATMENTS

Constraint-Induced Movement Therapy and Cerebral Palsy

Constraint-Induced Movement Therapy (CIMT) is an innovative approach that helps children with cerebral palsy strengthen and improve use of a weaker arm or hand by encouraging focused practice and brain "rewiring." By temporarily limiting the use of the stronger limb, CIMT can boost fine motor skills, independence, and functional ability, especially for those with unilateral CP. Learn how this therapy works and who might benefit most.

[**READ MORE**](#)



APRIL CP HERO

Say Hi to Levi!

Levi is a bright and courageous 6-year-old who forges his way into every heart he connects with. While cerebral palsy may affect his movement and muscle control, it doesn't define his spirit or determination. Instead, it highlights his strength every day!

[**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**](#)



"What seems to us as bitter trials are often blessings in disguise."
—Oscar Wilde

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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