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Coping With A Birth Disorder In Your Child

By Sarah Veda

If you have a child who has been diagnosed with a serious birth disorder, this is an extremely trying time in your life. You have many challenges ahead of you, both physical and emotional. Right now you are probably on an emotional roller coaster ride, and are having difficulty just getting through the day. Here are some tips that will hopefully help you deal with the adjustments in your life.

Learn all that you can about your child's disorder. It's going to be painful to hear the details, but knowledge is power. You can cope better with that which you understand, so learn as much as possible. If your child's birth disorder is one that has a nationally recognized foundation, like Down syndrome, contact them. They can be a wealth of knowledge and support.

Give yourself permission to grieve. This is not what you expected, and you need to mourn the perfect, healthy baby you planned. Only when you have had ample time to mourn this loss, will you truly be able to accept and love your child the way she is.

Get help. You need physical and emotional help right now. Find someone to talk to about your feelings of anger, hurt, guilt and loss. You may be able to get the emotional help you need from a friend or relative, or you may need to speak to a professional. You may also need physical help caring for this child, depending upon the extent of the disorder. Your pediatrician should be able to help you locate special services if you require them.

Expect other people to be uncomfortable. It's not your problem, but you have to deal with it. Other people don't know what to say. You can make things easier on yourself by breaking the ice with these people. It may seem like something you shouldn't have to do, but to get your friendships back to normal as quickly as possible, you may want to take it upon yourself to contact your friends and try to

make them feel comfortable. Fortunately, some people will be by your side no matter what, and you can rely on them to get you through the first few weeks.

Having a child with a birth disorder may well be the biggest challenge you ever face. Know that help is available, and take the steps necessary to find the right services and support you and your family needs.

Sarah is a 41 year old wife and mother of two boys and one girl. She spent many years as a manager in the corporate world, and gave it up to be a stay at home mom. Go to

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Expectancy On The Life Of Individuals With Cerebral Palsy

By Low Jeremy

Cerebral palsy also known as cerebral paralysis is a disorder that greatly affects body movements. It also pertains to a group of disorder where in the exact cause cannot be traced. Some of its recorded major causes include brain hypoxia, asphyxia, premature birth or birth trauma, particular infections acquired by the mother before and during birth, genetic susceptibility, and infections on central nervous systems, consecutive hematomas or trauma.

Cerebral palsy after birth is caused by physical injury on the brain, toxins, and incidents involving brain hypoxia and meningitis or encephalitis. Ten percent of the cerebral palsy cases are caused by intrapartum asphyxia. Research shows that infections acquired by mothers even those causes difficult to determine can triple the child's risks in the disorder development because of the acquired toxicity on the brain's fetus of cytokines formed out of inflammatory response.

Babies born prematurely have higher risks of developing cerebral palsy because they are still the progressive stage of organs development. There is an increase hazards of asphyxia or other forms of brain injury that also increases the probability of acquiring cerebral palsy.

Another important factor of cerebral palsy is periventricular leukomalacia. It is also associated with disorders of the chromosomes or anomalies on brain structure including lissencephaly.

Occurrences of cerebral palsy are best calculated with children around six years of age. It is recorded that two out of 1000 babies being born alive are diagnosed with cerebral palsy in industrialized countries. It is alarming that in United States, cerebral palsy cases varies from 1.5 to 4 babies out of 1000 babies born alive are affected by the disorder. Approximation has reached five thousand to ten thousand babies in the United States are born with cerebral palsy. Every year, preschoolers detected with cerebral palsy has reached one thousand five hundred in quantity.

Sixty percent cases of mental retardation are caused by brain damage incurred outside of the occipital,

temporal, parietal or Basal Ganglia. This disorder can only arise when the child is deprived of the chance to learn. The disorder does not entirely depends on the brain injury but on the individuals ability to have child's communication and able to teach the child how to communicate well on speech and other communication forms.

Deafness or blindness acquired by the child having cerebral palsy due to occipital or temporal lobes damage during birth can be taught sign language for them to communicate. Another way is teaching them tulong, a method where the child puts the hands on speaker's mouth and able to decipher what they are trying to say basing from the movements of the lips associated with certain words.

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