

CSH Support Corner – Parent & Caregiver Blog January 2024

I am very happy to start a new year with my family as the mother of a child with cerebral palsy. I have learned that with time, dedication and love you can achieve your goals.

For more than four years, I have brought my son Xavier to Children's Specialized Hospital outpatient site in Hamilton, New Jersey. At the age of 10 months, my son began to receive physical, occupational and speech therapies. He also received Early Intervention at home from one to three years old. I have been able to see an improvement with motor skills, socialization and communication. I am grateful for Early intervention for having helped me understand the IEP (Individualized Education Program) process after the Xavier graduated the Early Intervention program to enroll him into pre-school. He also participates in Special Strides therapeutic riding center since he was two years old.

As a first-time mother everything is difficult. At first when you do not know the health system, there were many times I was stressed. Many weeks my son would have as many as 10 therapies.

As a responsible and loving mother, the most important thing at the time was to be able to help him with different resources and therapies so that he could continue to move forward and make progress. It was very exhausting but with the passage of time, we could see positive results.

After Xavier started school, it was much better for me as a mother. Xavier received many services at school and now I could dedicate some time to care for myself. During the past 3 years I had completely neglected my own health to care for my son.

If you are a caregiver, I recommend that you to take care of your own health just like how you take care of your loved ones.



[Special Strides – Therapy, Recreation, and Education on a Farm](#)

[Pediatric Early Intervention - New Jersey Health System \(rwjbh.org\)](http://rwjbh.org)