

Cerebral Palsy

Growing Up with Cerebral Palsy:
One Adult's Perspective



When I was diagnosed with Cerebral Palsy at the age of four, a lot of the focus was on the limitations. What my parents shouldn't expect. What I wouldn't be able to do.

This small, supportive session is about giving you an adult's perspective of growing up with Cerebral Palsy and to hopefully, widen the picture of what your child's life could look like.

What I wish my parents had known earlier

- Early predictions are often based on limited information – nobody, not even professionals – can see years down the road.
- Everyone who has Cerebral Palsy is different and development doesn't follow a neat timeline. Parents should avoid comparison with other children.
- Progress may come in unexpected ways and when you don't expect it.
- Please remember this: Your child is so much more than their diagnosis.

What helped most growing up

- Parents who believed in my ability to learn and grow.
- Encouragement to do things myself – even if it was difficult.
- Teachers who expected me to participate and achieve.
- Flexibility when I needed to approach things differently.
- Opportunities to simply be included and treated like everyone else.

A final reassuring message

It's OK to be anxious or apprehensive about the future. You don't need to have all the answers right now. What matters most is time, support and opportunity – and your child been seen as enough just as they are.

"The early story isn't always the final story."

Further support

If you would like to stay connected or hear about future sessions, you can find more information at www.aideenblackborough.com.

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