

Watoto wenye umri zaidi ya miezi 6

- Hawawezi kugeuka.
- Hawawezi kuweka mikono mdomoni.
- Wanaona ugumu kuweka mikono yao pamoja.
- Wanashika kitu kwa mkono mmoja na kuonyesha ngumi kwa mkono mwingine.
- Huenda wakawa na matatizo ya kumeza na kutafuna.

Watoto wenye umri wa zaidi ya miezi 10

- Wanatambaa kwa njia isiyo ya kawaida, wakijisukuma kwa mkono mmoja na mguu huku wakivuta mkono mwingine na mguu.
- Wanatembea kwa matako au kuruka kwa kutumia magoti lakini hawatambai kwa mikono na miguu yote miwili.
- Hawawezi kusimama hata kwa kushikilia mahali.
- Wanaweza kudondokwa na mate bila ya kujizuia.

Aina za kupooza kwa ubongo

Hali ya kupooza kwa ubongo uko tofauti kwa kila mtoto; hata hivyo tunatambua aina 4 kuu:

- **Misuli kujikaza au kuwa migumu:** Mtoto anayeonyesha hali ya 'kujisakama' ana misuli iliyojikaza au iliyojibana. Hali hii inasababisha sehemu ya mwili wa mtoto ijikaze. Kujikaza huku kunongezeka wakati mtoto amekasirika au amefurahi, au wakati amekaa kwa njia fulani.
- **Laini sana:** Watoto wanaoonyesha hali ya kuwa laini sana wana ugumu wa kukaa kwa njia moja bila ya ku saidiwa kwa sababu misuli yao imetulia sana.
- **Athetosis au mwendo usioweza kuzuiwa:** Mtoto anaonyesha hali ya mwendo wa polepole au haraka kwenye miguu, mikono au misuli ya uso, kwa sababu ya kubadilisha misuli inavyojibana kila mara.
- **Ataxia au mwili kukosa usawa:** Mtoto anayeonyesha hali ya ataxia ana matatizo ya kuanza kukaa na kusimama. Mtoto anaanguka mara kwa mara na anatomia mikono yake ovyo.

Kuna mchanganyiko wa dalili za aina nyingi: kuna watoto walio na mchanganyiko wa dalili zilizotajwa hapo juu.

Matibabu ya hospitalini

- Mtoto wako anaweza kupata mshtuko wa mwili kutokana na misuli kujibana. Enda katika hospitali iliyo karibu nawe na kisha umpe dawa ulizoandikiwa.
- Ikiwa mtoto wako haonekani kuwa sawa mkimbize katika hospitali iliyo karibu nawe. Huenda ikawa ni nimonia.
- Ikiwa mtoto wako anaweza kufaidika na upasuaji unaofanywa baada ya wa awali hakikisha umemshughulikia na apewe matibabu ya mazoezi.
- Mtoto wako anaweza kufaidika na vifaa vya kumsaidia kama vile kiti maalum cha watoto walemavu, kifaa cha kusimamia, vifaa vya kuzuia majeraha zaidi na kathalika.

Matibabu ya nyumbani

- Mpe maji mengi na vyakula vigumu ili kuzuia kufunga choo. Ikiwa mtoto wako haendi choo mpatie mafuta yambarika (castor oil).
- Mlishe mtoto wako akiwa ameketi vizuri ili asinyongwe.
- Mkubali mtoto wako na umchukule sawa na wana familia wengine. Mtoto aliye na hali ya kupooza kwa ubongo atakuwa mtumzima mwenye hali yakupooza kwa ubongo.
- Jifunze jinsi ya kumbeba na kumshughulikia mtoto wako kuanzia wakati wakuzaliwa kuendelea. Unaweza kumfanyia mtoto wako mambo mengi ukimsaidia jinsi yakutembea, kuzungumza, kujitunza na kuhusiana na watu wengine.
- Mhimize mtoto wako aweze kujitegemea kadri awezavyo. Jizuite kumfanyia mtoto wako kilakitu: mruhusu ajifanyie mambo kadri awezavyo. Itamsaidia mtoto wako aweze kujiheshimu nakujiamini.
- Kuwa makini na usafi wa meno na mdomo wa mtoto wako ili kuzuia maradhi na harufu mbaya.
- Zungumza na ucheze na mtoto wako. Huenda asiitike lakini anaelewa na inamfanya ahisiku-kubalika.

Matibabu ya mapema

Kubaini ugonjwa mapema na kuwafanyia mazoezi mapema watoto wenye hali yakupooza kwa ubongo kunasaidia kupunguza dalili za mtoto na kuboresha uwezo wao wa kimwili, utambuzi, kuhusiana na watunakihisia. Kusaidia mapema kutasaidia kuzuia matatizo ya baadaye na kuboresha hali ya anayemtunza.

Watoto wenye hali ya kupooza kwa ubongo wanafaa kuenda katika shule za mtaani mwao pamoja na wenzao. Wazazi wenye maarifa wanaleta tofauti kubwa katika kukua kwa mtoto. Makundi yakusaidia na ya wataalamu wamazoezi, walimu, watoaji huduma wengine na wazazi yana-patikana ili kumsaidia mtoto wako pamoja na wewe kama familia.

Jukumu la wazazi ni muhimu sana! Shirikieni katika kutoa matibabu

OTHER SEP BROCHURES

- Autism Spectrum Disorder
- Communication Disorder
- Down syndrome
- Hydrocephalus
- Learning Disabilities
- Rickets
- Rights for Children with Disabilities
- Spina Bifida

THIS IS ME

My name is Samuel, I have Autism
My name is Gloria, I have Down syndrome
My name is Peter, I have Cerebral Palsy

CONTACT DETAILS

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CEREBRAL
PALSY



MY CHILD HAS CEREBRAL PALSY

You have noticed that your baby cannot hold up his head when you pick him from his bed. Your baby may have muscles that are too stiff or too floppy. Your baby has unusual postures. He holds one hand in a fist and does not pick up a toy to play.

What is Cerebral Palsy?

Cerebral palsy is a condition that affects movement, body position, and coordination due to brain damage. The area of the brain that controls movement is usually affected. However, with effective intervention, the movements, body positions, and related challenges can be improved.

What causes Cerebral Palsy?

Causes around the time of birth:

- Birth injuries from difficult births, lack of oxygen
- Premature birth: babies born before 9 months and who weigh less than 2 kilograms are more likely to have cerebral palsy
- Jaundice

Causes after birth:

- Very high fevers due to infection or dehydration (water loss from diarrhea)
- Brain infections (meningitis, encephalitis, malaria, tuberculosis)
- Head injuries
- Lack of oxygen
- Poisoning

In some cases the cause can be before birth.

Signs to watch out for

Infants younger than 6 months of age

- Cannot hold up their head when picked up from lying on their back
- May feel stiff or floppy
- When picked up, their legs may cross each other or get stiff
- When held, they may overextend their back and neck, constantly acting as though they are pushing away from you
- May have challenges with suckling

Infants older than 6 months of age

- Cannot roll over
- Cannot bring their hands to their mouth
- Have a hard time bringing their hands together
- Reach out with only one hand while holding the other in a fist
- May have chewing and swallowing challenges

Infants older than 10 months of age

- Crawl in an unusual way, pushing with one hand and leg while dragging the opposite hand and leg
- Move around on their buttocks or hop on their knees but do not crawl on all fours
- Cannot stand even when holding onto support
- May have uncontrollable drooling

Types of Cerebral Palsy

Cerebral Palsy is different in every child; however we recognize 4 main types:

Spasticity or muscle stiffness:

The child who presents as 'spastic' has muscle stiffness, or muscle tension. This causes part of his/her body to be rigid, or stiff. The stiffness increases when the child is upset or excited, or when his/ her body is in certain positions.

Floppy:

Children who present as floppy have difficulty maintaining positions without support because their muscles are too relaxed.

Athetosis or uncontrolled movements:

The child presents with slow, wriggle or sudden quick movements of the feet, arms, hands or face muscles, because of constantly changing muscle tension.

Ataxia or poor balance:

The child who presents as ataxia has difficulty beginning to sit and stand. The child often falls and has very clumsy use of the hands. There are mixed types: some children have a combination of the above mentioned characteristics.

Medical/paramedical Interventions:

- Your child may have or develop convulsions. Consult with

the nearest medical facility and follow up on prescribed medication.

- If your child looks unwell rush to the nearest medical facility. It could be pneumonia.
- If your child would benefit from any corrective surgery ensure proper follow up and therapy intervention is carried out.
- Your child may benefit from assistive devices e.g. adapted chair, standing frame, splints, etc.

Home Interventions

- Provide a lot of water and roughage to avoid constipation. If your child has constipation give castor oil to ease.
- Feed your child in upright position to avoid choking.
- Accept your child and treat him as an equal member of the family. A child with cerebral palsy will become an adult with cerebral palsy.
- Learn how to position and handle your child from birth onward. You can do more for your child if you help him/her with development of movement, communication, self-care and relationship with others.
- Stimulate your child to be as independent as possible. Avoid doing everything for your child; allow them to do as much as they can by themselves. This will enhance self-esteem and self confidence.
- Give extra attention to teeth and mouth hygiene to avoid infections and bad odor.
- Talk to and play with your child. They may not respond but they do understand and it makes them feel accepted.

Early Intervention

Early diagnosis and early therapy for children with cerebral palsy help minimize the child's symptoms and maximize their physical, cognitive, social, and emotional potential. Early intervention will prevent secondary complications, and enhance caregiver wellbeing.

Children with cerebral palsy should go to their neighborhood school along with their peers. Informed parents make a big difference in the child's development. Therapists, teachers, other service providers, and parents support groups are available to support your child and you as a family.

The role of the parents is very important! Be partners in the intervention.

MTOTO WANGU ANA HALI YA KUPOOZA KWA UBONGO (CEREBRAL PALSY)

Umegundua kuwa mtoto wako hawezi kuinua kichwa unapomtoa kitandani. Huenda mtoto wako ana misuli iliyojikaza au laini sana. Mtoto wako anakaa kwa njia isiyo ya kawaida. Anaonyesha ngumi kwa mkono mmoja na haokoti kifaa cha kuchezea ili acheze.

Hali ya kupooza kwa ubongo ni nini?

Kupooza kwa ubongo ni hali inayoathiri mwendo, kukaa na ushirikiano baina ya pande za mwili kutokana na madhara ya ubongo. Sehemu ya ubongo inayodhibiti mwendo huwa imeathirika. Hata hivyo, kwa matibabu yanayofaa, mwendo, kukaa kwa mwili na changamoto zinazohusiana zinaweza kuboreshwa.

Ni nini husababisha kupooza kwa ubongo?

Vyanzo wakati wa kuzaa:

- Majeraha ya uzazi yanayotokana na matatizo wakati wa kuzaa, ukosefu wa oksijeni.
- Kuzaa kabla ya wakati kufika: Watoto wanaozaliwa kabla ya miezi 9 na wenye uzito wa chini ya kilo 2 wana uwezekano mkubwa wa kupata hali ya kupooza kwa ubongo.
- Jaundice - hali inayosababisha ngozi kuwa manjano, macho meupe na kamasu kwenye utando.

Vyanzo baada ya kuzaa:

- Homa kali kutokana na maradhi au kukosa maji mwilini (kupoteza maji baada ya kuharisha).
- Maradhi kwenye ubongo (meningitis, uvimbe wa ubongo, malaria, kifua kikuu).
- Majeraha ya kichwami
- Kukosa oksijeni
- Sumu

Katika hali zingine, chanzo kinaweza kuwa kabla ya kuzaa.

Dalili za kuzingatia

Watoto walio na umri wa chini ya miezi 6

- Hawawezi kusimamisha kichwa wanapoinuliwa baada ya kulala kwa mgongo.
- Huenda wakahisi mwili kuwa mgumu au laini sana.
- Wanapoinuliwa, huenda miguu yao ikapitana au inakuwa migumu.
- Wanapobebwa, huenda wakanyoosha sana mgongo na shingo, huku wakiwa ni kama wanasonga mbali na wewe.
- Huenda wakawa na matatizo ya kunyonya.