# *girl w CP.jpgWhat is Cerebral Palsy?*

Cerebral palsy is caused by brain injury before, during, or shortly after birth. Sometimes the damage only effects muscle control, delaying when a baby rolls, crawls or walks. When the problem happens at birth or later babies may also have learning disabilities and seizures. Children born with cerebral palsy are often weak and floppy as small babies. They may have trouble eating, sleeping, and growing.

**Prevention**

Cerebral palsy is caused by brain injury early in life. Infections or lack of oxygen before or around birth can cause cerebral palsy. It is also common in babies born too early. Good prenatal care and a healthy delivery can prevent cerebral palsy in many children.

***Movement***

Children with Cerebral Palsy have weakness and stiffness in their legs and arms. They often need braces, crutches or even a wheelchair to get around. Many children with cerebral palsy have normal intelligence. With assistance they can enjoy family, go to school and live happy and fulfilling lives.

***Seizures***

Children with cerebral palsy may have seizures. Special medicine taken every day can stop the seizures and prevent their harmful effects such as injury or developmental problems.

**Cerebral Palsy ni nini?**

Je, Ulemavu Endelevu ni nini?

Cerebral palsy ina sababishwa na ajaliya ubongo kabla ya mtoto kuzaliwa ama muda mfupi kabla hajazaliwa. Wakati mwingine ajali hiyo huathiri misuli, kuchelewa kwa mtoto kujigeuza, kutambaa na kutembea. Jambo hili likitikea wakati mtoto anapozaliwa au baadaye mtoto anaweza kukuwa na upungufu wa uwezo wa kujifunza haraka. Watoto wegi walio na cerebral palsy mara nyingi miili yao huwa dhaifu na watoto hawa wanawez kukuwa na matatizo ya kula, kulala nad kukua.

***Kuzuia***

Cerebral palsy inasababishwa na ajali ya ubongo mapema maishani, maambukizi au ukosefu wa hewa ya oxigeni kabla au mtoto anapokuwa anazaliwa. Cerebral palsy hujitokeza pia kwa watoto walio zaliwa kabla ya miezi tisa! Matibabu mazuri kwa mama mjamzito kabla ya kujifunguna wakati anapojifungua yanaweza kuzuia Cerebral Palsy kwa watoto wengi!

***Kutembea***

Watoto walio na cerebral Palsy wana udhaifu na ugumu kwenye miguu na mikono yao. Mara nyingi wanahitaji viati maalum, mikongojo au kiti cha magurudumu kutembea. Watoto wengi walio na cerebral palsy wana akili za kawaida. Kwa msaada wanaweza kufurahia familia zao, kwenda shuleni na kuishi maisha ya furaha wakitimiza malengo ya maisha yao.

***Mishtuko***

Watoto walio na Cerebral Palsy wanaweza kukuwa na Mishtuko, Dawa maalum hutumika kila siku kuzuia mishtuko na ajali ambazo hutokana na mishtuko.