

Who can I contact?

First, talk with your child's regular doctor about your concerns and observations.

Consider reaching out to the **Baby Net Program** through the Center for Development and Disability.

Call
505-272-8549 or
1-800-552-8195

Or visit
<http://www.cdd.unm.edu/infonet/babynet.html>

You can also contact the **Family Infant Toddler Program** to discuss the possibility of receiving early intervention

1-877-696-1472



References

Cerebral Palsy Foundation: www.yourcpf.org

Cerebral Palsy Foundation Toolkit:
<https://cpnowfoundation.org/wp/wp-content/uploads/2015/11/CP-Toolkit.pdf>

Cerebral Palsy: A Parents' Guide of What to Look for and Who to Call



*A Resource from the CP Task Force and the
Center for Development and Disability*

What is cerebral palsy?

The term *cerebral palsy* describes a group of movement disorders caused by an injury or disturbance early in brain development, specifically in the areas involved with movement and posture. Each person with cerebral palsy is affected differently. Some are affected throughout their body; others only in parts of their body. Some people are only affected in the way that they walk, while others may use a wheelchair. Some are affected in their ability to talk or swallow. Some people require a lot of assistance throughout their life, while others become independent as they reach adulthood.

Is there a cure?

There is not a cure for cerebral palsy. However, there are many different kinds of therapy and technology that promote a child's development and independence. It is important to have the child participate in these interventions as young as possible to get the most benefit. Early detection of infants at risk for cerebral palsy is critical so babies and families can access the extra care and services they need. Detection of cerebral palsy is possible in the first year or even first few months of life, if parents and professionals know what to look for!



Image adapted from the Gross Motor Function Classification System.

What do I look for?

Do your baby's muscles appear too tight or too relaxed?

Have you noticed any tremors or shakiness when he or she moves?

Is he or she developing new skills later than normal (reaching for toys after 3-4 months, not sitting by 6 or 7 months)?

Does he or she seem to have trouble focusing their eyes, swallowing, or have a tendency to throw up or be constipated more than you expect?

Does he or she use one side of his or her body much more than the other side?

How does a diagnosis help my child?

Guides treatment plans in the future

Cues medical professionals to look for other concerns, such as seizures

Accelerates the process to get insurance coverage for medical equipment, technology, and care

May make your baby eligible for early intervention, such as occupational, physical, or speech Therapy to promote development. This early access is critical because in the first year of life your baby's brain is making critical nerve connections, growing and changing at the fastest rate in his or her life.

A diagnosis does not define your child or their potential, but it may give them access to services that help them reach that potential.

