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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.

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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 <http://www.infantresources.com> now and get her incredible baby minicourse – absolutely free.

Cerebral Palsy In Infant- Ways To Prevent It

By Low Jeremy

Half a million members of the population in United States are suffering from one form of cerebral palsy to another. This is a wide spreading congenital disorder experienced by both children and adults. It is a disorder that hinders the ability of a person to move in a coordinated and determined way.

Infant cerebral palsy takes place even prior to the child's birth or during the first three or five years of his life. This is a crucial stage in the life of a child because the disorder can lead to the impairment of hearing, vision, speech and learning disabilities.

The causes and treatments of cerebral palsy in infant are not definite. Although there are alternative cures such a therapy and surgeries available. These kinds of special treatments can help them alleviate the aggravating experience of a child with his living condition.

Cerebral palsy in infants can be diagnosed through the help of pediatricians and neurological specialists. They usually keep track of the lives of the child from birth up to a particular stage. Finding out that there is a developmental delay in the muscle function of a child, can be a great manifestation of cerebral palsy.

Other implications of cerebral palsy on a child are abnormal muscle tone, poor coordinated movement and persistent infant reflexes beyond a certain age. If you have also observed that your child has a difficulty in reaching for his or her toys at four to seven months after birth, then it is better to send the infant to a doctor for a series of tests.

Since the real cause of the disorder is undetermined, there is no way to prevent it as well. However, there are some possible ways to decrease the chances. First is for the moms to ensure a healthy pregnancy and as much as possible carry the baby on the right term. Premature babies are more likely to develop cerebral palsy.

Future or expectant mothers should also make sure that they should distance themselves from many different possible health problems like hypertension, diabetes and heart deficiencies that could inflict them. Immediately after a pregnant woman finds out that they are carrying a child inside their womb, proper prenatal care is very necessary.

Once the baby is born, brain damages should also be prevented. Avoid scenarios where the head of the child bumps into hard things. Never shake an infant as well because it can result to baby syndrome and brain damage.

The health of your child will depend on how you care for them. Cerebral palsy in infant can be prohibited only if you know how to avoid its probable causes.

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